

Banner Urgent Care®



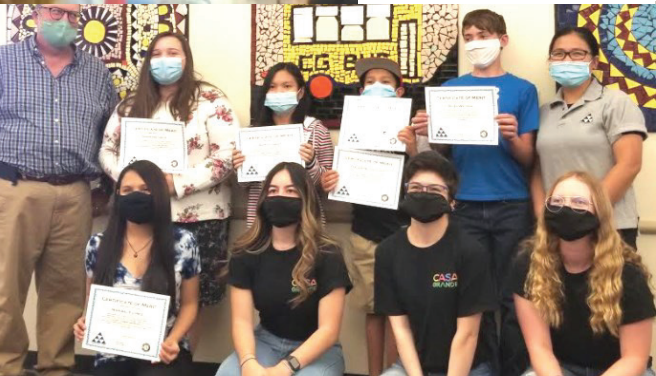
Open 9am - 9pm • 7 days a week
1676 E. McMurray Blvd, Casa Grande

BECAUSE YOU DON'T GET SICK ON SCHEDULE.



CASA GRANDE ALLIANCE

Delivering the message of prevention to businesses, homes and hearts in our communities.



SUN LIFE FAMILY HEALTH CENTER

Community Wellness. Resources. Integrated Services.

Learn more at SLFHC.ORG or call us at 1-888-381-3446



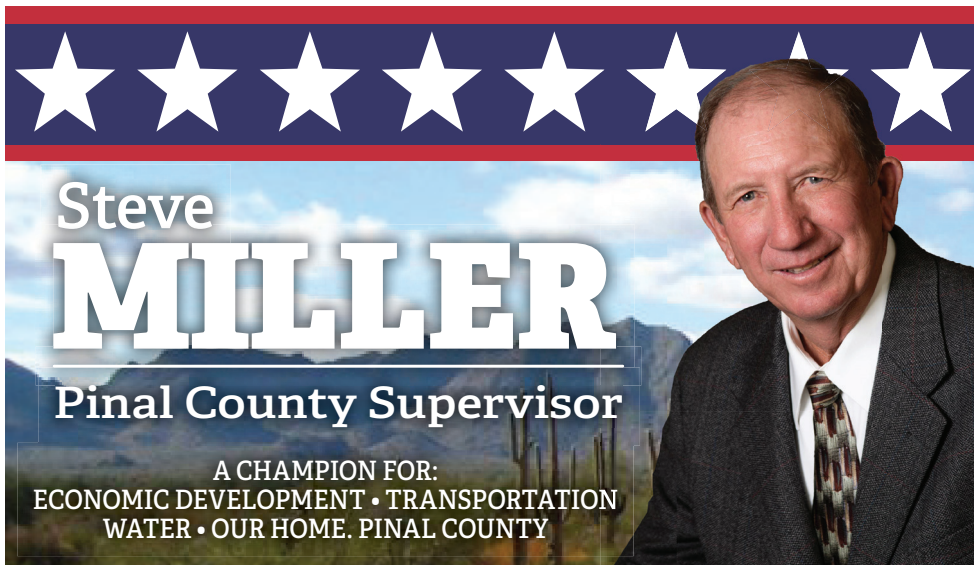
A great life is a drug-free life!
 If you or someone you know has a drug or alcohol problem, please, seek help right away!
 Your very life may depend on it!

WE SUPPORT A DRUG-FREE WORK ENVIRONMENT!

CARDINAL CG 

A CARDINAL GLASS INDUSTRIES COMPANY

1109 N. Jefferson Avenue ♦ Casa Grande, AZ 85122 ♦ www.cardinalcorp.com



Stephen Q Miller
 Pinal County Board of Supervisors
 District #3

820 E. Cottonwood Ln.
 520-866-7401
stephen.miller@pinal.gov

YOUR FUTURE IS KEY, SO STAY DRUG-FREE.

Make a promise to live your life to the fullest by staying drug-free. If you or someone you know has a drug or alcohol problem, please seek help right away.

WE SUPPORT A DRUG-FREE WORK ENVIRONMENT



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 September 2020 LITHO IN USA

**EMPOWER
 ENGAGE
 MOBILIZE
 CHANGE**

...Casa Grande



CASA GRANDE YOUTH ALLIANCE

The CASA GRANDE YOUTH ALLIANCE has been organized to tackle some of the greatest challenges facing Casa Grande youth today. CGYA seeks to engage middle and high school youth in developing leadership skills, supporting CG SADD Chapters, and in supporting their schools and community. If you are interested in learning more and would like to get your youth involved, please call (520) 836-5022.

SADD is the nation's leading youth health and safety organization, with 400,000 active members, thousands of active chapters. and millions of successful alumni. To learn more, visit sadd.org





Zacheriah Buchanan 6th Grade, Villago Middle School

You are never too old to set another goal or to dream a new dream.

-C.S. Lewis



Pinal County Sheriff's Office
Explorers Program

Help your community. Start preparing for your career in Law Enforcement today.



JANUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Connect with Others Talk with people you trust about your concerns and how you are feeling. 					1 New Year's Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 ML King Day	19	20	21	22	23
24	25	26	27	28	29	30
31	Connect with Others Maintain healthy relationships, and build a strong support system. 	December 2020 S M T W T F S 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		February 2021 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28		Notes:

“Your vision will become clear only when you look into your heart.

Those who look outside dreams.

Those who looks inside, awaken.”

Alysahn Urias
Eighth Grade
Cactus Middle School



the Jan Hobbs Agency

Come Join Our Family!

