



CASA GRANDE ALLIANCE

April 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.

APRIL PUBLIC MEETINGS AND ONLINE TRAININGS

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

[Tuesday, 4/26 @ 9:00 AM - Pinal County Wellness Alliance Meeting \(Public Welcome\)](#)

[Tuesday, 4/26 @ 6:00 PM - Dealing with Disobedience \(Parenting Skills Webinar\)](#)



You are cordially invited to **NOT** attend.



The 12th Annual Casa Grande Alliance

❖ **PHANTOM BALL** ❖



What is the Phantom Ball?

It's a non-event, so don't get a babysitter, rent a limo or by an outfit - don't even wash your hair!

APRIL 1, 2022 (NOT)

**Time: Never
Location: Nowhere**

Go about your day and please do not attend our non-event!

TICKETS

How can you donate?
Tickets to NOT attend are \$50 each
Tables are \$400

SPONSORSHIPS

Silver Sponsor - \$1,000
Gold Sponsor - \$2,000
email casagrandealliance@gmail.com
for more information.

We hope you don't join us again this year!

Donations are Tax-Deductible

Phantom Ball Contributions



**Classes begin Tuesday,
May 3 at 6:00 PM**

Childcare Available

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

FREE Parenting Skills Classes for ALL Parents!

Parents of children up to age 12 with concerns about their child's behavior who require intensive training in positive parenting or those who wish to learn a variety of parenting skills to apply to multiple contexts. These 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.

**Group Triple P Sign
Up**

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 family relationships.

NEW COURSE SCHEDULED!
Strong Families Program Workshops for Parents



and Youth 10-14 (SFP 10-14)

- Have you ever made a mistake as a parent?
- Do you want to reduce or prevent problem behaviors in your child(ren)?
- Do you sometimes wish parenting were easier?
- Do you want to prevent substance misuse for your child(ren)?

If you answered **YES** to any of these questions, ourStrong

Families Workshops are for you!

Join our highly skilled facilitators for one, two, or all seven workshops to gain new skills and learn new tools through guided discussions, meaningful activities, and engaging family games.

We provide FREE childcare, dinner, and raffle prizes each week.

Families who attend six or more workshops will receive completion certificates and a special gift.

CLASS BEGINS: Wednesday, 4/27

TIME: 5:30PM – 8:00PM

LOCATION: CG Alliance Office

FAMILY SIGN UP!



PROGRAMA DE 'FAMILIAS FUERTES'

¡LAS CLASES EMPIEZAN
EL 26 DE ABRIL, 2022!

¿Tienes un hijo o hija entre edades de 10 y 14 años?
Acompáñanos para un curso gráti de 7-semanas de
entrenamiento interactivo diseñado a...

- Mejorar habilidades de padres y promover estilos de crianza efectivos
- Construir la habilidad de tomar decisiones y habilidades para la vida en la juventud incluyendo manejar el estrés, la resolución de conflictos, y la resistencia de los compaeros.
- Fortalecer los lazos y promover la comunicaci3n positiva y la capacidad de resolver problemas juntos como familia

✓ *Se requiere registro antes de empezar las clases.*

✓ *Las clases empiezan el 26 de abril a las 5:30 PM.*

✓ *Guarderia de ninos esta disponible.*

Para m3s informaci3n, mande un correo al correo electr3nico
vista2.cga@gmail.com o marque a
(520) 836-5022



Strong Families Program Workshops for Parents and Youth 10-14 (SFP 10-14)

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learn new tools through guided discussions, meaningful activities, and engaging family games. **CGA provides FREE childcare, dinner, and raffle prizes each week.** Families who attend six or more workshops will receive completion certificates and a special gift. **Masks required and physical distancing will be observed!**

LOCATION: Cactus Middle School **TIME:** 5:30PM – 8:00PM
REGISTRATION: [Click here to register](#)

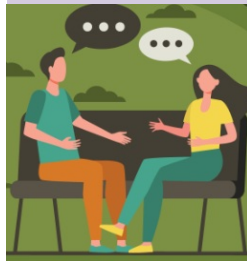
FAMILY RULES

Help Each Other
 Always Tell the Truth
SHARE
 DO YOUR BEST
 Listen to your parents
 Laugh at Yourself
 Say I Love You
 TRY NEW THINGS
Be Thankful
 Show Compassion
BE HAPPY

Making House Rules

This workshop focuses on Parents will learn about the importance of developing a balanced approach to building a positive and nurturing home environment, enforcing household rules, assigning chores, and clear communication with children. Students will learn about respecting parents, being thankful, and focusing on the positive.

DATE: Monday, April 25, 2022
[Click here to register](#)



Encouraging Good Behavior

This workshop focuses on building a stronger environment at home through open communication between parents and children. Parents will learn about the importance of validating good behavior. Students will learn about the importance of managing the stress in their lives and developing safe and trusting relationships with adults.

