



CASA GRANDE ALLIANCE

November 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.

FREE POSITIVE PARENT SKILLS TRAININGS FOR NOVEMBER

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

[Monday, 11/7 @ 6 PM - Group Triple P for All Parents \(8-week course\) - ONLINE](#)

[Tuesday, 11/15 @ 6 PM - Monthly Parent Support Sessions - HYBRID](#)

[Wednesday, 11/16 @ 10 AM & 6 PM - Dealing with Disobedience - HYBRID](#)

[Wednesday, 11/30 @ 6 PM - Managing Fighting and Aggression - HYBRID](#)

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)

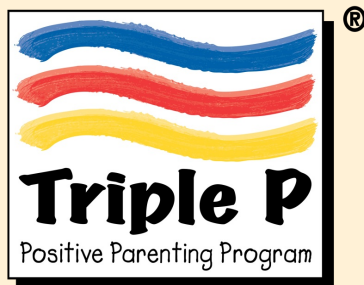
[Thursday, 11/10 @ 12 PM - The Rise in Fentanyl - ONLINE](#)

[Monday, 11/14 @ 1 PM - Casa Grande Alliance -HYBRID \(Public Welcome!\)](#)

[Thursday, 11/17 @ 1 PM - Overdose Prevention and Naloxone - ONLINE](#)

[Tuesday, 11/22 @ 9 AM - Pinal County Wellness Alliance - 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!**



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.

Mondays Starting November 7 (online) Monday 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 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.

REGISTRATION IS NOW OPEN!

Childcare Available

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



FOR PARENTS OF CHILDREN WITH SPECIAL NEEDS!

GROUP STEPPING STONES TRIPLE P CLASSES START TUESDAY DECEMBER 6

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 START 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](#)



AmeriCorps

WE ARE HIRING!

**Family Engagement Specialist VISTA-Four Positions (Full Time)
Youth Alliance Corps Members (Part-Time)**

PLEASE CALL (520) 836-5022 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

Be a part of a great team! Join today!

[LEARN MORE](#)

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 online via Zoom or at the CG Alliance Office, 280 W. McMurray Blvd

WEDNESDAYS, 6 PM



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

November 16, January 4, February 1

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

November 30, January 11, February 8

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

December 7, January 18, February 15

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](#)



NEW SUPPORT FOR PARENTS! MONTHLY PARENT MEETINGS (3rd Tuesdays)

**December 20, January 17
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, November 10 @ 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, November 17 @ 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!**

RESOURCE FOR TEACHERS:

**Five Ways to Teach Gratitude in Your Classroom
#creativitymatters**

So, your students are going to create art inspired

Teaching GRATITUDE In the Classroom



by gratitude. What if they aren't grateful? Or, what if, the student has a hard life or has something difficult they are dealing with right now? There are many reasons that students may struggle with gratitude.

Start by defining gratitude. I like the definition of gratitude and its benefits from Psychology Today - Gratitude is an emotion expressing appreciation for what one has. Gratitude is what gets poured into the glass to make it half full. Studies show that gratitude not only can be deliberately cultivated but can increase levels of well-being and happiness among those who do cultivate it. In addition, grateful thinking—and especially expression of it to others—is associated with increased levels of energy, optimism, and empathy."

[Read the Article](#)



RESOURCE FOR PARENTS

How to Teach Children Gratitude: It's more than just saying thank you.

In a time when many middle school kids carry around \$600 phones that they take for granted, teaching gratitude can feel like an uphill battle. But despite the challenges you might face in helping kids feel grateful in a world that seems to value overabundance, it can be worthwhile.

A 2019 study published in the Journal of Happiness Studies¹ found that gratitude is linked to happiness in children by age 5. This means that instilling gratitude in your kids at a young age could help them grow up to be happier people.

According to a 2008 study published in the Journal of School Psychology², grateful children (ages 11 to 13) tend to be happier, more optimistic, and have better social support. They also report more satisfaction with their schools, families, communities, friends, and themselves. Grateful kids also tend to give more social support to others as well.

[Read the Article](#)



RESOURCE FOR EMPLOYERS

Your Guide to Cultivating Gratitude in the Workplace

Many HR pros are working hard to promote a healthy workforce and create a culture of wellness by doing things like encouraging regular exercise and providing healthy snacks for employees. And while helping employees focus on their nutrition and physical activity is awesome, it's important to remember that a healthy lifestyle goes beyond an employee's diet or exercise regimen.

A healthy lifestyle also includes a healthy and happy mindset. And while there are many ways to help employees achieve a healthy and happy mindset, we think one of the easiest ways to do so is by cultivating gratitude in the workplace.

[Download the Guide](#)



A Parent's
Guide to Raising
Resilient Kids

Partnership
to End Addiction

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: 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



**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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