



2022 - 2023 Parenting and Family Skills Course Catalog & Training Calendar

The team at Casa Grande Alliance is excited to offer area families a variety of opportunities for parents to learn new and improve their parenting skills. We are scheduled to offer a variety of course options every month. In addition, parents can choose to participate in-person or online during the day or in the evening. Additionally, childcare will be provided on request for in-person trainings. **Please visit our website www.casagrandealliance.com to learn more about Parenting and Family Skills Courses we will be offering and to complete the quick and easy online registration form. Otherwise, please feel free to call or stop by our office with your questions or to register in person.**

COURSE CATALOG

Group Triple P for All Parents	For all 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 in many situations. Parents learn 17 strategies for improving their children’s competencies and discouraging unwanted child behavior. Through discussion, role play and homework exercises parents learn methods for dealing with unwanted child behavior and for encouraging positive behavior and supporting emotional needs. Parents receive a workbook and certificate of completion. 8 weeks of 2.5-hour group sessions and 20-minute individual appointments.
Group Stepping Stones Triple P	For parents of children with special needs up to the age of 14 with a range of disabilities (intellectual, autism spectrum, physical) and with elevated levels of disruptive behavior. A small group course that helps parents learn proven strategies to improve and manage behavior. Parents refine the use of their parenting skills and develop independent problem-solving skills. Parents receive a workbook and certificate of completion. 9 weeks of 2.5-hour group sessions & individual 20-minute appointments.
Triple P Discussion Groups	For all parents. A series of two-hour standalone small group sessions on common parenting challenges. Topics include managing fighting and aggression; developing good bedtime routines; hassle-free shopping with children; and dealing with disobedience The discussion groups are also designed to provide an overview of the positive parenting principles for any interested parent. Parents receive a workbook and certificate of completion. One 2-hour session per topic.
Pathways Triple P (By appointment only)	For parents with difficulty regulating emotions and as a result are considered at risk of child maltreatment. The individual sessions focus on common parent traps, understanding and managing anger, and other strategies to improve a parent's ability to cope with raising children. Parents receive a workbook and certificate of completion. Two 90-minute sessions.
Strong Families	For parents and youth 10-14 years. An evidence-informed, interactive program for the whole family. designed to enhance parenting skills, empathy, and promote effective parenting styles, to build decision-making and life skills in youth, including stress management, conflict resolution, peer pressure resistance, and empathy, and strengthen family bonds and promote positive communication and the ability to jointly solve problems. Both parents and youth receive certificates of completion. Seven in-person 2.5-hour sessions for parents and children.
Parent Booster Sessions (Monthly, 3 rd Tuesday)	For all parents. Monthly peer to peer meetings to encourage connections between parents. Parents will have the opportunity to share struggles and challenges, problem solve and troubleshoot, share ideas, resources and strategies, and celebrate successes. One, monthly 2.5-hour sessions.

SEPTEMBER 2022

Day	Date	Start	Format	Course	Type
WED	7	10 am	Online	Developing Good Bedtime Routines	Discussion Group
WED	7	6 pm	In Person	Developing Good Bedtime Routines	Discussion Group
WED	14	10 am	Online	Dealing with Disobedience	Discussion Group
WED	14	6 pm	In Person	Dealing with Disobedience	Discussion Group
TUES	20	10 am	Online	Parenting Booster Session	Peer to Peer Meeting
TUES	20	6 pm	In person	Parenting Booster Session	Peer to Peer Meeting
WED	21	10 am	Online	Managing Fighting and Aggression	Discussion Group
WED	21	6 pm	In Person	Managing Fighting and Aggression	Discussion Group
WED	28	10 am	Online	Hassle-Free Shopping with Children	Discussion Group
WED	28	6 pm	In Person	Hassle-Free Shopping with Children	Discussion Group

OCTOBER 2022

Day	Date	Start	Format	Course	Type
WED	12	10 am	In Person	Developing Good Bedtime Routines	Discussion Group
WED	12	6 pm	Online	Developing Good Bedtime Routines	Discussion Group
MON	17	6 pm	In Person	Strong Families Program	7 Weekly Sessions
TUES	18	10 am	Online	Parenting Booster Session	Peer to Peer Meeting
TUES	18	6 pm	In Person	Parenting Booster Session	Peer to Peer Meeting
WED	19	10 am	In Person	Dealing with Disobedience	Discussion Group
WED	19	6 pm	Online	Dealing with Disobedience	Discussion Group
THURS	20	6 pm	Hybrid	Triple P Parenting for All Parents	8 Weekly Sessions
WED	26	10 am	In Person	Managing Fighting and Aggression	Discussion Group
WED	26	6 pm	Online	Managing Fighting and Aggression	Discussion Group

