



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.

JUNE PUBLIC MEETINGS & IN-PERSON TRAININGS

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

[Monday, 6/13 @ 1:00 PM - Casa Grande Alliance - \(Public Welcome\)](#)

[Wednesday, 6/15 @ 6:00 PM - Developing Good Bedtime Routines \(Parent Skills Workshop\)](#)

[Wednesday, 6/22 @ 6:00 PM - Dealing with Disobedience \(Parent Skills Workshop\)](#)

[Thursday, 6/23 @ NOON - Lunch and Learn Webinar: The Rise of Fentanyl \(Public Welcome\)](#)

[Tuesday, 6/28 @ 9:00 AM - Pinal County Wellness Alliance Meeting \(Public Welcome\)](#)

[Wednesday, 6/29 @ 6:00 PM - Managing Fighting and Aggression](#)

[Thursday, 6/30 @ NOON - Lunch and Learn Webinar: Overdose Prevention and Naloxone](#)



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.

NEW Classes Are Getting Organizing!

[Tuesdays, starting June 14 \(Click to sign up!\)](#)

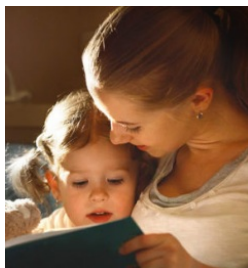
[Thursdays, starting June 16 \(Click to sign up!\)](#)

Childcare Available

For questions, please email 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 and will start at 6:00 PM



Developing Good Bedtime Routines Wednesday, June 15, 2022, 6:00 PM

This discussion topic explores different problems parents commonly face at bedtime and some of the reasons 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](#)

Dealing with Disobedience



Wednesday, June 22, 2022, 6:00 PM

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](#)



Managing Fighting and Aggression

Wednesday, June 29, 2022, 6:00 PM

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](#)

LUNCH AND LEARN WEBINARS



THE RISE IN FENTANYL

Thursday, June 23, 2022, 12:00 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.

[WEBINAR REGISTRATION](#)



OVERDOSE PREVENTION AND NALOXONE

Thursday, June 30, 2022, 12:00 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](#)

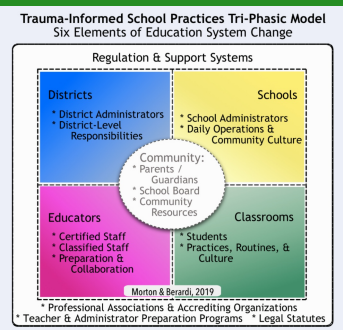
RESOURCE FOR TEACHERS:

Trauma-Informed Care for Educators

Trauma can come in many forms, and whether caused by a single event or by a repeated exposure, that experience and perspective shape the way a person feels, thinks, and behaves. Trauma can happen to anyone—as educators, you may encounter both students and colleagues that have been impacted.

Our educator-specific trauma-informed care guide provides:

- A deeper awareness of key trauma-related concepts.
- A greater understanding of trauma's effects on behavior.
- Tips for understanding and preventing vicarious trauma.
- A De-Escalation Preferences Form to use with students and colleagues.
- Resources to explore trauma-informed care further.



[**Download the eBook**](#)

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](#)

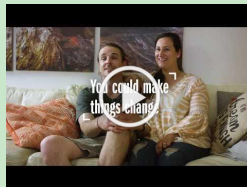


RESOURCE FOR PARENTS: The Kids Are Not All Right: How Trauma Affects Development

How is it possible in a safe, developed society like America, that our children are coming out of childhood in a similar state to those who have gone off to war?

Most Americans are familiar with the concept of Post-Traumatic Stress Disorder (PTSD) as a condition affecting veterans or those exposed to terrible violence. In fact, PTSD has grown out of conditions informally referred to as "war neurosis" or "shell shock". What is less well known is that many children are coming out of their childhoods with similar conditions that fit the clinical profile of PTSD. Growing up in environments with instability, abuse, neglect, and impoverishment can create stress and trauma that look like PTSD and affect development. Trauma is so prevalent among children, clinicians have proposed a new term to attempt to explain it: Developmental Trauma Disorder.

[Read the Full 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!**



RESOURCE FOR YOUNG FAMILIES:

With intentional play, games, and activities, we can help our kids learn how to identify and name feelings, understand the causes of emotions, and develop strategies for healthy expression. Self-awareness, self-control, and self-confidence are important parts of your child's emotional toolkit (and yours, too!). Make space to allow your child to express the emotions they're feeling and help them do it in healthy ways — as Daniel Tiger sings, "Use your words to say how you feel!" When children have challenging feelings, it's often hard for them to listen, pay attention, and learn. Give children the time and space they need to calm down. After your child has calmed down, explore what happened and what they might do differently next time. And talking about feelings outside of emotionally-charged moments can help children practice the skills and language they need to manage their feelings during challenging moments.

[Read the Full Article](#)

**PROTECT THE YOUTH OF
CASA GRANDE!**

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



Neither can your child.

[DOWNLOAD THE ILICIT 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

EMAIL: CGAREENTRY@GMAIL.COM

CALL: (520)836-5022

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

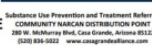
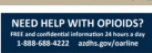
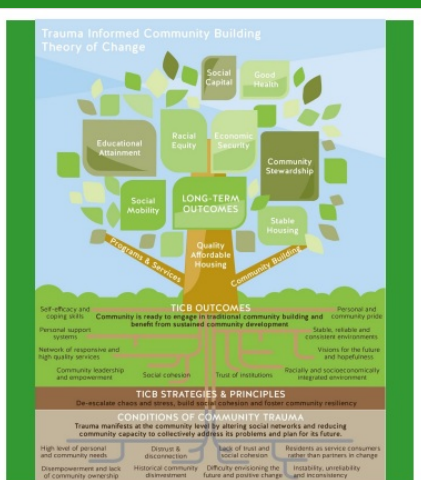


BECOME A VOLUNTEER REENTRY COACH!

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!**



PREVENTION POSTER PARTNER-JUNE TRAUMA - INFORMED COMMUNITY BUILDING

Since its initial release in 2014, Trauma-Informed Community Building has become a widely referenced guide to utilizing trauma-informed interventions and practices in communities. [Learn More About the Initiative.](#)

[DOWNLOAD THE POSTER](#)

PREVENTION POSTER PARTNERS

Help strengthen community-wide prevention efforts by displaying our monthly prevention poster in your office or place of business. Please visit our website to [LEARN MORE!](#)

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.



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



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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