DATE: Monday, May 2, 2022
[Click here to register](#)

11 Things Kids Want From Parents

1. **Showing is better than telling** - I learn by watching you.
2. **Love me** - Give me hugs and kisses. You can't spoil me with those.
3. **Kind and firm discipline** - My brain is still developing and so I'm slow in learning. But I do want to learn, if you patiently and kindly teach me.
4. **Be my safe haven** - Always be here for me no matter what.
5. **Talk with me** - Don't just talk to me.
6. **Hear me** - Sometimes I just want to be heard without judgement or lecture.
7. **Accept who I am** - Don't constantly compare me to other kids.

Using Consequences

This workshop focuses on building an accepting, nurturing home environment through open communication between parents and children. Parents will learn helpful tools to establish and deliver meaningful and appropriate consequences and giving age-appropriate chores. Students will learn about the importance of rules, consequences and managing upset.

DATE: Monday, May 9, 2022
[Click here to register](#)



Building Bridges

This workshop focuses on developing the skills needed to maintain open and honest communication between parents and children. Parents will learn how to meet important needs that children have as they grow. They will also learn new ways to listen to and understand their children. Children will learn about the social stressors of growing up and how to respond positively.

DATE: Monday, May 16, 2022
[Click here to register](#)



Families and Peer Pressure

This workshop focuses on the importance of building awareness, healthy choices, the impact of stress on families, and how best to prevent substance misuse. Parents will learn about the importance of balanced living, the role that stress can play in family relationships, new ways to talk with their children about substance misuse, and encouraging resistance skills. Students will learn about the importance of making healthy choices, managing stress, the negative impacts of substance misuse on the body and brain, and resistance skills.

DATE: Monday, May 23, 2022
[Click here to register](#)

50 Questions to Ask

1. If you could live in a house shaped like anything, what would it be?
2. What do you think is a super power?
3. Where is the most wonderful place you've ever been?
4. What are you proud of?
5. What's the nicest thing anyone has ever said to you?
6. If you were invisible for a day, what would you do?
7. What is the worst meal in the world?
8. What do you want to be when you grow up?
9. What makes you cry?
10. Where do babies come from?
11. Where does disaster on Earth's surface?
12. What are you scared of?
13. If you could, what two animals would you combine?
14. What is your favorite song?
15. What is a friend?
16. What is your favorite memory?
17. If you could, what type of animal would you be?
18. What is your best friend?
19. What is your favorite thing to do with family?
20. What is the most important color?
21. If you had a million dollars, what would you spend it on?
22. Who do people get mad?
23. What is love?
24. If you could talk, what would it say?
25. If you had super powers, what would they be?
26. What's the best thing about being a kid?
27. Why do people have different color skin?
28. Who is someone in history that you'd like to be friends with? Why?

Getting Extra Help to Meet Family Needs

This workshop focuses on setting positive examples, encouraging goal directed behavior and making the most of school success. Parents will learn more about what puts children at risk and how to better support their children through asking the right questions to steer clear of tough situations. Parents will also have the opportunity to explore their own values and beliefs about substance misuse. Students will continue to learn about the value and importance of choosing positive friends and developing strong relationships.

DATE: Monday, June 6, 2022
[Click here to register](#)



Sign up for Virtual SFP

NEW- PARTICIPATE ONLINE! STRONG FAMILIES PROGRAM

We are excited to announce the launch of our **VIRTUAL Strong Families Program for Parents and Youth 10-14**. Classes begin Thursday, May 19, 2022 at 6:00PM from the comfort of your home. See below for our weekly schedule and session dates. [Click here](#) to learn more and register.

Virtual Weekly Schedule

- 6:00 pm - Parent Session (30 minutes)
- 6:45 pm - Youth Session (30 minutes)
- 7:30 pm - Family Session (30 minutes)

Virtual Session Calendar (Thursdays at 6:00 pm)

- May 19 - Love and Limits
- May 26 - Making House Rules
- June 2 - Encouraging Good Behavior
- June 9 - Using Consequences
- June 16 - Building Bridges
- June 23 - Families and Peer Pressure
- June 30 - Getting Help for Special Family Needs

ARE YOU AVAILABLE TO PARTICIPATE IN PARENT SKILLS TRAINING DURING THE WEEKDAYS OR ONLINE?

Please call Bob at (520) 836-5022 find out more!.

NEW - ONLINE 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.



Dealing with Disobedience

Tuesday, April 26, 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.

DISCUSSION GROUP SIGN UP!

FREE
EVENT

Save the
date!

2022 Virtual
**TRAUMA
SENSITIVE
SCHOOLS
SYMPOSIUM**

via Whova

"Mind full or Mindful: Systems
Change to Support Wellness"

**TUESDAY, JUNE 7TH, 2022
8 AM - 3 PM (AZ MST)**

**CERTIFICATES OF ATTENDANCE
TO BE PROVIDED**
ATTENDEES MUST ATTEND FULL
CONFERENCE TO RECEIVE CERTIFICATE

SPONSORED BY:



Arizona Adverse Childhood Experiences Consortium



EVENT REGISTRATION IS OPEN NOW
<https://www.eventbrite.com/e/2022-virtual-trauma-sensitive-schools-symposium-registration-290855395317>

QUESTIONS? EMAIL:

pfscare@asu.edu

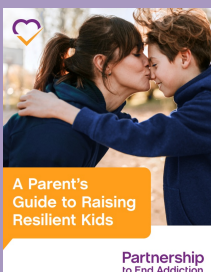


RESOURCE FOR TEACHERS:

**Spring Renewal: How to Finish Strong and
Finish Positive!**

As we approach the end of the school year, it can be difficult to remain positive and find maintain the same energy from the beginning of the year. This article uses the concept of Spring renewal to provide encouragement for teachers by staying positive and focusing on supporting students. It also provides tips and ideas on how to *renew* your classroom and finish the year off strong!