Jan Hobbs, Agent
275 E. Cottonwood Ln., Ste. 1
Casa Grande, AZ 85122
520-423-0122
jlignoul@amfam.com

AMERICAN FAMILY INSURANCE
Insure carefully, dream fearlessly.
American Family Mutual Insurance Company,
6000 American Parkway, Madison, WI 53783 3576 10/15

FEBRUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stick to the Facts Find a credible source you can trust - such as USA.GOV - and fact-check information you get from newsfeeds, social media or other people.	1	2 Groundhog Day	3	4	5	6
7	8	9	10	11	12 Chinese New Year Lincoln's Birthday	13
14 Valentine's Day	15 Presidents' Day	16 Mardi Gras	17 Ash Wednesday	18	19	20
21	22	23	24	25	26	27
28	<p>Control What You Can During this time of uncertainty, take the opportunity to control what you can in your home environment. For example, get the family to pitch in for some deep cleaning & decluttering.</p>					

Feel Prepared
It can help to think through a typical week: how will you continue to be affected and what will you need to do to solve any problems?

January 2021							March 2021						
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24	25	26	27	28	29	30	28	29	30	31			
31													

Notes:



“A hug is always the right size!”

-Winnie the Pooh

Maya Johnson
8th Grade
Cactus Middle School

Now Hiring




- Dispatch
- Detention Officer
- Deputy Sheriff

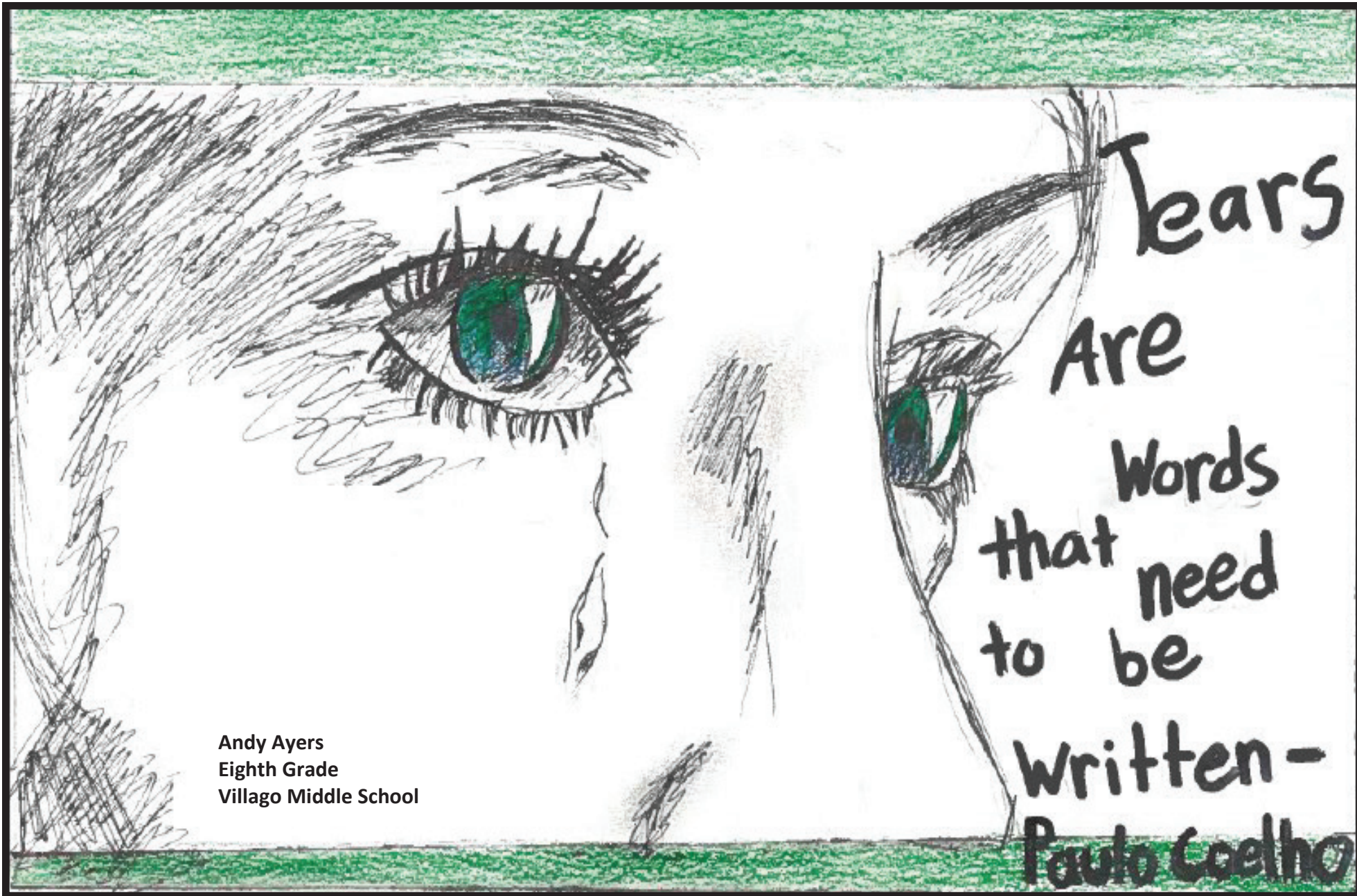
Pinal County Sheriff's Office

The choices you make today can affect your future opportunities.
Choose to be drug free.



