



Child Crisis Arizona

Safe kids. Strong families.



Family Education – Esperanza Prep Tempe

Child Crisis Arizona exists to provide Arizona's children a safe environment, free from abuse and neglect, by creating strong and successful families. Through Family Education, we teach the importance of clear communication, nurturing and encouraging children, and positive, effective discipline techniques. We help parents/caregivers build support systems, reducing family isolation and parental stress. This normalizes child development and rearing, increases parental resilience, and reduces the risks for abuse and neglect. Adverse childhood experiences rob society of productive citizens. Maltreated children are more likely to fail in school, get into trouble as youth, and become abusive parents themselves. Prevention of child maltreatment is not only effective in keeping children safe, it is a bargain when compared to the costs of law enforcement, child protective services, hospitalization and foster care. Child abuse and neglect costs our nation \$220 million every day. In a Center for Disease Control study, Drs. Anda and Felitti discovered a strong correlation between childhood abuse and subsequent adult diseases including diabetes, obesity, depression, hepatitis, alcoholism, heart disease, and suicide.

The Family Education program helps parents before abusive or neglectful behavior patterns are established. Services focus on reducing risk factors associated with child abuse and neglect, and promoting protective factors - circumstances that increase the health and well-being of children and families. These factors help parents who might be at risk of maltreatment find resources, supports, or coping strategies so they can parent effectively.

Most offerings are provided free of charge, although some have a small workbook fee. Opportunities we offer include: parenting skills training, play groups, anger management for the family, topic-based workshops, family fun events and courses for families experiencing change and transition, dads and other male caregivers, caregivers who are raising related children, and children being raised by relatives.

During Spring 2018 at Esperanza Prep in Tempe, we will be offering, free to the participants and the school, the classes: The Power of Positive Parenting (Spanish), Kindergarten Readiness, Understanding Temperament (Spanish), and Parenting and Stress. At these opportunities, our staff is also able to promote additional classes and workshops or offer resources for other community services.

The Family Education Program targets parents/caregivers who want to increase their parenting knowledge and skills. We serve anyone without regard to gender, income, ethnicity, religious belief, sexual orientation, age, or any other criteria; the majority of clients come from low to moderate-income groups. In 2016, Family Education served 2,364 individuals.



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