



# CASA GRANDE ALLIANCE

## MARCH 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.



**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 - MARCH

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

[Tuesday 3/7 @ 6 PM - Triple P for Parents of Special Needs Children \(hybrid\)](#)

[Wednesday 3/8 @ 6 PM - 3/8- Developing Good Bedtime Routines](#)

[Monday, 3/20 @ 5:30 PM - Strong Families Program \(in person\)](#)

[Tuesday, 3/21 @ 6 PM - Monthly Parent Support Sessions - HYBRID](#)

[Wednesday, 3/22 @ 6PM - Hassle-Free Meal Time](#)

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

## 2022-2023 Parenting Course Catalog

## PUBLIC MEETINGS & COMMUNITY TRAININGS

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

[Monday, 3/13 @ 1 pm - Casa Grande Alliance - HYBRID \(Public Welcome\)](#)

[Thursday, 3/16 @ 1 PM - Rise in Fentanyl \(ONLINE - Public Welcome\)](#)

[Thursday, 3/23 @ 1 PM - Overdose Prevention and Naloxone \(ONLINE - Public Welcome\)](#)

[Tuesday, 3/28 @ 9 AM - ONLINE Pinal County Wellness Alliance Meeting \(Public Welcome\)](#)

[Thursday, 3/30 @ 11 PM - SNAPCHAT- The Newest Drug Dealing Trend \(ONLINE - Public Welcome\)](#)

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

## STRENGTHENING



## FAMILIES PROGRAM

### New classes starting

Monday, March 20 (in-person only)  
 Wednesday, April 19 (in-person only)  
 Monday, May 8 (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](#)



### 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](#)

## CHANGE THE WAY YOU PARENT IN JUST 8 WEEKS

### FREE Parenting Skills Training for ALL Parents!

#### NEW Classes Starting

Monday, March 6 (ONLINE)  
 Thursday, March 9 (HYBRID)  
 Thursday, March 16 (ONLINE)  
 Thursday, April 6 (HYBRID)  
 Thursday, April 20 (ONLINE)  
 Monday, May 1 (ONLINE)  
 Thursday, May 4 (HYBRID)  
 Thursday, May 11 (ONLINE)  
 Monday, May 29 (HYBRID)  
 Thursday, May 1 (ONLINE)

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**

**Classes start:**

**Tuesday, March 7 (HYBRID)**

**Tuesday, May 9 (HYBRID)**

**Registration will remain open until the 3rd week**

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**



### **Developing Good Bedtime Routines**

**March 8, 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**

**March 22, 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**

**April 12, June 23**

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](#)**



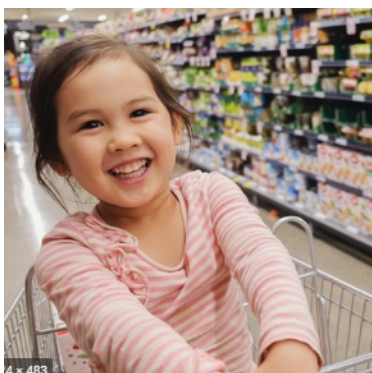
## Managing Fighting and Aggression

**April 26**



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

**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. 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**



## MONTHLY BOOSTER MEETINGS FOR PARENTS!

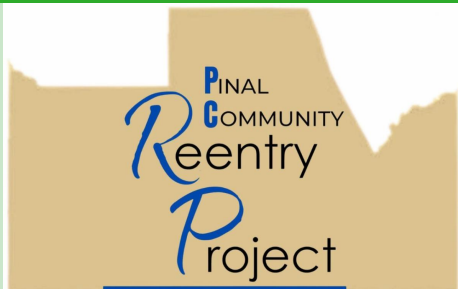
**(3rd Tuesdays)**

**March 21, April 18th**

**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. The project has two components: the Community Coach Program, where individuals are paired with a volunteer to achieve their goals, and the Independent Referral Program, where a resource guide is provided to assist with their needs and goals. The project is also seeking volunteers to become Community



Coaches.

For More Information:

Visit our Website

A graphic for a spoken word contest. It features a close-up of a silver microphone on the left. To the right, the words "spoken word" are written in a stylized, blocky font. Below this, the text "Casa Grande Civil Rights Spoken Word Video Contest" is displayed in a serif font. At the bottom, a white button with black text says "VOTE FOR YOUR FAVORITE VIDEO!". The entire graphic is set against a black background.

**spoken word**

**Casa Grande  
Civil Rights  
Spoken Word  
Video Contest**

**VOTE FOR YOUR FAVORITE VIDEO!**

**LUNCH AND LEARN WEBINARS**

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

## THE RISE IN FENTANYL

**THURSDAY MARCH 16th @ 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**

**Real**



**Fake**



**Fake**



**Fake**



## OVERDOSE PREVENTION AND NALOXONE

**Thursday, March 23rd, 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, March 30th @ 11:00 am

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:

## Building Resilience in Troubled Times: A Guide for Parents



**Families are under a kind of stress most of us have never experienced before.** Maybe you felt that your family was thriving before the coronavirus pandemic. Maybe you were already struggling to pay the bills or faced other challenges. No matter where we started, our current concerns about health, income, taking care of children while schools and childcare are closed, and other stressors brought on by the pandemic means that almost all of us can use some extra support right now.

Even when times are tough, all parents have strengths they can build on with the right support. When parents thrive, they can give their children what they need to grow up healthy and safe. Strengthening Families is an approach that identifies five “protective factors,” or strengths, that all families need. Parental resilience is one of these strengths—and it’s one that is being tested and further strengthened by the challenges we all face now.

[Read the Article](#)

## RESOURCE FOR TEACHERS What is resilience?



Students experience a tremendous amount of physical and mental growth on a daily basis. Between school, co-curricular activities, work and their social life, teens face lots of new experiences and challenges. Being resilient gives them the ability to tackle these head-on, bounce back from any setbacks and have the best chance at succeeding. It allows them to learn and grow in all situations – two skills that are crucial to wellbeing and development. Resilience will also help them to approach new situations, people or experiences with confidence and a positive mindset, which will make them more likely to succeed.

[Read the Article](#)

## RESOURCE FOR EMPLOYERS The Emotional & Mental Aspects



# of Employee Well-Being

## How are you feeling?



It's a simple question, but one we might sometimes forget to ask each other. When we're all swamped at work, it's easier to smile and nod a quick "hello," and so we often miss the chance to check in and find out how our colleagues are doing. We're reminded of the need to connect with others as we see the state of mental health in the workplace remains a top concern for both organizations and individuals. From "quiet quitting" to "presentism" and the struggles to entice people back into the office after pandemic remote work, employee well-being is one of the most pressing issues as companies seek to achieve their missions.

[Read the Article](#)



A Parent's  
Guide to Raising  
Resilient Kids

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](#)



### "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.

### MARIJUANA TALK KIT

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

[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**



### 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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