MARCH 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<p>Question Your Thought Pattern</p> <p>Negative thoughts can take root in your mind and distort the severity of the situation. One way is to challenge your fears, ask if they're true, and see where you can take back control.</p> 	1	2	3	4	5	6																																																																																				
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14 Daylight Saving	15	16	17 St. Patrick's Day	18	19	20 Vernal Equinox																																																																																				
21	22	23	24	25	26	27																																																																																				
28 Passover Palm Sunday	29	30	31	 <p>Write Down Your Thoughts</p> <p>Writing down what's making you anxious gets it out of your head and can make it less daunting.</p>																																																																																						
<p>Practice Focused, Deep Breathing</p> <p>Try breathing in for 4 counts and breathing out for 4 counts for 5 minutes total. By evening out your breath, you'll slow your heart rate which should help calm you down.</p> <p>The 4-7-8 technique is also known to help anxiety.</p> 	<p>February 2021</p> <table style="font-size: small; border-collapse: collapse;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>		S	M	T	W	T	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28							<p>April 2021</p> <table style="font-size: small; border-collapse: collapse;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> </table>		S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		Notes:	
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CASA GRANDE PUBLIC SAFETY FOUNDATION
 PO Box 11802, Casa Grande, AZ 85130 • cgpublishsafetyfoundation@gmail.com
Support our local programs!

★ **Public Safety** ★ **Blue Santa** ★ **Back To School Shop With A Cop**

APRIL 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																												
Take Breaks Make time to unwind and remind yourself that strong feelings will fade. <div style="text-align: right; margin-top: 10px;"> </div>				1 April Fools' Day	2 Good Friday	3																																																																												
4 Easter	5	6	7	8	9	10																																																																												
11	12	13 Ramadan begins	14	15 Taxes Due	16	17																																																																												
18	19	20	21 Admin Assist Day	22 Earth Day	23	24																																																																												
25	26	27	28	29	30	Spend Time with Pets <small>Pets can help manage loneliness and depression by giving us companionship. Regular walking or playing with pets can decrease blood pressure, cholesterol levels, and triglyceride levels.</small>																																																																												
Get Outside <small>Take an opportunity to get outside and experience nature - but be sure to follow social distancing guidelines. Step away from your home office and take a walk around your neighborhood or a local trail - if opened. If you have kids, go on a nature scavenger hunt or play "I spy" in the yard.</small>			March 2021 <table style="font-size: small; margin: 0 auto;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				May 2021 <table style="font-size: small; margin: 0 auto;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						Notes:
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Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind. – Dr. Seuss

Miranda Vega
Seventh Grade
Villago Middle School




Pinal County Sheriff's Office

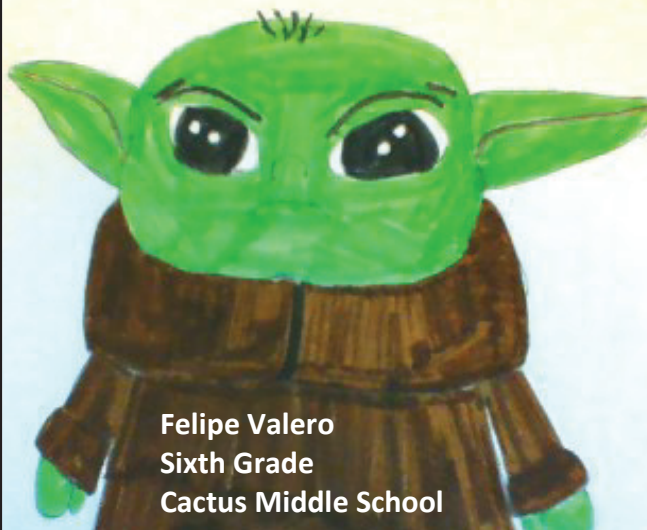
It's never too early to plan for your future.
Invest in yourself. Invest in your community.

Now Hiring

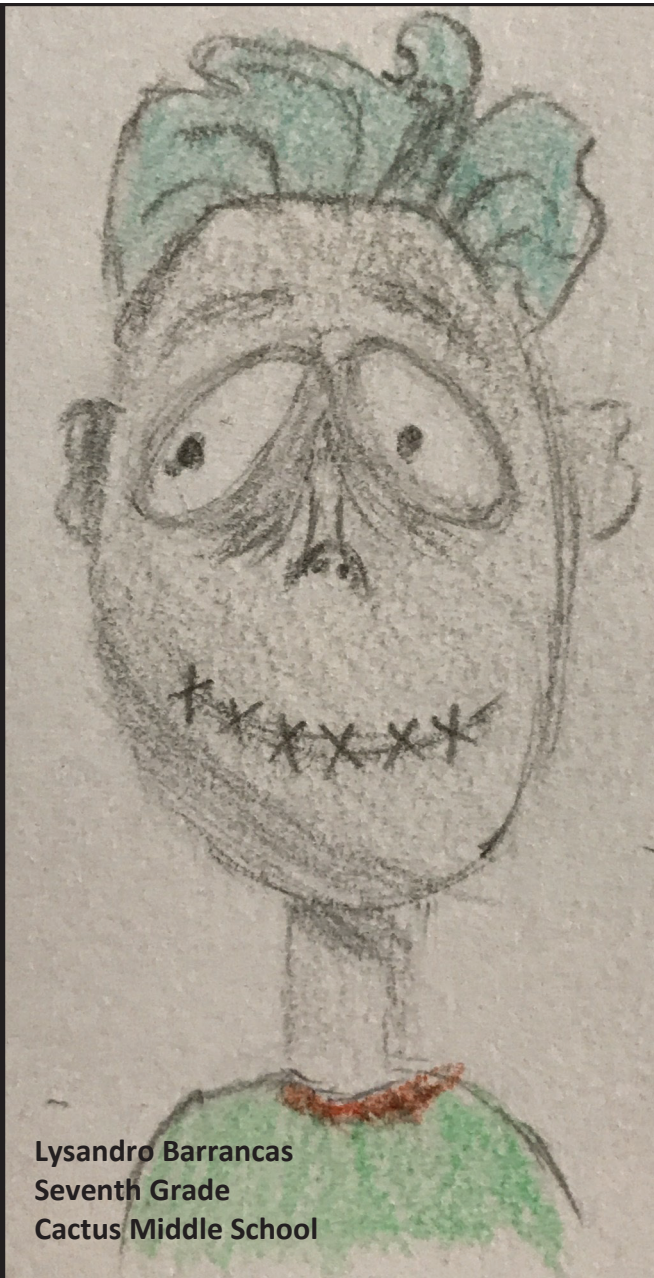
- Dispatch
- Detention Officer
- Deputy Sheriff

