

S.A.F.E. Parent Resource Center

July through September 2019

Calendar of Services

The Strengthening All Families Effectively (SAFE) Parent Resource Center is a new program that has received funding to offer parent education classes, workshops, drop-in groups and family law and child support clinics in the east valley.

Operated by the Native American Fatherhood and Families Association (NAFFA), all services will be open to all parents, grandparents and foster parents, serving all cultures and backgrounds. We provide a range of daytime and evening resources at no cost. Free child care is also available (please register or call for child care in advance). Registration is recommended by visiting our website www.nativeamericanfathers.org For additional information, call 480.833.5007. The address is 460 North Mesa Drive, Suite 115, Mesa, AZ 85201.

Workshops

How to Understand your Child's Temperament

Do you know the difference between personality and temperament? This workshop will present information to help parents understand why their children react to certain situations differently and how to adjust discipline styles to address their distinct temperaments.

Tuesday 7/2 6:00 to 8:00pm

Attachment and Bonding

This workshop explores emotional connection formed by wordless communication between an infant and their parents or primary caretaker. The sense of well-being of secure infant attachment lasts forever and positively influences social interactions and interpersonal relationships through life.

Tuesday 7/9 6:00 to 8:00 pm

Dads and Daughters

The role of fathers is critical in child development and what and how they teach their daughters clearly shapes their future. This session will examine the impact that fathers may have on their daughters' self-esteem, relationship skills, physical, emotional and spiritual development, personal growth and self-image.

Tuesday 7/16 6:00 to 8:00 pm

Positive Discipline (series of three sessions)

Positive discipline teaches young people from an early age to become responsible, respectful and resourceful members of their communities. It teaches important social and life skills in a manner that is deeply respectful and encouraging for both children and parents. You may attend one, two or all three sessions.

Tuesday 7/23, 7/30, 8/6 6:00 to 8:00 pm

Cultural Identity for Parents

This workshop focuses upon the traditions and sacredness of culture in the home. The love of learning, good attitude and self-worth, strong work ethic, positive thought, stability, and more all contribute to a strong cultural identity for parents.

Tuesday 8/13 6:00 to 8:00 pm

Strengthening Relationships

This workshop will also offer participants the opportunity to discuss and develop healthy boundaries to allow participants to define their personal limits and determine appropriate responses to violations of those boundaries. It will also explore how compulsive behaviors impact healthy relationships.

Tuesday 8/20 6:00 to 8:00 pm

Cultural Awareness & Diversity

This presentation presents information on the importance of how we interact with others, and dealing with feelings of discouragement, rejection, depression and anger. Tools of encouragement, attitude, self-worth and learning are taught to improve family communication and interaction.

Tuesday 8/27 10:00 to 12:00 pm

Understanding Addictive Behaviors

Addictive behaviors are difficult to stop, even when there is a strong personal desire to change. They are enslaving habits, particularly when mind-altering substances are used. Addictive behaviors often override reason or rational thinking.

Tuesday 9/3 10:00 am to 12:00 pm

Anger Management for Parents

Anger may be beneficial, terrifying or destructive for individuals and families. We will examine reaction patterns, the anger cycle and power and control issues in a safe environment. Participants may attend one, two or all three sessions.

Tuesday 9/10, 9/17 & 9/24. 6:00 to 8:00 pm

On-Going Drop-in Groups

Addressing Family Violence and Abuse

This series of classes promotes the safety and welfare of all family members by examining the complexities of oppression, power, abuse and control and how to address these in healthy and healing ways. This course is 14 sessions; If you are not able to attend every session, you are still invited to join us at any time.

Tuesdays from 4/16-7/16 1:30 to 3:30 pm

Mondays from 7/22-10/28 1:30 to 3:30 pm

Fatherhood Is Sacred, Motherhood Is Sacred

This series of classes teaches the approach to a highly successful parenting curriculum that explores the five core principles to grow happy and safe families. Parents learn the importance of loving and caring for their families, assisting with problem solving, and teaching the true principles of fatherhood and motherhood. \$15 fee for workbook.

Wednesdays from 7/10-9/25

6:00 to 8:00 pm

Linking Generations by Strengthening Relationships®

The goal of this course is to assist fathers, mothers and families to enhance their capacity to engage and maintain healthy relationships, such as married couples, adult siblings, co-parenting and children within the family. This course is 14 sessions; If you are not able to attend every session, you are still invited to join us at any time.

Mondays from 4/8-7/23

1:30 to 3:30 pm

Parents of Children with Special Needs

An on-going drop-in group for parents meets to discuss co-parenting, discipline styles, dealing with education, medical and behavioral health systems, effective communication, sibling rivalry and related issues in a non-judgmental setting.

2nd & 4th Thursday of the month

6:00 to 7:30 pm

Family Law Clinic

Offers one-to-one 15-minute consultation with a family law attorney addressing custody, parenting time, child support, paternity establishment and divorce law.

Second Monday 7/8, 8/12, 9/9 6:00 to 8:00 pm

Child Support Clinic

Offers one-to-one consultation with a representative of the Arizona Department of Child Support Services.

Second Monday 7/8, 8/12, 9/9

6:00 to 8:00 pm