NOVEMBER 2022

Day	Date	Start	Format	Course	Type
WED	2	10 am	Online	Hassle-Free Shopping with Children	Discussion Group
WED	2	6 pm	In person	Hassle-Free Shopping with Children	Discussion Group
MON	7	10 am	Online	Triple P Parenting for All Parents	8 Weekly Sessions
TUES	8	10 am	Hybrid	Stepping Stones Triple P (Special Needs)	9 Weekly Sessions
WED	9	10 am	Online	Developing Good Bedtime Routines	Discussion Group
WED	9	6 pm	In person	Developing Good Bedtime Routines	Discussion Group
TUES	15	10 am	Online	Parenting Booster Session	Peer to Peer Meeting
TUES	15	6 pm	In person	Parenting Booster Session	Peer to Peer Meeting
WED	16	10 am	Online	Dealing with Disobedience	Discussion Group
WED	16	6 pm	In person	Dealing with Disobedience	Discussion Group
WED	30	10 am	Online	Managing Fighting and Aggression	Discussion Group
WED	30	6 pm	In person	Managing Fighting and Aggression	Discussion Group

DECEMBER 2022

Day	Date	Start	Format	Course	Type
TUES	6	6 pm	In Person	Stepping Stones Triple P (Special Needs)	9 Weekly Sessions
WED	7	10 am	In Person	Hassle-Free Shopping with Children	Discussion Group
WED	7	6 pm	Online	Hassle-Free Shopping with Children	Discussion Group
WED	14	10 am	In Person	Developing Good Bedtime Routines	Discussion Group
WED	14	6 pm	Online	Developing Good Bedtime Routines	Discussion Group
TUES	20	10 am	Online	Parenting Booster Session	Peer to Peer Meeting
TUES	20	6 pm	In Person	Parenting Booster Session	Peer to Peer Meeting

JANUARY 2023

Day	Date	Start	Format	Course	Type
WED	4	10 am	Online	Dealing with Disobedience	Discussion Group
WED	4	6 pm	In Person	Dealing with Disobedience	Discussion Group
WED	11	10 am	Online	Managing Fighting and Aggression	Discussion Group
WED	11	6 pm	In Person	Managing Fighting and Aggression	Discussion Group
WED	17	10 am	Online	Parenting Booster Session	Peer to Peer Meeting
WED	17	6 pm	In Person	Parenting Booster Session	Peer to Peer Meeting
WED	18	10 am	Online	Hassle-Free Shopping with Children	Discussion Group
WED	18	6 pm	In Person	Hassle-Free Shopping with Children	Discussion Group
MON	23	6 pm	In Person	Strong Families Program	7 Weekly Sessions
WED	25	10 am	Online	Developing Good Bedtime Routines	Discussion Group
WED	25	6 pm	In Person	Developing Good Bedtime Routines	Discussion Group

FEBRUARY 2023

Day	Date	Start	Format	Course	Type
WED	1	10 am	In Person	Dealing with Disobedience	Discussion Group
WED	1	6 pm	Online	Dealing with Disobedience	Discussion Group
THURS	2	10 am	Online	Stepping Stones Triple P (Special Needs)	9 Weekly Sessions
MON	6	10 am	Hybrid	Triple P Parenting for All Parents	8 Weekly Sessions
WED	8	10 am	In Person	Managing Fighting and Aggression	Discussion Group
WED	8	6 pm	Online	Managing Fighting and Aggression	Discussion Group
WED	15	10 am	In Person	Hassle-Free Shopping with Children	Discussion Group
WED	15	6 pm	Online	Hassle-Free Shopping with Children	Discussion Group
TUES	21	10 am	Online	Parenting Booster Session	Peer to Peer Meeting
TUES	21	6 pm	In Person	Parenting Booster Session	Peer to Peer Meeting
WED	22	10 am	In Person	Developing Good Bedtime Routines	Discussion Group
WED	22	6 pm	Online	Developing Good Bedtime Routines	Discussion Group