MAY 2021

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 <h2>Make Time to Unwind</h2> <p>Try to do some other activities you enjoy, like painting or baking.</p>						1																																																																																				
2	3	4	5 Cinco de Mayo	6	7	8																																																																																				
9 Mothers' Day	10	11	12	13	14	15 Armed Forces Day																																																																																				
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23 Pentecost	24	25	26	27	28	29																																																																																				
30	31 Memorial Day	<p>April 2021</p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> </table>			S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		<p>June 2021</p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				Notes:
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Felipe Valero
Sixth Grade
Cactus Middle School

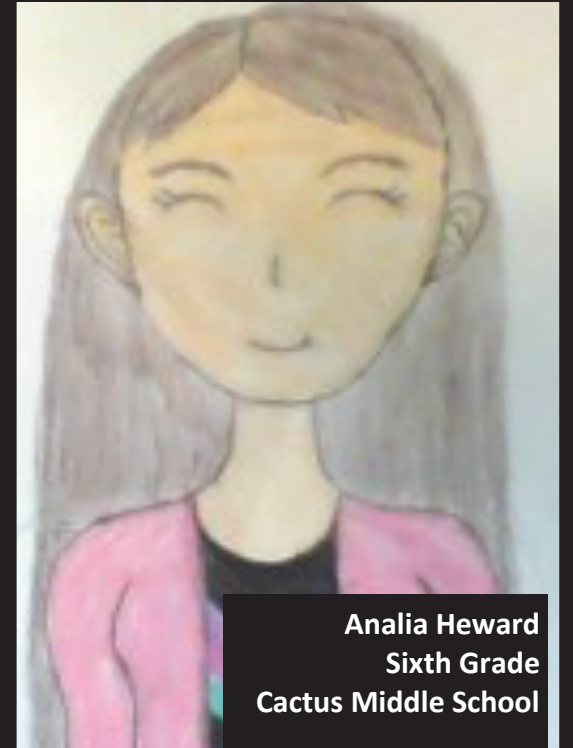


Lysandro Barrancas
Seventh Grade
Cactus Middle School

“Expression that comes from the deepest, darkest place that most of us would rather hide from the rest of the world is the substance that will most likely also deeply affect others.”
— Ken Poirot



Jazlynn Fisher
Sixth Grade
Cactus Middle School



Analia Heward
Sixth Grade
Cactus Middle School



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Palms • Herbs • Flowering Plants and more!
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Look us up on:    



SHOP LOCAL
WE HAVE ROOTS HERE!

JUNE 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																												
<p style="text-align: center;">Get Dressed Up</p>  <p>There are lots of benefits to getting dressed up. Yes it may cause you to put in a bit more effort than usual, but it can change how you feel about yourself by giving you more confidence and improve your day, even helping you to boost your career.</p>		1	2	3	4	5																																																																												
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13	14 Flag Day	15	16	17	18	19																																																																												
20 Fathers' Day June Solstice	21	22	23	24	25	26																																																																												
27	28	29	30	<p>Do Things You Enjoy, Online</p> <p>There are lots of free tutorials and courses on the internet, or try online pub quizzes and music concerts.</p> 																																																																														
<p style="text-align: center;">Go for a Drive</p> <p>Driving can be very stress-relieving. Driving away from the current location gives you literal and figurative space between you and the problem, giving you time to think & allowing for the steam to cool down.</p> 		<p>May 2021</p> <table style="margin: auto; border-collapse: collapse;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						<p>July 2021</p> <table style="margin: auto; border-collapse: collapse;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table>	S	M	T	W	T	F	S	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<p>Notes:</p>	
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“When you arise in the morning, think of what a precious privilege it is to be alive—to breathe, to think, to enjoy, to love—then make that day count!”
— Steve Maraboli



Ahlyn Zepeda
 Sixth Grade
 Villago Middle School



Joseph Wallace
 Sixth Grade
 Villago Middle School

**Don't Flush Your Life Away,
 SAY "NO" TO DRUGS!**

Licensed • Bonded • ROC 067458 • ROC 068025 • ROC 067457 • ROC 074815



600 E. 1st • Casa Grande
24-Hour Emergency Service
(520) 836-5802

JULY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																													
	 <h2>Get Creative</h2> <p>Using your hands and your creative brain can be a great way to relieve stress. It helps you focus on the present and create something new. If you have arts and crafts supplies on hand, use them to create something special.</p>			1	2	3																																																																													
4 Independence Day	5	6	7	8	9	10																																																																													
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25 Parents' Day	26	27	28	29	30	31																																																																													
<h3>Try Your Ideas</h3> <p>What ideas have you always thought about doing but have yet to get done? With all this new time on our hands, now is the best time to experiment with those projects.</p> 		<p>June 2021</p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </table>		S	M	T	W	T	F	S	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				<p>August 2021</p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>		S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					Notes:
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How to remember the 5 PROTECTIVE FACTORS that make your family strong.



