



# CASA GRANDE ALLIANCE

## August 2022

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.

### AUGUST PUBLIC MEETINGS & TRAININGS

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

[Wednesday, 8/10 @ 10 AM & 6 PM - Developing Good Bedtime Routines](#)

[Tuesday, 8/9 @ 6 PM - Group Triple P for all Parents \(8 week class begins\)](#)

[Monday, 8/15 @ 1 PM - Casa Grande Alliance \(Public Welcome\)](#)

[Wednesday, 8/17 @ 10 AM & 6 PM - Dealing with Disobedience](#)

[Tuesday, 8/18 @ 6 PM - Group Triple P for all Parents \(8 week class begins\)](#)

[Tuesday, 8/23 @ 9 AM - Pinal County Wellness Alliance \(Public Welcome\)](#)

[Wednesday, 8/24 @ 10 AM & 6 PM - Managing Fighting and Aggression](#)

[Wednesday, 8/31 @ 10 AM & 6 PM - Hassle-Free Shopping with Children](#)



*Triple P is one of the world's most effective parenting programs and is designed to give parents the skills they need to raise confident, healthy children and teenagers and to build stronger, loving family relationships.*

### CHANGE THE WAY YOU PARENT IN JUST 8 WEEKS

### FREE Parenting Skills Classes for ALL Parents!

Parents of children up to age 12-14 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. 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 supporting emotional needs.

#### REGISTRATION IS NOW OPEN!

[Tuesdays, starting August 9 \(Click to sign up!\)](#)

[Thursdays, starting August 18 \(Click to sign up!\)](#)

Childcare Available

For questions, please email [cgadirector@gmail.com](mailto:cgadirector@gmail.com) or call (520) 836-5022 or [visit our website](#)



**AmeriCorps**

### WE ARE HIRING!

Family Engagement Specialist VISTA - Villago (Full Time)

Youth Alliance Team Leader (Full Time)

Youth Alliance Corps Members (Part-Time)

PLEASE CALL (520) 603-6126 TO LEARN MORE



## GREAT YOUTH NEEDED!

### JOIN THE CASA GRANDE YOUTH ALLIANCE

The Casa Grande Youth Alliance is to mobilize middle and high school youth to be informed about the greatest challenges and needs of their community and to implement service projects that impact their communities.

- Serve school and community
- Develop leadership skills
- Work toward scholarships
- Earn the Presidential Volunteer Service Award

SIGN UP

Be a part of a great team! Join today!

Casa Grande Alliance invites you:

# BABYSITTING BASICS

PRESENTED BY THE CASA GRANDE FIRE DEPARTMENT

- Basic Baby Care
- Care of Infants and Toddlers
- Fire Safety
- Poison Prevention
- First Aid
- CPR
- Healthy Snacks
- Games and Activities

**Tuesdays, starting August 16th and  
running through September 15th**

**4:00 PM - 5:15 PM  
GRADES: 6-8**



**CASA GRANDE  
ALLIANCE**



**(520) 836-5022 CALL FOR MORE INFO**



280 W. MCMURRY BLVD, CASA GRANDE

REGISTRATION LINK (OR SCAN THE BAR CODE):

[HTTPS://DOCS.GOOGLE.COM/FORMS/D/E/1FAIPQLSCZR4SCA0G1X0\\_RE\\_EQQSCC6UW9W64AQ-RQQK1HHNALOVKVXQ/VIEWFORM?USP=PP\\_URL](https://docs.google.com/forms/d/e/1FAIPQLSCZR4SCA0G1X0_RE_EQQSCC6UW9W64AQ-RQQK1HHNALOVKVXQ/VIEWFORM?USP=PP_URL)

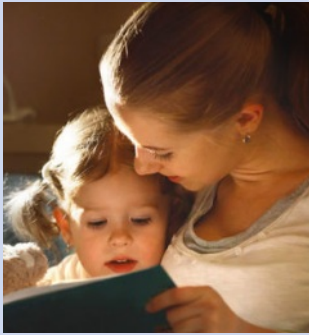
**FIRST COME, FIRST SERVED!**



## 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. Discussion

**WEDNESDAYS, 10 AM (online) 6 PM (in person)**



## Developing Good Bedtime Routines

**August 10 and September 7**

In this session, parents are encouraged to share their experiences of aggressive and destructive behavior from their children and discuss some of the reasons children fight. This group covers the skills that children need to be able to cooperate and get along with others. Parents learn how to teach skills such as sharing, communicating, and being gentle. They also prepare plans to manage times when fighting and aggression do occur. **Limit: 12 parents per workshop!**

**[DISCUSSION GROUP SIGN-UP](#)**



## Dealing with Disobedience

**August 17 and September 14**

In this session, parents are encouraged to share their experiences of aggressive and destructive behavior from their children and discuss some of the reasons children fight. This group covers the skills that children need to be able to cooperate and get along with others. Parents learn how to teach skills such as sharing, communicating, and being gentle. They also prepare plans to manage times when fighting and aggression do occur. **Limit: 12 parents per workshop!**

**[DISCUSSION GROUP SIGN-UP](#)**

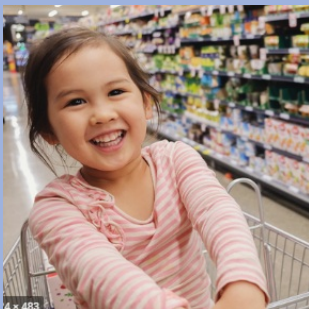


## Managing Fighting and Aggression

**August 24, September 21**

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](#)**



## Hassle-Free Shopping with Children

**August 31, September 28**

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. Parents develop individualized plans to manage problem behavior during their own shopping trips and are encouraged to transfer new parenting strategies to other potentially difficult community situations. **Limit: 12 parents per workshop!**

**[DISCUSSION GROUP SIGN-UP](#)**

## RESOURCE FOR TEACHERS: Is Your Classroom a Psychologically Safe Space?

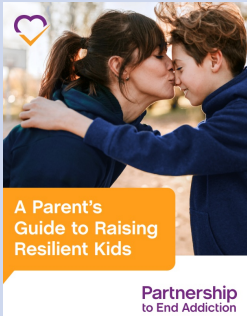
Dr. Amy Edmondson, a professor at Harvard University, defines psychological safety as "a climate in which one feels one can be candid. It's a place where interpersonal risks feel doable, interpersonal risks, like speaking up with questions and concerns and half-baked ideas and even mistakes."

