



(Revised February 21, 2023)

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 (hybrid). 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.
Strengthening 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.

FEBRUARY 2023

Day	Date	Start	Format	Course	Type
WED	22	6 pm	Hybrid	Hassle-Free Shopping with Children	Discussion Group
THURS	23	6 pm	Hybrid	Triple P Parenting for All Parents	8 Weekly Sessions

MARCH 2023

Day	Date	Start	Format	Course	Type
WED	1	6 pm	In Person	Strengthening Families Program	7 Weekly Sessions
MON	6	6 pm	Online	Triple P Parenting for All Parents	8 Weekly Sessions
TUES	7	6 pm	Hybrid	Stepping Stones Triple P (Special Needs)	9 Weekly Sessions
WED	8	6 pm	Hybrid	Developing Good Bedtime Routines	Discussion Group
THURS	9	6 pm	Hybrid	Triple P Parenting for All Parents	8 Weekly Sessions
THURS	16	6 pm	Online	Triple P Parenting for All Parents	8 Weekly Sessions
MON	20	6 pm	In Person	Strengthening Families Program	7 Weekly Sessions
TUES	21	6 pm	Hybrid	Parenting Booster Session	Peer to Peer Meeting
WED	22	6 pm	Hybrid	Hassle-Free Meal Time	Discussion Group

APRIL 2023

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

MAY 2023

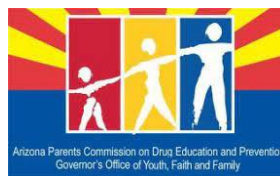
Day	Date	Start	Format	Course	Type
MON	1	6 pm	Online	Triple P Parenting for All Parents	8 Weekly Sessions
THURS	4	6 pm	Hybrid	Triple P Parenting for All Parents	8 Weekly Sessions
MON	8	6 pm	In Person	Strengthening Families Program	7 Weekly Sessions
TUES	9	6 pm	Hybrid	Stepping Stones Triple P (Special Needs)	9 Weekly Sessions
WED	10	6 pm	Hybrid	Hassle-Free Shopping with Children	Discussion Group
THURS	11	6 pm	Online	Triple P Parenting for All Parents	8 Weekly Sessions
TUES	16	6 pm	Hybrid	Parenting Booster Session	Peer to Peer Meeting
WED	24	6 pm	Hybrid	Developing Good Bedtime Routines	Discussion Group
MON	29	6 pm	Hybrid	Triple P Parenting for All Parents	8 Weekly Sessions

JUNE 2023

Day	Date	Start	Format	Course	Type
THURS	1	6 pm	Online	Triple P Parenting for All Parents	8 Weekly Sessions
WED	14	6 pm	Hybrid	Hassle-Free Mealtime	Discussion Group
TUES	20	6 pm	Hybrid	Parenting Booster Session	Peer to Peer Meeting
WED	28	6 pm	Hybrid	Dealing with Disobedience	Discussion Group

Casa Grande Alliance parent training programs are funded through a grant from the Arizona Parents Commission on Drug Education and Prevention.

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



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

www.PositiveParentingAZ.org