Use your Thumb to remember

Social & Emotional Competence of Children

because a "thumbs up" is one of the first ways we learn to communicate our emotions.



Your Pinky Finger signifies Concrete Support in Times of Need

because it is the smallest finger and reminds us that we all need help sometimes.



Your Index Finger represents
**Knowledge of Parenting
and Child Development**
because you are your child's
1st teacher!

Your Ring Finger stands for
Parental Resilience
because your first commitment
must be to yourself in order
to be strong for others.



Your Middle Finger can
help you remember
Social Connections
because it should never
stand alone! We all need a
positive social network.



Helping Our Children With 5 Steps for Self Regulation

Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage With Life, Dr. Stuart Shanker'

Stress happens. As a result of stress, our bodies react in a variety of ways - some good, some not so good. Self-regulation is not the same as self control. The goal of self-regulation is to learn to recognize and reduce our stress overload before it causes challenges. Self-regulation makes self-control possible; not the other way around. As we (adults) learn self-regulation, we can better teach our child(ren) to self-regulate.

READ AND REFRAME BEHAVIOR

What are some common signs of being overstressed (you and your child(ren))? How can you see the behavior in a different way? What judgements are you making about the behavior? Is this "misbehavior" or is it "stress behavior"? Not all behavior is intentional but ALL behavior is COMMUNICATION. Don't just ask yourself "why?" Ask "why now?" "What happened?"

RECOGNIZE STRESSORS

What's happening right now for you and for your child(ren)? Stress happens in 5 domains: biological, emotional, cognitive, social and prosocial. Some stressors are hidden stressors (nutrition, sensitivities to light/noise/smells, unaddressed trauma).

REDUCE STRESSORS

What do you and your child(ren) need to get back to calm? What turns off the alarm system in your body? Everyone is different and what works for one, doesn't work for everyone. What works this time may not work next time. Becoming a stress detective means remaining curious about causes and open to trial-and-error to find solutions.

REFLECT

What does it feel like to be calm? In your body? In your mind? Developing self-awareness requires us to understand what it feels like when the alarm gets turned on, what turns it off and what it feels like when the alarm is off.

RESPOND

Which of our coping strategies are healthy (adaptive)? Which of our coping strategies are not health (maladaptive)? How can we develop and use more of our healthy strategies and fewer of our unhealthy strategies?

These "steps" don't always happen one after another. Sometimes they may happen all at once. Sometimes they happen out of this order. Once we start, we are already good at it. Through practice and persistence we just get better.



**“What sets you apart
can sometimes feel like
a burden and it is not.
It is what makes you
great!”**

-Emma Stone

Enrique Hernandez Arredondo
8th Grade
Villago Middle School

 **CASA GRANDE
ELEMENTARY
SCHOOL DISTRICT #4**
Call or visit us online to join the CGESD Family
(520) 836-2111 WWW.CGESD.ORG @CGESD4

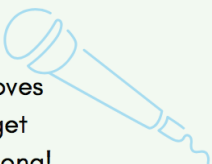



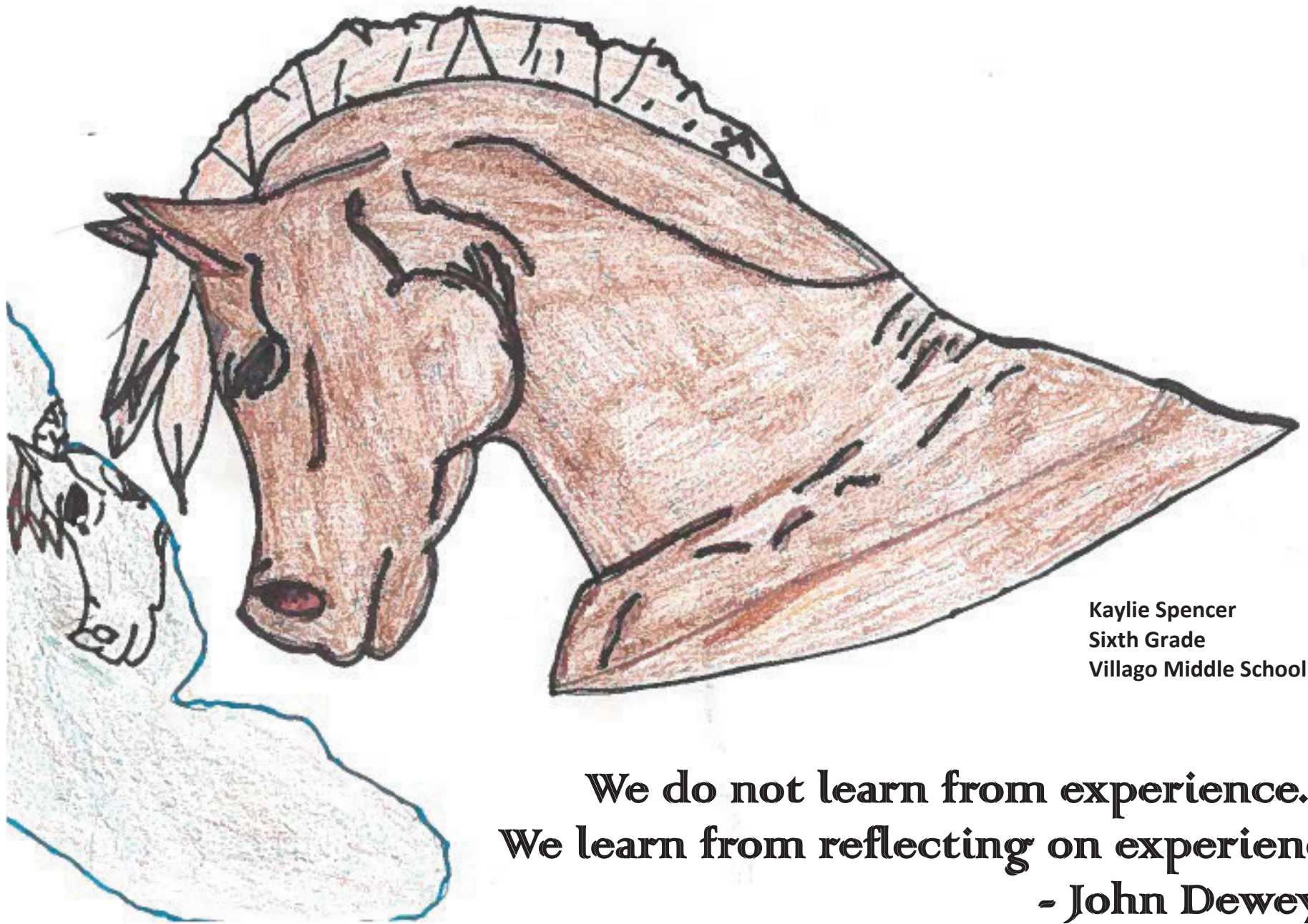
- Full Day Kindergarten
- Technology in Every Classroom
- Award Winning Staff
- Student First Culture
- Social Emotional Learning



