

CASA GRANDE ALLIANCE

May 2023

The Casa Grande Alliance provides trauma-responsive prevention education programming and services, youth coalition leadership, and treatment and recovery resource navigation. Our community coalition is a network of organizations dedicated to building individual, family, and community resiliency.

PUBLIC MEETINGS & COMMUNITY TRAININGS

(Everyone Always Welcome - Click on the listing to register or for more information)

[Monday, 5/8 @ 1 pm - Casa Grande Alliance - HYBRID \(Public Welcome\)](#)

[Tuesday, 5/9 @ 1 PM - METH 2.0 | The New Meth \(ONLINE - Public Welcome\)](#)

[Thursday, 5/11 @ 1 PM - Overdose Prevention and Naloxone \(ONLINE - Public Welcome\)](#)

[Tuesday, 5/16 @ 1 PM - STOP STIGMA, SAVE LIVES \(ONLINE - Public Welcome\)](#)

[Thursday, 5/18 @ 1 PM - Rise in Fentanyl \(ONLINE - Public Welcome\)](#)

[Tuesday, 5/23 @ 9 AM - ONLINE Pinal County Wellness Alliance Meeting \(Public Welcome\)](#)

[Thursday, 5/25 @ 1 PM - The Newest Drug Dealing Trend - Snapchat \(ONLINE - Public Welcome\)](#)

TO SCHEDULE A COMMUNITY TRAINING FOR YOUR GROUP, PLEASE CALL (520) 836-5022



CASA GRANDE ALLIANCE
PRESENTS
A TRIPLE P SUCCESS
STORY!

REBECCA'S STORY

Positive Parenting for EVERY Parent!
CHANGE THE WAY YOU PARENT IN
JUST 8 WEEKS!

FREE POSITIVE PARENT SKILLS TRAININGS - MAY

Everyone Always Welcome - Click on the listing for more information and to register
All courses are offered in-person (hybrid) and online

[Thursday, 5/11 @ PM - Triple P - Sessions for all parents \(hybrid\)](#)

[Wednesday 5/10 @ 6 PM -Hassle Free Shopping w/children](#)

[Wednesday, 5/17 @ 6 PM - Triple P - Sessions for all Parents](#)

[Wednesday, 5/24 @ 6 PM -Developing Good Bedtime Routines](#)

CONSIDER SCHEDULING A PARENTING SKILLS TRAINING FOR YOUR GROUP CALL (520) 836-5022

2022-2023 Parenting Course Catalog



STRENGTHENING FAMILIES PROGRAM

New classes starting

Monday, May 15 (in-person only)

Do you have a child between the ages of 10 and 14? Join us for a **FREE 8-week** interactive family training designed to

- Enhance parenting skills and promote effective parenting styles
- Build decision-making and life skills in youth, including stress management, conflict resolution, and peer resistance
- Strengthen bonds and promote positive communication and the ability to solve problems together as a family.

Pre-Registration is required

280 W. McMurray Blvd. Casa Grande, AZ 85122

Free **CHILDCARE*** Free **DINNER***Weekly Prizes

For more information AND to pre-register [Visit our website](#)

ONE OF THE WORLD'S MOST EFFECTIVE PARENT PROGRAMS!

The Triple P – Positive Parenting Program is one of the most effective evidence-based parenting programs in the world, backed up by more than 35 years of ongoing research. **Triple P gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their**



children's behavior and prevent problems developing. Triple P is used in more 30 countries and has been shown to work across cultures, socio-economic groups and in many different kinds of family structures.

Learn more about the Triple P Program



CHANGE THE WAY YOU PARENT IN JUST 8 WEEKS

FREE Parenting Skills Training for ALL Parents!

- NEW Classes Starting**
- Thursday, May 11 (ONLINE)
- Wednesday, May 17 (HYBRID)
- Monday, May 29 (HYBRID)
- Thursday, June 1 (ONLINE)

REGISTRATION IS OPEN!

Childcare Available
For questions, please email

cgafamilies@gmail.com
call (520) 836-5022
or [visit our website](#)

Parents of children up to age 14 with concerns about their child's behavior who seek intensive training in positive parenting or those who wish to learn a variety of parenting skills to apply to multiple contexts for parents can commit to 8 weeks of group sessions and individual appointments.

