



# CASA GRANDE ALLIANCE

**JANUARY 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.



## **IMMEDIATE OPENINGS!**

Manager of Family Programs

Family Engagement Specialist AmeriCorps VISTA - 2 positions!

Youth Alliance Corps Members (Part-Time) - 6 positions!

**Please email your resume to [cgadirector@gmail.com](mailto:cgadirector@gmail.com)**



Youth Voices!  
***COMING SOON...***  
**LEARN MORE!**



Youth Voices!  
**CREATIVE ART  
CONTEST!**  
*coming soon...*

## **FREE POSITIVE PARENT SKILLS TRAININGS**

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

**Monday, 1/2, @ 6 PM - Group Triple P for Every Parent - ONLINE (you can still sign up!)**

**Wednesday, 1/11 @ 6 PM - Hassle-Free Mealtimes - HYBRID**

**Monday, 1/16 @ 6 PM - Strong Families Program (in person)**

**Tuesday, 1/17 @ 6 PM - Monthly Parent Support Sessions - HYBRID**

**Wednesday, 1/25 @ 6 PM - Dealing with Disobedience - HYBRID**

## 2022-2023 Parenting Course Catalog

### PUBLIC MEETINGS & COMMUNITY TRAININGS

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

[Monday, 1/9 @ 1 PM - Casa Grande Alliance \(Public Welcome\)](#)

[Thursday, 1/12 @ 1 PM - The Rise In Fentanyl - ONLINE](#)

[Thursday, 1/19 @ 1 PM - Overdose Prevention and Naloxone - ONLINE](#)

[Tuesday, 1/24 @ 9 AM - Pinal County Wellness Alliance - ONLINE \(Public Welcome\)](#)

[Thursday, 1/26 @ 11 PM - Snapchat - The Newest Drug Dealing Trend - ONLINE](#)

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



### 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 Classes  
for ALL Parents!**

**Mondays Starting January 2 (online)**

**Thursdays Starting February 9 (Hybrid)**

Parents of children up to age 14 with concerns about their child's behavior who seek intensive training in positive parenting or those



### REGISTRATION IS OPEN!

Childcare Available

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

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 Classes begin Tuesday February 7

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](#)



### STRONG FAMILIES PROGRAM

#### Classes begin January 23

Do you have a child between 10 & 14?

Join us for a FREE 7-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.

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

**SECOND AND FOURTH WEDNESDAYS, 6 PM**

### Hassle-Free Mealtimes

**January 11, February 1, March 22**

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](#)



## Hassle-Free Shopping with Children

**February 22, May 1**

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](#)



## Developing Good Bedtime Routines

**December 14, January 25, February 22**

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](#)

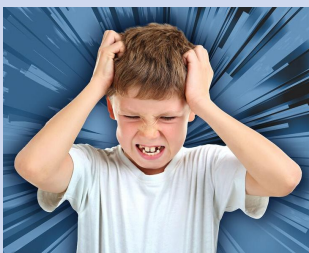


## Dealing with Disobedience

**January 25, April 12, June 28**

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

**February 8, April 26,**

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)

**January 17, February 21  
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](#)

## LUNCH AND LEARN WEBINARS

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

### THE RISE IN FENTANYL

Thursday, January 12 @ 1:00 pm



Arizona is seeing a spike in overdoses and overdose deaths related to fentanyl. More than 2,000 Arizonans overdosed from fentanyl in 2020 (a 43% increase over 2019). There is no sign of the new trend slowing down. Thousands of counterfeit pills have been confiscated by law enforcement - pills that contain potentially deadly amounts of fentanyl.

[REGISTER TO LEARN HOW TO BUILD AWARENESS ABOUT THIS DEADLY TREND](#)

### OVERDOSE PREVENTION AND NALOXONE

Thursday, January 19, 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, January 26 @ 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 to protect the youth in our lives.

[SIGN UP TO PROTECT OUR YOUTH!](#)

RESOURCE FOR PARENTS:  
Essential Skills that Kids Need To Learn at Home!

It's true that knowledge is power, but academic achievement is only one aspect of a successful education. Children must also learn social-emotional skills like managing emotions, practicing self-discipline, setting goals, and making decisions. The process of teaching and practicing these techniques is called "social-emotional learning"



(SEL).

SEL has plenty of benefits for students, ranging from improved school performance to healthier friendships. Plus, down the road, those with strong social and emotional competence are more likely to graduate high school and have a successful career, according to various studies.

Social-emotional learning is so important, in fact, that it has its own day: International SEL Day, which takes place on March 26 this year. It celebrates the value of SEL for students worldwide with a theme—and in 2021, that's "Building Bonds, Reimagining Community."

[Read the Article](#)



## RESOURCE FOR TEACHERS MIDDLE & HIGH SCHOOL STUDENTS NEED KEY EMOTIONAL SKILLS: ARE THEY GETTING IT?

In the secondary school years, students are grappling with some big questions: Who are they? How do they fit into the world? How do they form healthy relationships—in particular romantic ones? These questions grow to a crescendo in high school where students face another daunting query: What will they do with themselves once they graduate?

Even in normal times, the journey through grades 6-12 can be fraught for students, but the pandemic has made it especially complicated as many are struggling with more anxiety, depression, grief, uncertainty, and loneliness. These emotions get in the way of students being able to process and learn new information—just as schools are pushing to make up for lost learning time.

That's why experts in social-emotional learning and child development say the secondary school years are a crucial time to focus on teaching skills, such as responsible decision-making, emotional management, and nurturing relationships.

[Read the Article](#)

## RESOURCE FOR EMPLOYERS Utilizing Emotional Intelligence in the Workplace

Emotional intelligence is critical for interpersonal communication, not only in personal relationships but also in the business world. This article delves into what emotional intelligence is and how you can harness its power in the workplace.

According to psychologists Peter Salovey and John D. Mayer, leading researchers on the topic, emotional intelligence is the ability to recognize and understand





emotions in oneself and others. In turn, this emotional understanding helps us make decisions, solve problems, and communicate with others.

Psychologists used to view emotions and intelligence as being in opposition to one another. In recent decades, however, researchers exploring emotion psychology have become increasingly interested in cognition and affect.

[Read the Article](#)



Partnership  
to End Addiction

### 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](#)



### MARIJUANA TALK KIT

What you need to know to talk with your teen about marijuana

### "WHEN I WAS A KID..." DOESN'T REALLY WORK WHEN TALKING WITH YOUR KIDS ABOUT MARIJUANA TODAY. IT IS A WHOLE NEW BALLGAME.

Marijuana — legal or otherwise — is a hot topic. It's more important than ever for parents to protect their kids' health and development by addressing this issue early and often. Here, you'll learn how to set the stage to have an open dialogue with your teen. **Believe it or not, you are the most powerful influence in your child's life.** More than friends.

[Download the Toolkit](#)

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: [cgadirector@gmail.com](mailto:cgadirector@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.  
**Honoring/Hiring/Helping Our Heroes of Pinal County (520) 866-3645**

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



**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)



### 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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