- Students Clubs/Activities
- Rigorous Curriculum
- New Safety and Security Upgrades
- Student Recognition Programs
- Low Teacher to Student Ratios

AUGUST 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19 Aviation Day	20	21
22	23	24	25	26	27	28
29	30	31	Sing Singing improves your mood, is very effective as a stress reliever, and improves sleep. Singing also releases pain-relieving endorphins, helping you to forget that painful tooth/knee/whatever. So turn on your favorite song and sing along! 			
 Look After Your Sleep Try to maintain regular sleeping patterns and keep up good sleep hygiene practices – like avoiding screens before bed, cutting back on caffeine and creating a restful environment..		July 2021 S M T W T F S 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		September 2021 S M T W T F S 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		Notes:



Kaylie Spencer
Sixth Grade
Villago Middle School




We do not learn from experience.
We learn from reflecting on experience.”
- John Dewey



Silent Witness Anti-Crime Night

Tues., Sept. 28, 2021 | Vista Grande HS | 1556 N. Arizola Rd. | Casa Grande | 5:30 p.m.-8:30 p.m.
Displays | Games | Food | Vehicles | *Free and Open to the Community!*

SEPTEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																													
Reassure Children Stay calm and reassure your children. Talk to children about what is happening in a way that they can understand. Keep it simple and appropriate for each child's age. 			1	2	3	4																																																																																													
5	6 Labor Day	7 Rosh Hashanah	8	9	10	11 Patriot Day																																																																																													
12 Grandparents Day	13	14	15	16 Yom Kippur	17 Constitution Day	18																																																																																													
19	20	21	22 Autumnal Equinox	23	24	25																																																																																													
26	27	28	29	30	Let Children Participate You can help your children feel a sense of control and manage their feelings by encouraging them to take action directly related to the disaster. For example, children can help others after a disaster by volunteering to help community or family members in a safe environment. Children should NOT participate in disaster cleanup activities for health and safety reasons. 																																																																																														
Give Children A Safe Space Provide children with opportunities to talk about what they went through or what they think about it. Encourage them to share concerns and ask questions. 			August 2021 <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>		S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					October 2021 <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>		S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							Notes:	
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Stacie Bui-Pelayo
Sixth Grade
Cactus Middle School

“The person who follows the crowd will usually go no further than the crowd. The person who walks alone is likely to find himself in places no one has ever seen before.”

– Albert Einstein





FIND YOUR ALL NEW 2022 RIDE AT



1930 N. Pinal Avenue, Casa Grande, AZ Phone 520.836.3100

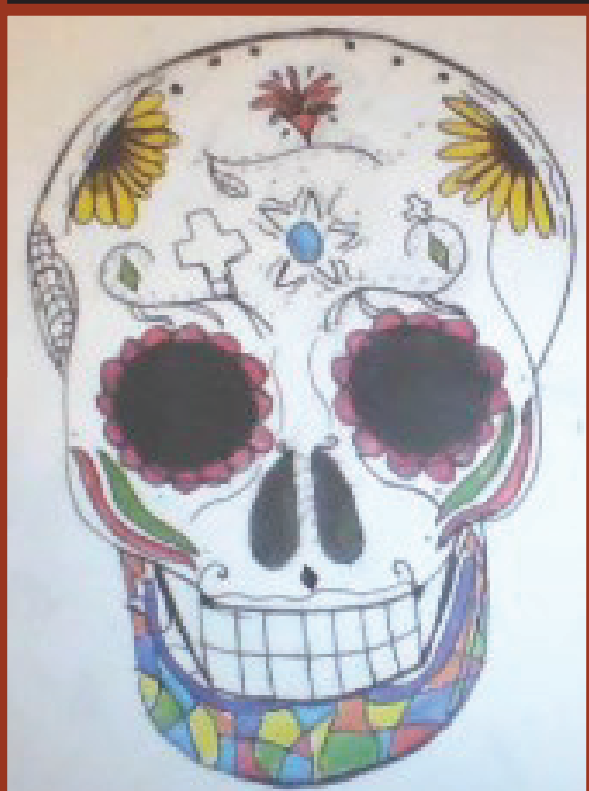


OCTOBER 2021

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 <p>Read A Book Reading forces us to unwind and be present.</p>					1	2																																																																													
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10	11 Columbus Day	12	13	14	15 Boss's Day	16 Sweetest Day																																																																													
17	18	19	20	21	22	23																																																																													
24 United Nations Day	25	26	27	28	29	30																																																																													
31 Halloween	 <p>Watch A Movie Put on a movie, or better yet, rewatch one! Rewatching a movie is relaxing because our brains find them easy to process and the predictability is comforting.</p>	<p>September 2021</p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td></tr> </table>		S	M	T	W	T	F	S	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			<p>November 2021</p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td></td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr> </table>		S	M	T	W	T	F	S	1	2	3	4	5	6		7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					Notes:
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Maria Bridgewater
Eighth Grade
Cactus Middle School