Parents learn 17 different strategies for improving their children's competencies and discouraging unwanted child behavior. Roleplay, homework exercises, and discussions involving video examples of effective parenting strategies are used to help parents learn methods for dealing with unwanted child behavior and for supporting emotional needs.



FOR PARENTS OF CHILDREN WITH SPECIAL NEEDS!

GROUP STEPPING STONES TRIPLE P Tuesday, May 24 (HYBRID)

For parents of children with special needs up to the age of 14 with a range of developmental disabilities and with elevated levels of disruptive behavior. A small group course that helps parents learn proven strategies to improve and manage behavior. Parents refine the use of their parenting skills and develop independent problem-solving skills. Parents receive a workbook and certificate of completion. **9 weeks of 2-hour group sessions & individual 20-minute appointments.**

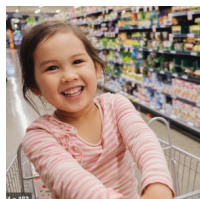
Pre-Registration is required.
Childcare Available

For more information, [visit our website](#)

PARENTING SKILLS DISCUSSION GROUPS

FREE parent discussion groups provide an overview of the positive parenting principles for any interested parent. Parents are actively involved throughout the 2-hour small group format discussions. Hybrid Discussion Groups will be held online via Zoom and at the CG Alliance Office, 280 W. McMurray Blvd

EVERY OTHER WEDNESDAY, 6 PM



Hassle-Free Shopping with Children May 10

This discussion topic uses shopping trips as an example of one of the most common times parents have to deal with difficult behavior in public. Positive parenting strategies are discussed as step-by-step suggestions for preventing problems and teaching children how to behave on shopping trips. **Limit: 12 parents per workshop!** [DISCUSSION GROUP SIGN-UP](#)



Developing Good Bedtime Routines May 24

This discussion topic explores different problems parents commonly face at bedtime and some of the reasons why they happen. The skills children need to get into a good bedtime routine are discussed and parents are introduced to positive parenting strategies to help prevent problems. The approaches to encouraging children to stay in their own bed throughout the night are discussed: the gentle, the gradual, and the direct approach. All approaches are evidence-based and parents choose which approach suits them best. **Limit: 12 parents per workshop!** [DISCUSSION GROUP SIGN-UP](#)

Hassle-Free Mealtimes June 14

This discussion topic explores things that influence children's mealtime behavior, setting limits, and teaching children good mealtime habits. Parents will look at ways to increase food variety, be introduced to some positive

parenting strategies to help manage mealtimes and develop a personal plan for their family's mealtimes. . . **Limit: 12 parents per workshop!** [DISCUSSION GROUP SIGN-UP](#)



Dealing with Disobedience

June 28

This discussion topic provides examples of common forms of disobedience and some reasons why children have difficulty learning to follow instructions. A number of positive parenting strategies are then introduced to help parents develop a personal plan to prevent disobedience, teach their child limits, and also to manage disobedience when necessary. **Limit: 12 parents per workshop!**

[DISCUSSION GROUP SIGN-UP](#)



MONTHLY BOOSTER MEETINGS FOR PARENTS! (3rd Tuesdays)

May 16th @ 6 PM - hybrid
June 20th @ 6 PM - hybrid

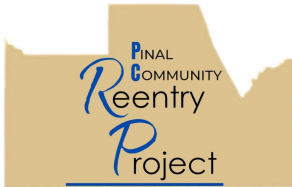
For all parents. Monthly peer-to-peer meetings to encourage connections between parents. Parents will have the opportunity to share struggles and challenges, problem-solve and troubleshoot, share ideas, resources, and strategies, and celebrate successes. [PARENT MEETING SIGN-UP](#)



PINAL COMMUNITY REENTRY PROJECT Will you volunteer to serve?

