

CASA GRANDE ALLIANCE

JANUARY 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.

JANUARY PUBLIC MEETINGS AND TRAININGS

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

[Monday, 1/10 @ 1:00 PM -- Casa Grande Alliance Meeting \(Public Welcome\)](#)

[Tuesday, 1/18 @ 6:00 PM -- Strong Families Program - \(Registration Required\)](#)

[Thursday, 1/20 @ 6:00 PM -- Group Stepping Stones Triple P \(Registration Required\)](#)

[Tuesday, 1/25 @ 9:00 AM -- Pinal County Wellness Alliance Online \(Public Welcome\)](#)



STRONG FAMILIES PROGRAM CLASSES START January 18, 2021!

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.
Classes begin Tuesday, January 18.
Childcare Available

For more information, please email
cgafamilies@gmail.com or call
(520) 836-5022 or

[visit our website](#)

Seven Strategies for Teaching with Intention...and Heart

When award-winning literacy expert Carol Jago presented the webinar, Teaching with intention...and heart, she reminded us of what our true intentions should be as educators: "to help children lead literate lives and to help them ache



for what can be found in books." We thought we'd share seven of her top strategies for you to use to help boost the literacy achievement in your classroom.

1. Recognize that grit can't be taught like other subjects
2. Choose books that speak to the human condition
3. Don't confuse close reading with annotating a text
4. Incorporate activities that get students to look closer at text
5. Ask students to consider comprehension breakdown
6. Find a balance between nonfiction and literary texts
7. Practice, practice, practice [Link](#)

[Read the Full Article](#)



Small changes, big differences

Triple P Positive Parenting Program

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.

GROUP STEPPING STONES TRIPLE P for Parents of children with special needs (up to 12 years of age) requiring intensive training in positive parenting or those who wish to learn a variety of parenting skills to apply to multiple contexts. Parents will need to commit to 9 weeks of group sessions and individual telephone sessions.

Triple P doesn't tell people how to parent. Rather, it gives parents simple and practical strategies they can adapt to suit their own values, beliefs, and needs. The benefits can be dramatic and long-lasting. Children who grow up with positive parenting are far more likely to develop the skills they need to do well at school, build friendships, and feel good about themselves.



Pre-Registration is required.
Classes begin Thursday, January 20
Childcare Available
For more information, please email
cgadirector@gmail.com or call
[Preregistration Form](#)
(520) 836-5022 or [visit our website](#)

Proven Results for Arizona...

In the past five years, over 4000 parents have participated in Triple P Positive Parenting Program in Arizona. For those parents that have participated,

- **8 out of 10** parents report having a high-quality training experience
- **8 out of 10** parents report the program helped them to deal more effectively with their children's behavior and have reported improvements with positive parenting practices
- **7 out of 10** parents report that the program helped them to deal more effectively with problems that arise in their families and with strengthened family relationships.
- Parents also report big reductions in feelings of depression, anxiety and stress.

"We've had other parenting classes, but this class really helped open new possibilities. I really enjoyed this program."

"This class has opened my mind to help me grow as a parent to better lead my child."

"I loved it! The instructor was really great! I would definitely recommend to other parents of students with disabilities."

THE NEXT CLASS BEGINS JANUARY 20, 2022!

Space is Limited!

[Triple P Preregistration Form](#)



**Dr. Martin Luther King Day Spoken Word Video Contest
COMING ON JANUARY 14!**

[**CHECK OUT LAST YEAR'S CONTEST WINNERS**](#)

6 Ways to Bring Mindfulness Into Your Daily Life

Each day brings plenty of opportunities for mindfulness, from washing the dishes to waiting in traffic. Here are 6 ways to stay mindful through the day.

Mindfulness involves being aware of your surroundings as well as what you are feeling inside.

Mindfulness can have mental health benefits, with researchers in a 2021 study reporting that people who practiced mindful meditation during lockdown self-reported less pandemic-related stress than those who didn't.

Practicing mindfulness as part of your everyday life can have benefits both for the mind and the body. Incorporating mindfulness into your everyday life doesn't need to be difficult, and can be as simple as daily mindful breathing exercises.

[**READ THE ARTICLE!**](#)





SAVE A LIFE! GET NALOXONE TRAINED!

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

Intentional Life Lab aims to help students explore who they are beyond academics

University of Maryland alumna Sarah Wolek spent a decade working for the U.S. government — she worked on the country's United Nations delegation and analyzed housing discrimination for the Department of Housing and Urban Development.

There was always a greater purpose to the work, she said. But she began to notice a pattern, no matter where she was: her colleagues lacked connection to the work.

Wolek began wondering what was behind this lack of purpose. She realized her coworkers' frustrations had very little to do with the work itself and more to do with uncertainties in their personal lives, whether from finances or relationships.

"I just over time came to realize that these institutions are made up of people," Wolek said. "And if those people themselves are not whole and happy in their own life ... all those things played into how they actually performed in their work."



[Read the Full Article](#)



AmeriCorps

JOIN OUR TEAM!

[NAU Center for Service and Volunteerism](#)

Positive Youth Development Specialist -

Engage middle school youth in training/mentoring related to college and career preparation and work to expand services to youth by implementing effective youth development strategies through youth alliance chapters at area middle and high schools. [POSITION DESCRIPTION](#)

FULL-TIME LEADERSHIP DEVELOPMENT POSITIONS
Call (520) 836-5022 or email cgadirector@gmail.com

**POSITIVE PARENTING PROGRAM
TRIPLE P ONLINE**

Triple P is a parenting program, but it does not tell



[Learn More About Triple P](#)

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

Through a special arrangement with Prevent Child Abuse Arizona, we can 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!

