



2023 - 2024 Parenting and Family Skills Course Catalog – Spring 2024

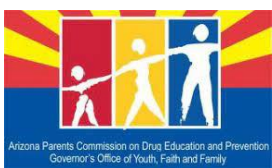
The team at Casa Grande Alliance is excited to offer area families a variety to learn new and improve their parenting skills. Please visit our website www.casagrandealliance.org to learn more about the Parenting and Skills Courses we will be offering and to complete the quick and easy online registration form. Otherwise, please feel free to call or stop by our office with your questions or to register in person.

COURSE DESCRIPTIONS

<p>Group Triple P for All Parents Parents receive a workbook and certificate of completion. <i>6 weeks of 2-hour group sessions and 20-minute individual appointments</i></p>	<p>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 for encouraging positive behavior and supporting emotional needs.</p>
<p>Group Teen Triple P Teens (Starting March 12, 2024) Parents receive a workbook and certificate of completion. <i>6 weeks of 2-hour group sessions and 20-minute individual appointments</i></p>	<p>For all parents with teenagers up to 17 years old. Group Teen Triple P is a broad-based parenting intervention delivered over six weeks for parents of teenagers up to 17 years old and who are interested in learning a variety of parenting skills. Parents may be interested in promoting their teenager’s development and potential or they may have concerns about their teenager’s behavior that they want to change. Parents actively participate in a range of exercises to learn about the causes of adolescent behavior problems, setting specific goals, and using strategies to promote a teenager’s skills development, managing inappropriate behavior, and teaching emotional self-regulation.</p>
<p>Pathways Triple P (By appointment only) parents receive a workbook and certificate of completion. <i>Two 90-minute sessions</i></p>	<p>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.</p>
<p>Anger Management (Starting March 5, 2024) Participants receive a workbook and certificate of completion. <i>Six 90-minute group sessions.</i></p>	<p>Based on the SAMHSA Anger Management for Substance Use Disorder and Mental Health Clients, our new Anger Management course is designed to promote awareness and understanding of the thoughts, beliefs, attitudes, and negative behaviors associated with or result from anger. The awareness and understanding of the depth of anger and the long-term impact that anger can have on the body, including the way we think, feel and act is the foundational catalyst for potential change. The online lessons assist individuals with recognizing anger and then offer a step-by-step practical application of positive behavioral strategies that encourage self-regulation.</p>
<p>Parents of Addicted Loved Ones Held every Monday Starting May 6 The free weekly groups every month on a Monday Starting April 06, 2024– in-person, 90-minute group session per topic., in person at the Casa Grande Alliance</p>	<p>Helps families deal with the issues surrounding an adult child struggling with substance use disorder by providing free education, fellowship, and most importantly, hope. Parents of addicted loved Ones give parents the tools they need through evidence-based practices that deal with critical issues ranging from setting boundaries to delayed emotional growth and the support they want through the sharing time between parents.</p>

COURSE SCHEDULE

Month	Day	Date	Start	Format	Course	Type
March	Thursday	7	6 pm	Online	Triple P Parenting	6 Weekly Sessions
March	Tuesday	5	10 am	Online	Anger Management	6-week session
March	Tuesday	12	10 am	Online	Teen Triple P For Parents of 13-17-year-olds	6-week session
April	Monday	15	6 pm	Online	Anger Management	6-week session
April	Thursday	18	6 pm	Online	Triple P Parenting	6-week session
April	Tuesday	23	6 pm	Online	Teen Triple P For Parents of 13-17-year-olds	6-week session
May	Monday	06	6 pm	In-person	Parents of Addicted Loved Ones starts back up	90-minute group session
May	Monday	13	6 pm	In-person	Parents of Addicted Loved Ones	90-minute group session
May	Monday	20	6 pm	In-person	Parents of Addicted Loved Ones	90-minute group session
May	Monday	27	6 pm	In-person	Parents of Addicted Loved Ones	90-minute group session
May	Monday	27	10 am	Online	Anger Management	6-week session
May	Thursday	30	6 pm	Online	Triple P Parenting	6-week session
June	Monday	3	6 pm	In-person	Parents of Addicted Loved Ones starts back up	90-minute group session
June	Monday	10	6 pm	In-person	Parents of Addicted Loved Ones	90-minute group session
June	Monday	17	6 pm	In-person	Parents of Addicted Loved Ones	90-minute group session
June	Monday	24	6 pm	In-person	Parents of Addicted Loved Ones	90-minute group session
July	Tuesday	09	6 pm	Online	Triple P Teen all parents	6-week session
July	Thursday	04	6 pm	Online	Teen Triple P For Parents of 13-17-year-olds	6-week session



The Casa Grande Alliance parent training programs are funded through a grant from the Arizona Parents Commission on Drug Education and Prevention. <https://govff.az.gov/PC>

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