Emily Lopez, Eighth Grade, Cactus Middle School



Sarah Reyna, Sixth Grade, Cactus Middle School

“We live on in the hearts of those we leave behind.”

—Anonymous






CASA GRANDE JEWELRY & PAWN
1326 N. Pinal Ave. • Casa Grande • 520-836-7774
Corner of Pinal Ave. & McMurray Blvd.
Hours: Mon.-Fri. 9-6; Sat. 9-4

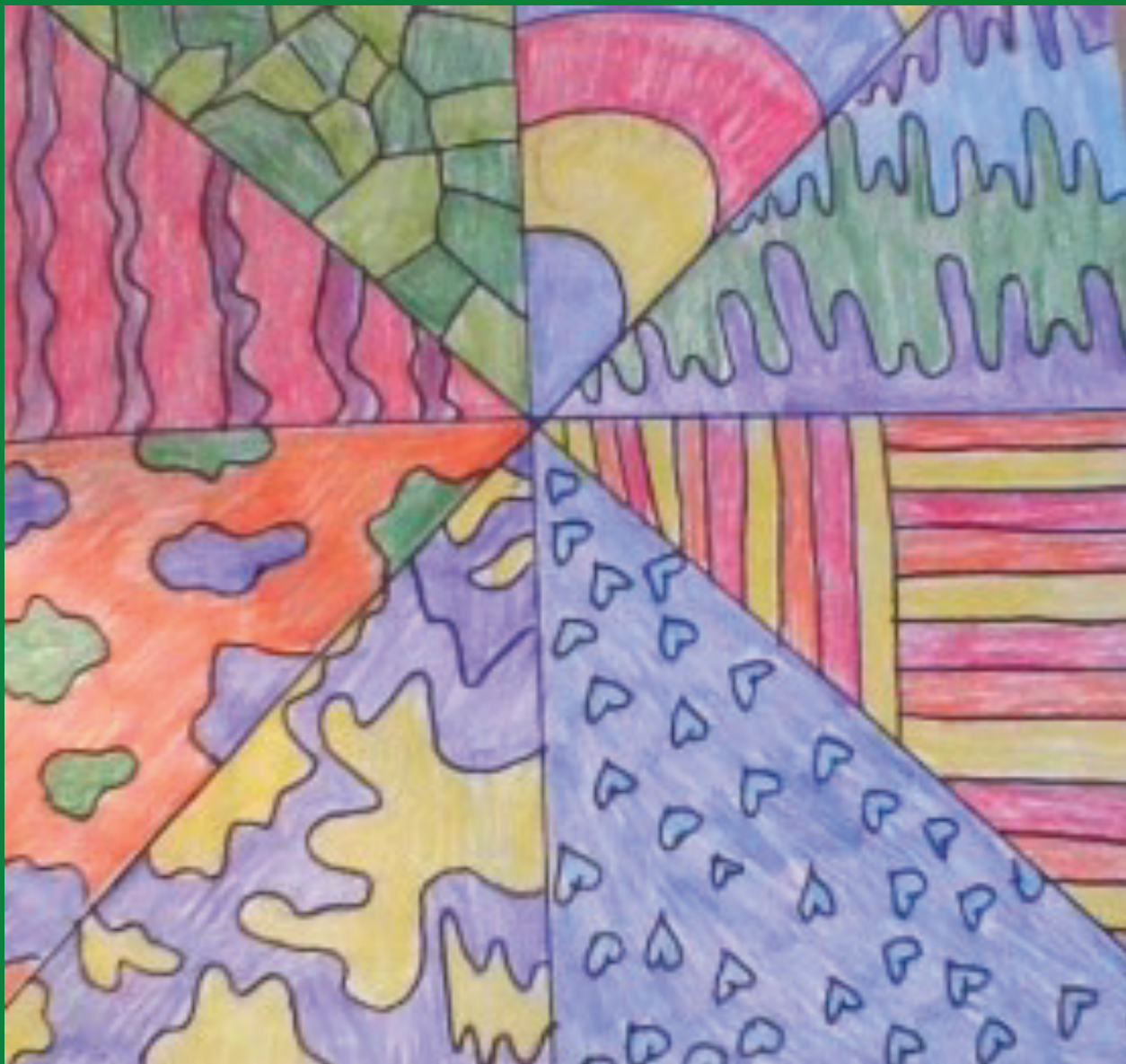
BUY | SELL | TRADE



Happy Birthday Ted!