Students in a learning community, much like members of a team in an organization, must feel safe sharing their ideas, asking questions, learning from mistakes, and taking interpersonal risks.





[Read the Article](#)



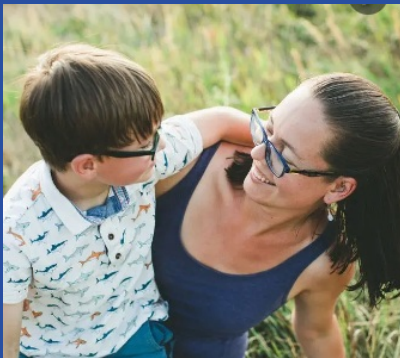
### A PARENT'S GUIDE TO RAISING RESILIENT KIDS

The toolkit includes supportive parenting practices that you can use and practice in those challenging circumstances that all parents face. **Ultimately, we hope this resource will help you in your efforts to raise healthy and resilient children with all of the wonderful opportunities to lead vibrant, fulfilling lives.**

[Download the Toolkit](#)

### RESOURCE FOR PARENTS

## Home is Where You Feel Safe. How Emotionally Safe is Yours?



People feel emotionally safe when they feel free of excessive criticism, free of excessive control by others, free of uncalled for blame or shaming from others, free from fears that others will turn anger on them, seen and heard when they express their thoughts, and free from concerns that others will leave them.

They also feel safe to the extent that they receive positive attention from others, for example, affection, interest in what they say, agreement with their ideas, playfulness, smiles, appreciation for what they do, and support in response to concerns that they express.

[Read the Article](#)



### RESOURCE FOR EMPLOYERS

## 8 Ways to Create Psychological Safety in the Workplace

What's the secret behind high-performing teams? It's psychological safety, according to a Google study called [Project Aristotle](#).

In the workplace, psychological safety is the shared belief that it's safe to take interpersonal risks as a group. These risks include speaking up when there's a problem with the team dynamics and sharing creative ideas, among others.

The 2019 People Management Report found that managers who create psychologically safe work environments are less likely to experience employee turnover on their teams. If you want to retain top performers, ensure psychological safety across the whole company. Like any major initiative, it needs to

start at the top with executive buy-in.

Not sure if your employees feel psychologically safe? Start by measuring psychological safety in the workplace. If you find that you need to create a more safe environment in the workplace, read on.

## Read the Article



LEARN MORE

## RESILIENT CHILDREN COPE BETTER POWERFUL PARENTING ONLINE

Triple P is a parenting program, but it does not tell you how to be a parent. It is more like a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. It is all about making Triple P work for you.

Triple P helps you:

- Raise happy, confident kids
- Manage misbehavior so everyone in the family enjoys life more
- Set rules and routines that everyone respects and follows
- Encourage behavior you like
- Take care of yourself as a parent
- Feel confident you're doing the right thing

We now offer this online course for FREE to all interested parents. Peer mentoring will also be available to all who choose to participate! CALL (520) 836-5022 to get started!

Can you tell which pill contains  
a deadly dose of Fentanyl?



Neither can your child.

## PROTECT THE YOUTH OF CASA GRANDE!

DOWNLOAD THE ILLICIT FENTANYL FLYER



## CALLING ALL VOLUNTEERS!

Available opportunities:

- Gardening
- Afterschool Tutors and Mentors
- Afterschool Program Leaders
- THRIVE curriculum facilitators
- Administrative Support

INTERESTED IN JOINING US?

Call: 520-836-5022

Email: Vista1.cga@gmail.com

## 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.

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

**amazon**smile  
You Shop. Amazon Gives.

**Support the Casa Grande Alliance  
while shopping at Amazon!**

**Here's how to start donating:**

1. Go to: <https://smile.amazon.com> and select CGA Inc as your non-profit.
2. Everytime you shop at Amazon, shop from: <https://smile.amazon.com>. It is the same products and prices, but this tells Amazon to donate to us.
3. Continue shopping!

**It's quick, easy, and completely free!**

**Thank you for supporting the  
Casa Grande Alliance!**



520-836-5022 | PO Box 11043 Casa Grande, AZ 85130 | [www.CasaGrandeAlliance.org](http://www.CasaGrandeAlliance.org)

**Fry's**  
FOOD & DRUG STORES

**Community Rewards Program**

**A Simple Way to Support Casa Grande Alliance**

Fry's Food and Drug will donate a small portion of what you spend every time you use your Fry's Card. If you would like to support Casa Grande Alliance, please link your Fry's rewards card to Casa Grande Alliance CGA Inc.

**Instruction to link CGA, Inc. in the Fry's app: for iPhone and Android**

- Open Fry's App
- Click my account
- Choose community rewards,
- Enroll- hit the link (find organization)
- enter our number YB442 (for CGA Inc.)
- Hit enroll



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

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