



CASA GRANDE ALLIANCE

September 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.

National Recovery Month

Every Person. Every Family. Every Community.



SAMHSA
Substance Abuse and Mental Health
Services Administration

JOIN US IN HELPING TO INCREASE AWARENESS ABOUT MENTAL HEALTH AND ADDICTION RECOVERY BY PARTICIPATING IN A COMMUNITY-WIDE SOCIAL MEDIA CAMPAIGN.

Suggested Social Media Posts for National Recovery Month

FREE PARENTING SKILLS TRAININGS

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

[Wednesday, 9/7 @ 10 AM & 6 PM - Developing Good Bedtime Routines](#)

[Wednesday, 9/14 @ 10 AM & 6 PM - Managing Fighting and Aggression](#)

[Tuesday, 9/20 @ 6 PM - Monthly Parent Booster Session](#)

[Wednesday, 9/21 @ 10 AM & 6 PM - Dealing with Disobedience](#)

[Wednesday, 9/28 @ 10 AM & 6 PM - Hassle-Free Shopping with Children](#)

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, 9/12 @ 1 PM - Casa Grande Alliance](#)

[Wednesday, 9/14 @ 12 PM - The Rise in Fentanyl](#)

[Wednesday, 9/21 @ 12 PM - Overdose Prevention and Naloxone](#)

[Tuesday, 9/27 @ 9 AM - Pinal County Wellness Alliance](#)



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 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!

[Thursdays, starting October 20 \(Click to sign up!\)](#)

[Mondays, starting October 24 \(Click to sign up!\)](#)

Childcare Available

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



STRONG FAMILIES PROGRAM CLASSES START OCTOBER 7

Do you have a child between the ages of 10 and 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 - Villago (Full Time)

Youth Alliance Team Leader (Full Time)

Youth Alliance Corpe Members (Part-Time)

PLEASE CALL (520) 936-5022 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

[LEARN MORE](#)

• Earn the [Presidential Volunteer Service Award](#)

Be a part of a great team! Join today!

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, 10 AM & 6 PM



Developing Good Bedtime Routines September 7, October 12

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 September 14, October 19

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 September 21, October 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](#)



Hassle-Free Shopping with Children September 28, November 2

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](#)

LUNCH AND LEARN WEBINARS

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



THE RISE IN FENTANYL

Wednesday, September 14 @ 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.

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



OVERDOSE PREVENTION AND NALOXONE

Wednesday, September 21 @ 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](#)

PLEASE CALL (520) 836-5022 TO RECEIVE OVERDOSE PREVENTION AND NALOXONE TRAINING AND FREE NARCAN!



THE NEWEST DRUG DEALING TREND

Wednesday, September 28 @ 12:00 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 TEACHERS:

The Science of Resilience

This brief summarizes essential findings from recent scientific publications and presentations by the Center on the Developing Child at Harvard University. (Center on the Developing Child (2015). The Science of Resilience (InBrief). Retrieved from www.developingchild.harvard.edu.)

Reducing the effects of significant adversity on young children's healthy development is critical to the progress and prosperity of any society. Yet not all children experience lasting harm as a result of adverse early experiences. Some may demonstrate "resilience," or an adaptive response to serious hardship. A better understanding of why some children do well despite early adversity is important because it can help us design policies and programs that help more children reach their full potential.

One way to understand the development of resilience is to visualize a balance scale or seesaw (see image below). Protective experiences and



In Brief: How Resilience is Built

Children are not born with resilience, which is produced through the interaction of biological systems and protective factors in the social environment. The active ingredients in building resilience are supportive relationships with

parents, coaches, teachers, caregivers, and other adults in the community. Learn how responsive exchanges with adults help children build the skills they need to manage stress and cope with adversity.

adaptive skills on one side counterbalance significant adversity on the other. Resilience is evident when a child's health and development are tipped in the positive direction, even when a heavy load of factors is stacked on the negative side.

[Watch the Video](#)

[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

Resilience in Pre-Teens and Teenagers



Resilience is the ability to 'bounce back' during or after difficult times and get back to feeling as good as before. It's also the ability to adapt to difficult circumstances that you can't change and keep on thriving.

In fact, when you're resilient, you can often learn from difficult situations. Your child's resilience can go up and down at different times. And your child might be better at bouncing back from some challenges than others.

All teenagers can build resilience, by developing:

- personal attitudes like self-respect and self-compassion
- social skills
- positive thinking habits
- skills for getting things done.
-

Your support is also a key building block for your child's resilience.

[Read the Article](#)

RESOURCE FOR EMPLOYERS

Building a more resilient workforce:

Q&A with an expert

A growing body of research is examining what resilience means for employers. Cigna, in its 2020 U.S. Resilience Index Report, found that **41% of full-time workers state that Covid-19 has negatively impacted the mental health of employees at their company.** Feelings of stress, anxiety, loneliness and depression are widespread.

The study also found that two-thirds of full-time workers lack high resilience, creating both a challenge and an opportunity for employers.



[Read the Article](#)

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



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

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

amazonsmile
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

FOOD & DRUG STORES
fry's

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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