NOVEMBER 2021

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<p>Try Yoga</p>  <p><small>Yoga's incorporation of meditation and breathing can help improve a person's mental well-being. Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration.</small></p>	1	2	3	4	5	6																																																																																											
<p>7 Daylight Saving</p>	8	9	10	11 Veterans Day	12	13																																																																																											
<p>14</p>	15	16	17	18	19	20																																																																																											
<p>21</p>	22	23	24	25 Thanksgiving	26	27																																																																																											
<p>28</p>	29 Hanukkah begins	30	<p>Go for a Run</p>  <p>Running can significantly improve physical and mental health. As a form of aerobic exercise, running can reduce stress, improve heart health, and even help alleviate symptoms of depression.</p>																																																																																														
<p>Use Aromatherapy</p>  <p><small>Whether they're in oil form, incense, or a candle, scents like lavender, chamomile, and sandalwood can be very soothing. Aromatherapy is thought to help activate certain receptors in your brain, potentially easing anxiety.</small></p>	<p>October 2021</p> <table border="1" style="font-size: small; border-collapse: collapse;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>		S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							<p>December 2021</p> <table border="1" style="font-size: small; border-collapse: collapse;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>		S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		<p>Notes:</p>
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It is time for
parents to teach
young people
early on that in
diversity there is
beauty and
there is
strength.

-Maya Angelou



Aurey Martinez
Eighth Grade

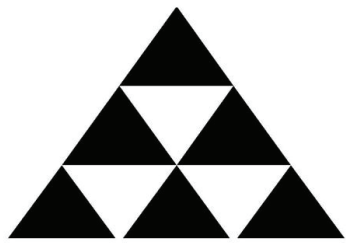


Join SEEDS OF HOPE for our
4th Annual 5K Run/Walk
Visit Our Website: seedsofhopeaz.com
for more information or to register.



DECEMBER 2021

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 <p>Call a Loved One Haven't talked to someone in a while? Give them a call! Talking to someone you care about increases your happiness, reduces your stress, enriches your life and improves your health.</p>			1	2	3	4																																																																																					
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19	20	21	22	23	24 Christmas Eve	25 Christmas Day																																																																																					
26 Kwanzaa begins	27	28	29	30	31 New Year's Eve																																																																																						
<p>Cook Something Different A study published in the Journal of Positive Psychology found that people who cooked reported feeling more relaxed and happier in their day-to-day lives. So why not spice it up & try a new recipe for dinner!</p> 			<p>November 2021</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr> </table>		S	M	T	W	T	F	S	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					<p>January 2022</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>		S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						Notes:
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CASA GRANDE ALLIANCE

Serving Casa Grande and Pinal County since 1989.

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CGA, Inc.

Our non-profit corporation, CGA, Inc., provides staff and administrative support to the Casa Grande Alliance and the Pinal County Substance Abuse Council. We are grateful for the generous volunteer, financial and in-kind support we receive from individuals, local business and through state and federal grants. **Thank You!**

**INTERESTED IN VOLUNTEERING?
POSITIONS AVAILABLE!
CASAGRANDEALLIANCE@GMAIL.COM**

OUR PROGRAMS

Strong Families Workshops (10 to 14 year olds) - a highly effective workshop that helps parents and youth improve respect, communication, and understanding.
Casa Grande Youth Alliance—a representative group of middle and high school students dedicated to leadership development, coordinating SADD Chapter efforts and community service.
Substance Use Disorder Trainings - Provide free professional development trainings to business and nonprofit partners
Community Reentry Project—Engaging community mentors serving those re-joining our community.
Adverse Childhood Experience Trainings—Clarify understanding of ACEs from youth to adulthood, including implications for substance use disorder.
Prevention Poster Partners—local businesses make a positive difference by prominently displaying important prevention messages and reminders.
Community Speaker Series—Coordinating presentations that make a difference to our community.
Prevention Resource Center—access to information, resources and advocacy support for those seeking treatment and recovery.



**Casa Grande Alliance
Please Consider Attending Our Next Meeting!
First Monday of the Month, 1 PM**

PLEASE CALL TO LEARN MORE



- ◆ Against Abuse, Inc.
- ◆ Arizona Complete Health
- ◆ AZ Department of Economic Security/Rehabilitation Services Administration
- ◆ AZ Department of Public Safety
- ◆ Arizona SADD
- ◆ Banner Casa Grande Medical Center
- ◆ Boys & Girls Club of the Casa Grande Valley
- ◆ Casa Grande Daybreak Rotary
- ◆ Casa Grande Elementary School Dist.
- ◆ Casa Grande Fire Department
- ◆ Casa Grande Main Street
- ◆ Casa Grande Municipal Court
- ◆ Casa Grande Police Department
- ◆ Casa Grande SADD Chapters
- ◆ CG Union High School District
- ◆ Casa Grande Valley Newspapers
- ◆ Casa Grande Youth Alliance
- ◆ Celebrate Recovery
- ◆ City Of Casa Grande
- ◆ Community Bridges, Inc.
- ◆ Community Medical Services
- ◆ Coolidge Youth Coalition
- ◆ Greater Casa Grande
- ◆ Hope Medical Clinic
- ◆ Horizon Health & Wellness
- ◆ Mission Heights Prep. High School
- ◆ Narcotics Anonymous
- ◆ Northern Arizona University—Civic Service Institute
- ◆ Pinal County
 - ~ Adult Probation
 - ~ Attorney's Office
 - ~ Housing Authority
 - ~ Juvenile Court Services
 - ~ Public Health Services Dept.
 - ~ Sheriff's Office
- ◆ Pinal Gila Council for Senior Citizens
- ◆ Pinal Hispanic Council
- ◆ Redemption Church
- ◆ River Source
- ◆ Salvation Army PHX ARC Center
- ◆ Schaidler Consulting Services, Inc.
- ◆ Seeds of Hope
- ◆ Sun Life Family Health Center
- ◆ Teen Challenge AZ Home of Hope
- ◆ The Sinners to Saints Ministry
- ◆ Zonta Club of Casa Grande Valley
- ◆ Individual supporters & donors



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