MARCH 2023

Day	Date	Start	Format	Course	Type
WED	1	10 am	Online	Dealing with Disobedience	Discussion Group
WED	1	6 pm	In Person	Dealing with Disobedience	Discussion Group
TUES	2	6 pm	Hybrid	Stepping Stones Triple P (Special Needs)	9 Weekly Sessions
WED	8	10 am	Online	Managing Fighting and Aggression	Discussion Group
WED	8	6 pm	In Person	Managing Fighting and Aggression	Discussion Group
TUES	21	10 am	Online	Parenting Booster Session	Peer to Peer Meeting
TUES	21	6 pm	In Person	Parenting Booster Session	Peer to Peer Meeting
WED	22	10 am	Online	Hassle-Free Shopping with Children	Discussion Group
WED	22	6 pm	In Person	Hassle-Free Shopping with Children	Discussion Group
WED	29	10 am	Online	Developing Good Bedtime Routines	Discussion Group
WED	29	6 pm	In Person	Developing Good Bedtime Routines	Discussion Group

APRIL 2023

Day	Date	Start	Format	Course	Type
WED	5	10 am	In Person	Dealing with Disobedience	Discussion Group
WED	5	6 pm	Online	Dealing with Disobedience	Discussion Group
MON	10	6 pm	In Person	Strong Families Program	7 Weekly Sessions
WED	12	10 am	In Person	Managing Fighting and Aggression	Discussion Group
WED	12	6 pm	Online	Managing Fighting and Aggression	Discussion Group
THURS	13	10 am	Online	Triple P Parenting for All Parents	8 Weekly Sessions
TUES	18	10 am	Online	Parenting Booster Session	Peer to Peer Meeting
TUES	18	6 pm	In Person	Parenting Booster Session	Peer to Peer Meeting
WED	19	10 am	In Person	Hassle-Free Shopping with Children	Discussion Group
WED	19	6 pm	Online	Hassle-Free Shopping with Children	Discussion Group
WED	26	10 am	In Person	Developing Good Bedtime Routines	Discussion Group
WED	26	6 pm	Online	Developing Good Bedtime Routines	Discussion Group

MAY 2023

Day	Date	Start	Format	Course	Type
WED	3	10 am	Online	Dealing with Disobedience	Discussion Group
WED	3	6 pm	In Person	Dealing with Disobedience	Discussion Group
WED	9	10 am	Online	Managing Fighting and Aggression	Discussion Group

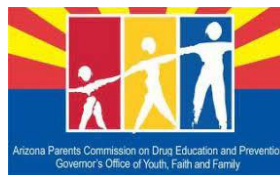
WED	9	6 pm	In Person	Managing Fighting and Aggression	Discussion Group
TUES	16	10 am	Online	Parenting Booster Session	Peer to Peer Meeting
TUES	16	6 pm	In Person	Parenting Booster Session	Peer to Peer Meeting
WED	17	10 am	Online	Hassle-Free Shopping with Children	Discussion Group
WED	17	6 pm	In Person	Hassle-Free Shopping with Children	Discussion Group

JUNE 2023

Day	Date	Start	Format	Course	Type
WED	7	10 am	In Person	Developing Good Bedtime Routines	Discussion Group
WED	7	6 pm	Online	Developing Good Bedtime Routines	Discussion Group
WED	14	10 am	In Person	Dealing with Disobedience	Discussion Group
WED	14	6 pm	Online	Dealing with Disobedience	Discussion Group
TUES	20	10 am	Online	Parenting Booster Session	Peer to Peer Meeting
TUES	20	6 pm	In Person	Parenting Booster Session	Peer to Peer Meeting
WED	21	10 pm	In Person	Managing Fighting and Aggression	Discussion Group
WED	21	6 pm	Online	Managing Fighting and Aggression	Discussion Group
WED	28	10 am	In Person	Hassle-Free Shopping with Children	Discussion Group
WED	28	6 pm	Online	Hassle-Free Shopping with Children	Discussion Group

Casa Grande Alliance parent training programs are funded through a grant from the Arizona Parents Commission.

<https://goyff.az.gov/PC>



We also work in partnership with Prevent Child Abuse Arizona and their Positive Parenting Program Initiative.

www.PositiveParentingAZ.org