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:
Guided Meditation Script for Kids:



Spring Renewal

Children love the use of the vivid guided meditation imagery for fun and stress relief. Simply read the words to your child in a relaxed manner as they settle into bed or at nap time. With Spring upon us, we're focusing on this season's sense of renewal and personal improvement.

With this guided meditation script, you can help your child unfold the beauty and renewal of a new season. Just as a flower comes back stronger each and every spring, you do, too.

[Read the Full Article](#)

spoken word



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

CONGRATULATIONS

Grand Prize Winner!

EMMALYN GIBBS

Second Place

CHRISTAVIA GIBBS

Third Place

KAYLIE SPENCER

[Check Out Our Prize Winning Videos!](#)

RESOURCE FOR YOUTH:

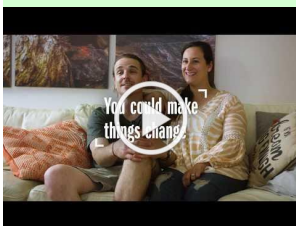
5 Simple Mindfulness Practices for Daily Life



How often have you rushed out the door and into your day without even thinking about how you'd like things to go? Before you know it, something or someone has rubbed you the wrong way, and you've reacted automatically with frustration, impatience, or rage—in other words, you've found yourself acting in a way you never intended.

You don't have to be stuck in these patterns. Pausing to practice mindfulness for just a few minutes at different times during the day can help your days be better, more in line with how you'd like them to be. Explore these five daily practices for bringing more mindfulness into your life.

[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!

JOIN OUR TEAM!

Family Engagement Specialist AmeriCorps VISTA
The goal of the VISTA project is to work with students, parents, educators, volunteers and community partners to increase the success of students and families in poverty.

The Family Support Specialist VISTA members will assess school needs, design and pilot trainings to managing volunteer programs, build and engaging advisory groups to drive the organization and implementation of support programming for family and students, build systems to coordinate the implementation of Thrive - A Resilience Program for Teens, network with behavioral and treatment providers engaging with other community partners and engaging in resource development activities. [Position Listing](#)

FULL-TIME LEADERSHIP DEVELOPMENT POSITIONS AVAILABLE TODAY!
Call (520) 836-5022 or email cgsadirector@gmail.com

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](#)



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

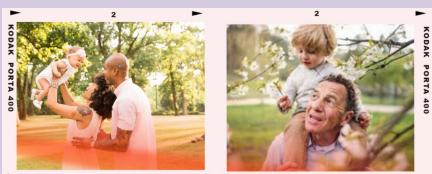


BECOME A VOLUNTEER REENTRY COACH!

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!



SPRING RENEWAL PARENTING TIPS

Springtime often symbolizes a time of renewal, rebirth, and starting fresh. Help your kids recharge and refresh their minds and bodies with these tips!

Take Brain Breaks: A brain break is a 2-5 minute break that kids take to give them some time for mental rest from homework and other mentally strenuous activities. After brain breaks, kids are refreshed and more able to focus.

Calm Down in the Moment: Teaching kids how to self-soothe and calm down when they are stressed is a wonderful life skill. Simple activities like deep breathing and counting to ten can make a big difference in their ability to self-regulate.

List Accomplishments: When your child puts themselves down, listing their accomplishments and positive attributes, and asking them to do it as well, is a great way to combat negative self-talk and promote self-esteem.

Do something fun...and maybe even artsy! Creativity and laughter are great tools for renewal and bonding. Never forget to have fun!

<https://reentryproject.com/blog/teaching-kids-how-to-recharge-and-practice-self-care/>



NEED HELP WITH OPIOIDS?
Hot and confidential information 24 hours a day
1-888-688-4222 azofhs.gov/ourline



Substance Use Prevention and Treatment Referrals
COMMUNITY NARCAN DISTRIBUTION POINT
280 W. McMurray Blvd, Casa Grande, Arizona 85122
(520) 836-5022 www.casagrandealliance.com



PREVENTION POSTER PARTNER-APRIL SPRING RENEWAL PARENTING TIPS

Springtime often symbolizes a time of renewal, rebirth, and starting fresh. Help your kids recharge and refresh their minds and bodies with these tips!

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!](#)

HELP WITH THINKING ABOUT COLLEGE AND CAREER



Civic Service Institute

College of Social and Behavioral Sciences

In partnership with **Northern Arizona University - Civic Service Institute**, the Casa Grande Alliance is now a part of a statewide network providing direct service to youth and families. The focus is to increase the on-time high school graduation, community college, university and trade-school enrollment and career exploration Members assist with FAFSA completion, scholarship searches, college applications, and [MORE INFORMATION](#)

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

