



# CASA GRANDE ALLIANCE

**June 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.

## JULY PUBLIC MEETINGS & IN-PERSON TRAININGS

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

[Monday, 7/11 @ 1:00 PM - Casa Grande Alliance \(Public Welcome\)](#)

[Wednesday, 7/13 @ 6:00 PM - Developing Good Bedtime Routines \(Parent Skills Workshop\)](#)

[Wednesday, 7/20 @ 6:00 PM - Dealing with Disobedience \(Parent Skills Workshop\)](#)

[Tuesday, 7/26 @ 9:00 AM - Pinal County Wellness Alliance Meeting \(Public Welcome\)](#)

[Wednesday, 7/27 @ 6:00 PM - Managing Fighting and Aggression \(Parent Skills Workshop\)](#)

-



*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](#)

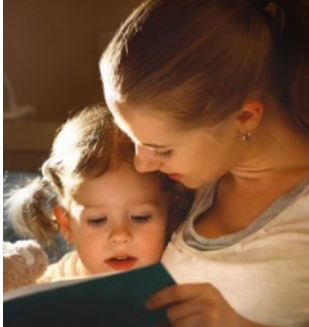
## **NEW - IN-PERSON PARENTING SKILLS DISCUSSION GROUPS**

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 Groups will be held at the CG Alliance Office, 280 W. McMurray Blvd

**WEDNESDAYS, 6:00 PM**

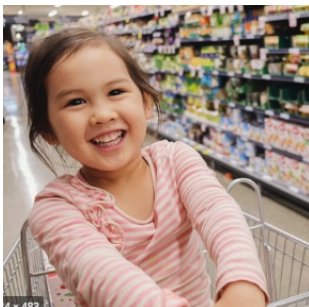
## **Developing Good Bedtime Routines July 13, August 10 and September 7**

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](#)



## Hassle-Free Shopping with Children

**July 6, August 3, 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](#)



## Dealing with Disobedience

**July 20, 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

**July 27, 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](#)

## RESOURCE FOR TEACHERS:

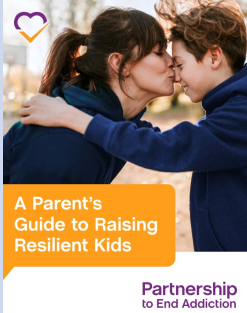
### Trauma-Informed Teaching Strategies

Up to two-thirds of U.S. children have experienced at least one type of serious childhood trauma, such as abuse, neglect, natural disaster, or experiencing or witnessing violence. Trauma is possibly the largest public health issue facing our children today (CDC, 2019). Traumatized students are especially prone to difficulty in self-regulation, negative thinking, being on high alert, difficulty trusting adults, and inappropriate social interactions (Lacoe, 2013; Terrasi & de Galarce, 2017). They often haven't learned to express emotions healthily and instead show their distress through aggression, avoidance, shutting down, or other off-putting behaviors. These actions can feel antagonistic to teachers



who don't understand the root cause of the student's behavior, which can lead to misunderstandings, ineffective interventions, and missed learning time.

[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

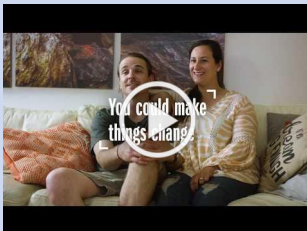
#### 6 Tips to Get Your Kids Focused on the New School Year



Summer vacation is a time when kids can dream, play, scheme, and goof off. School, on the other hand, is a time for hunkering down and focusing. How can parents help their kids get back on track after those blissful weeks of relaxation and recreation? Here are six tips to get you started:

1. Talk about what's ahead
2. Visualize it
3. Turn on a movie.
4. Make back-to-school prep feel positive.
5. Practice some stress relievers
6. Hash out the homework routine.

[Read the Article](#)



[Learn More About Triple P](#)

### POSITIVE PARENTING PROGRAM TRIPLE P 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!**

**PROTECT THE YOUTH OF**



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



**Neither can your child.**

# CASA GRANDE!

[DOWNLOAD THE ILLICIT FENTANYL FLYER](#)



**HELP CHANGE LIVES  
AND BUILD A SAFER  
MORE RESILIENT  
COMMUNITY**

**Be a Reentry  
Community Coach!**

VOLUNTEER COMMUNITY COACHES PROVIDE SUPPORT  
TO HELP PRISON REENTRY CANDIDATES GET  
ORGANIZED, SET AND ACHIEVE GOALS, TAKE  
ACTION, FACE CHALLENGES AND  
FIND INSPIRATION

**COMMUNITY COACHES**

- Commit to weekly meetings with participants to discuss their goals, accomplishments, plans, challenges and aspirations.
- Assist with resources navigation
- Provide a supportive relationship
- Contribute to creating a healthy, safe and stable environment



FOR MORE INFORMATION: [CASAGRANDEALLIANCE.COM/REENTRY-PROJECT](https://casagrandealliance.com/reentry-project)

EMAIL: [CGAREENTRY@GMAIL.COM](mailto:CGAREENTRY@GMAIL.COM)

CALL: (520)836-5022

STOP BY: 280 W. MCMURRAY BLVD  
CASA GRANDE, AZ 85122



## BECOME A VOLUNTEER REENTRY COACH!

The Pinal Community Reentry Project provides supportive services, information referrals, and mentorship for individuals returning to the community from incarceration. These services and guidance empower individuals to achieve their goals and succeed. PRP also provides classes for families, friends, community members and information sessions over internet platforms for incarcerated groups.

Think you have what it takes to become a Community Coach and help some of the most vulnerable residents in our community? **Start your journey by being a ray of hope and compassion to our participants as a Community Coach. No experience, prior qualifications, or education is needed.**

**BECOME A COMMUNITY  
COACH!**

# WE ARE RECRUITING NEW VOLUNTEERS!

*Help us make a difference for  
families and youth in our community!*

## **WE NEED HELP WITH:**

- Gardening
- Mentoring & Tutoring
- Administrative Support
- Childcare & Family Support

## **INTERESTED IN JOINING US?**

Call us at 520-836-5022 or  
send us an email at  
[vista1.cga@gmail.com](mailto: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

[Unsubscribe cgadirector@gmail.com](mailto:Unsubscribe_cgadirector@gmail.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [cgadirector@gmail.com](mailto:cgadirector@gmail.com) powered by



Try email marketing for free today!