The Pinal Community Reentry Project provides mentoring and support to individuals returning to society from jail or prison who face obstacles such as housing, employment, clothing, mental health, and substance use. **Our project is also seeking volunteers to become Community Coaches.**

[HELP US HELP THOSE IN THE GREATEST NEED](#)



LUNCH AND LEARN WEBINARS

TO SCHEDULE A COMMUNITY TRAINING FOR YOUR GROUP, PLEASE CALL (520) 836-5022



OVERDOSE PREVENTION AND NALOXONE Thursday, April 13th, 1:00 pm

As Arizona is seeing a spike in overdoses and overdose deaths related to fentanyl, it is now more important than ever that we are prepared to save a life at a moment's notice with the overdose reversal drug Naloxone and/or Narcan. [REGISTER TO SAVE LIVES](#)

PLEASE CALL (520) 836-5022 TO RECEIVE OVERDOSE PREVENTION AND NALOXONE TRAINING AND FREE NARCAN!

THE NEWEST DRUG-DEALING TREND

Thursday, April 20th @ 1:00 pm

How youth are accessing substances from places we thought were safe and what we can do to protect them. This presentation explores all aspects of Snapchat, including law enforcement perspectives on criminal cases, a family personally impacted, and what we can do about it. [SIGN UP TO PROTECT OUR YOUTH!](#)



THE RISE IN FENTANYL

THURSDAY April 27th @ 1:00 pm

Arizona is seeing a spike in overdoses and deaths related to fentanyl. More than 2,000 Arizonans died from fentanyl overdoses in 2021 (a 43% increase over 2019). There is no sign of the new trend slowing down. [LEARN ABOUT THIS DEADLY TREND](#)



STOP STIGMA, SAVE LIVES!

Tuesday, May 16 @ 1:00 pm

The stigmatization of people living with substance use disorder and mental illness is all too common. People with lived experiences of mental illness including addiction often report feeling devalued, dismissed and dehumanized by many in our community with whom they come into contact. Research suggests that stigma can manifest in subtle and largely unintended ways. Better understanding our prejudices can lead to being more supportive of people in recovery. [SIGN UP TO LEARN MORE!](#)



RESOURCE FOR PARENTS:

Strategies for a Successful Summer Break

While your average child may be thrilled by the end of the school year, anticipating lazy days and sleeping in, the prospect of summer break isn't quite that unalloyed pleasure for parents. And if you have a child with



emotional or developmental issues who is challenging in the best of times, nothing calls on whatever extra powers you might possess more than the long break that lies ahead. While all kids do better with structure and routine, those with mental health issues including anxiety, ADHD, and autism spectrum disorders are especially dependent on the predictable “safe zone” that school provides. Without it, they're more prone to anxiety, oppositional behavior, and tantrums. For the parents who care for them, “vacation” can be anything but.

[Read the Article](#)



RESOURCE FOR TEACHERS

Prioritizing your Mental Health with Summer Self-Care

Pause for a moment. Take a breath. You've made it to the end of a school year unlike any before. You've dealt with new developments, mastered new technologies, and likely found your students to be more resilient than you've ever imagined. You deserve this summer to rest, recover, and find new ways to further your craft as a valued educator.

[Read the Article](#)

RESOURCE FOR EMPLOYERS

How to fight off the Summertime Blues in the Office



.Summer is almost here and if you're like most managers, you're probably looking at the vacation schedule trying to figure out how your staff is going to make it through. Honestly, your staff is probably feeling the same stress you are. Between accommodating for out-of-office employees to trying to juggle their summer social schedule, it's not surprising that summer is one of the least productive times of the year. Reports have shown 25% of employees have a harder time focusing on their work during the summer. Fortunately, there are some things you as a manager and your company as an organization can do to make sure your employees remain positive and focused during the summer months.

[Read the Article](#)

RESOURCES

Opioid Assistance and Referral Line - Free and Confidential 1-888-688-4222

Need someone to talk to? Problem with drugs? Alcohol? Depression? Mental Health? Suicide?
ARIZONA COMPLETE HEALTH 24 HOUR CRISIS LINE 1-866-495-6735

Teen Lifeline is a 24-hour service with trained Peer counselors available from 3 - 9 pm Daily
TEEN LIFELINE 1-800-248-8336

Assisting Veterans and Military Families in Pinal County by providing services or connecting them to providers that will assist with life's challenges.
Honoring/Hiring/Helping Our Heroes of Pinal County (520) 866-3645

Does someone's drinking bother you?
AL-ANON 1-888-415-1666

CGA, Inc. | 280 W. McMurray Blvd, Casa Grande, AZ 85122

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