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



Neither can your child.

[DOWNLOAD THE ILLICIT FENTANYL FLYER](#)

PROTECT THE YOUTH OF CASA GRANDE!

**BECOME A VOLUNTEER
REENTRY COACH!**

The Pinal Community Reentry Project provides



**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](https://casagrandealliance.com/reentry-project)

EMAIL: CGAREENTRY@GMAIL.COM

CALL: (520) 836-5022

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



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!



NEED A NEW YEAR'S RESOLUTION? TIPS FOR INTENTIONAL LIVING

Living with intention, and based on your core beliefs, has many mental health benefits. For starters, intentional living can lower your stress. One reason is that we stop "weighing the pros and cons of every decision, which causes us much anxiety. Instead, be guided by your North Star or a compass made from your own beliefs and values. Research also suggests that values-based actions lead to lower daily distress and greater well being

Reflecting on these questions can help bring clarity on what matters most to you!

- From morning to night, what does an ideal day look like for you?
- Why are these things so important?
- What are the activities that bring you fulfillment? Meaning? Contentment?
- What do these activities have in common?
- What do you wish you had more of? Less of?
- What upsets you?
- What inspires you?

Living with intention creates a sense of urgency, gives us access to our own power and supports our feelings of being more present, in tune and capable. An intentional life brings meaning, profound satisfaction, and fulfillment because you are living in a way that is true to who you are!

<https://psychcentral.com/health/intentional-living#how-does-it-feel>



NEED HELP WITH OPIOIDS?

FREE and confidential information 24 hours a day
1-888-688-4222 azdhs.gov/oarline



We strive to increase youth and family success and to build a healthy and safe community.
280 W. McMurray Blvd
Casa Grande, AZ 85122
(520) 836-5022
www.CasaGrandeAlliance.com
Facebook: CGAlliance | Twitter: @CG_Alliance



Tips for Intentional Living

We tend to idealize childhood as a carefree time, but youth alone offers no shield against the emotional hurts, challenges, and traumas many children face. Children can be asked to deal with problems ranging from adapting to a new classroom or online schooling to bullying by peers or even struggles at home. Add to that the uncertainties that are part of growing up in a complex world, and childhood can be anything but carefree. The ability to thrive despite these challenges arises from the skills of resilience. **The good news is that resilience skills can be learned.**

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!*

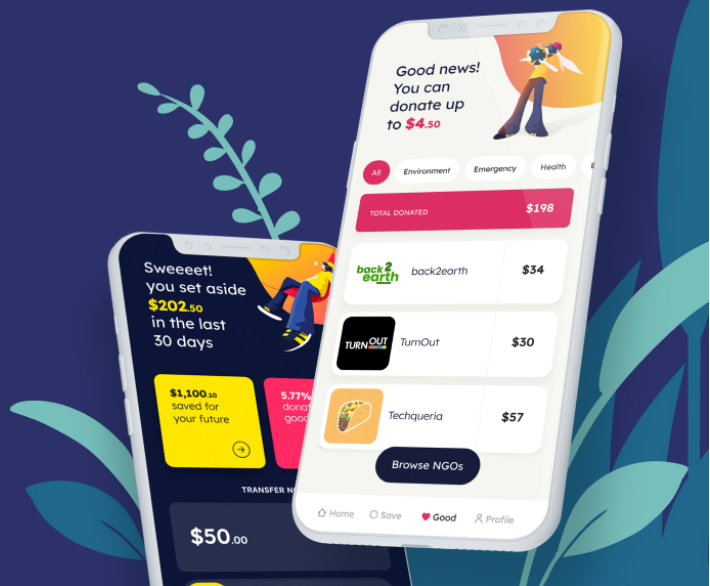
WE NEED HELP WITH:

- 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.





We're on bunny.money!

bunny.money is helping us fundraise in a new way. You'll find us in their nonprofit marketplace alongside other incredible nonprofits. In addition to helping us receive 100% of your donation, **bunny.money** has a pretty special cause in how they are helping all donors learn to be more financially healthy by building up savings and being intentional with donations.

- **When using bunny.money, 100% of your donation goes to Casa Grande Alliance**. No fees from **bunny.money** while the industry fee averages 2-7%!
- **Give sustainably** to Casa Grande Alliance by making regular and micro-donations, based on your financial wellness!
- **Sign up bonus:** You get \$5 + \$5 in your Savings & Donations wallets, AND Casa Grande Alliance gets also \$5 once you download and use the app! That's impactful!

Sign up today for early access!

[Sign Up to Support Us](#)

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



Arizona Adverse Childhood Experiences Consortium



arizona
complete health.



CASA GRANDE
ELEMENTARY
SCHOOL DISTRICT #4



**Foothills
Bank**
Division of Glacier Bank

GREEN + CROSS
PRO



College of Social and
Behavioral Sciences



PINAL COUNTY
PUBLIC HEALTH



PINAL CENTRAL
YOUR STATE • YOUR COUNTY • YOUR NEWS



THE CLEANING PEOPLE



VantageWest
CREDIT UNION