

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	8 Job Center (10am) Bullying: Signs, Symptoms & Solutions (10am)	9 Car Seat Safety (6pm) Tuesday Talks: A Series for Parents (6pm) Talk Time (6pm)	10 Get Connected to Help (9am) Healing Trauma (10am)	11 Benefits Assistance from AZCEND (9am) Job Center (10am) Safe Sleep (10am) A Guide to Healthy Teen Dating (5pm)	12	13
14	15	16 Coparenting: Children in Between (6pm) The Rise of Fentanyl (10am) Talk Time (6pm)	17 Get Connected to Help (9am) Talk Time (5:30pm) Parent Support Group (12pm) Understanding Temperament (10am)	18 Benefits Assistance from AZCEND (9am) Job Center (10am) Coparenting: Children in Between (6pm) Positive Discipline and Guidance (10am)	19	20

21	<p>22</p> <p>Job Center (10am)</p> <p>Managing Stress as a Parent (10am)</p>	<p>23</p> <p>Better Money Habits (6pm)</p> <p>Raising Emotionally Intelligent Children (9am)</p> <p>QPR: Question, Persuade, Refer Gatekeeper Training (6pm)</p> <p>Talk Time (6pm)</p>	<p>24</p> <p>Get Connected to Help (9am)</p> <p>Talk Time (5:30pm)</p> <p>Raising Emotionally Intelligent Children (6pm)</p>	<p>25</p> <p>Benefits Assistance from AZCEND (9am)</p> <p>Job Center (10am)</p> <p>Raising Sons and Daughters (6pm)</p> <p>Water Safety (10am)</p>	26	<p>27</p> <p>Embracing Wellness (10am)</p> <p>Suit Up Event (11:00am)</p>
28	<p>29</p> <p>Job Center (10am)</p> <p>Becoming a Successful Teen Parent (10am)</p> <p>RX360: Substance Misuse Training (10am)</p>	<p>30</p> <p>Bullying Signs, Symptoms, and Solutions (6pm)</p> <p>Talk Time (6pm)</p> <p>Speak Up. Stand UP. Save a Life Conference (9:30am)</p>	<p>31</p> <p>Get Connected to Help (9am)</p> <p>Stewards of Children-Sexual Abuse Prevention (6pm)</p> <p>Snapchat as a Drug Dealing Trend (6pm)</p>			

Additional Information:

Child Crisis Arizona

**Virtual classes are hosted on Zoom and require video capabilities. Meeting information will be shared once registration is complete. Programming is live and cannot be viewed outside the scheduled session.*

[notMYkid](#)

[Casa de los Ninos](#)

[Chandler Public Library](#)

[Operation Parent](#) - Has many pre-recorded parenting webinars on topics varying from substance abuse, suicide prevention, supporting others through body image issues, etc.



TUESDAY TALKS

PARENT EDUCATION SERIES:

SUICIDE PREVENTION

Series Hosted by:

Semicolon Society

Presentation by:

Paula McCall, PhD
Psychologist and
Founder of
Semicolon Society

Free Dinner Provided by:



FREE IN-PERSON SEMINAR: REGISTER TODAY

JOIN US FOR A CRITICAL DISCUSSION ABOUT WARNING SIGNS OF SUICIDE, HOW TO OPEN UP CONVERSATIONS ABOUT SUICIDE WITH OUR YOUTH, AND STEPS AND RESOURCES IN A SUICIDE CRISIS.

9TH
JANUARY

6 pm - 7:30 pm

ASU Chandler Innovation Center
249 East Chicago Street Chandler, AZ 85225



Semicolon Society is an Arizona nonprofit and 501(c)(3) providing free mental health education, resources, and events in the community, with an emphasis on suicide prevention.



Question, Persuade, Refer Gatekeeper Training

Community suicide prevention
and intervention training. Ask a
question, save a life.



You Will Learn :

Why become a QPR Gatekeeper? Just like CPR, QPR (Question, Persuade, Refer) is an emergency response to someone in crisis and can save lives. QPR training is evidence-based and is the most widely taught Gatekeeper training in the world. Anyone can save a life with the right knowledge, tools, and support.

**** Limited space available**

Key Components:

- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis

TRAINING DETAILS:



virtual - January 23, 2024



6:00 - 7:30 pm

**Open to Adults in the CUSD and
TUHSD Communities**



bring
change
to mind



sharon.t@bringchange2mind.org



480-748-7855

let's talk mental health

Sharon Tuttle

AZ Regional Program Manager
Bring Change to Mind

qprinstitute.com
bringchange2mind.org



Tempe Union
HIGH SCHOOL DISTRICT

REGISTER TODAY

**SPEAK UP STAND UP
SAVE A LIFE**

8th Annual Youth Conference

📍 **GRAND CANYON UNIVERSITY | PHOENIX, AZ**

JANUARY 30TH

9AM-2:30PM

3300 W Camelback Rd, Phoenix, AZ

Dear Incredible Educators and Community Advocates,

We are thrilled to share the exciting news that registration for the Speak Up, Stand Up, Save a Life conference is now open! This year's event will take place at Grand Canyon University on January 30, 2024. Detailed information about conference speakers, topics, and schedules will be provided shortly.

The urgency of our mission has never been more apparent, particularly in Arizona, where youth suicide remains the leading cause of death for those aged 10-14 and 15-24. The critical nature of our work has intensified, with organizations like the American Academy of Pediatrics, the American Academy of Child and Adolescent Psychiatry, and the Children's Hospital Association jointly declaring a national emergency in child and adolescent mental health. This declaration is in response to the alarming surge in rates of depression, anxiety, trauma, loneliness, and suicidality among young people.

Addressing these issues is paramount to preventing lasting and devastating consequences on our youth, their families, and communities, such as increased substance use, suicides, relationship failures, and declining well-being and life expectancy.

We invite you and your students to join us for an engaging conference that encourages students to advocate for themselves and others who are struggling with depression, bullying, substance abuse and mental health. The conference will assist students in identifying trusted adults and available community resources. The goal is to have the attendees share the information learned at the conference, creating more student advocates.

A few notes for this year:

- BYO Lunch (no lunch provided)
- \$5 Fee per person attending helps cover the costs of this event.

Let's come together to make a difference and create a safe space for our teens! Mark your calendars and be part of this empowering conference. See you there! Register HERE: <https://www.speakstandsave.com/register>
#SpeakUpStandUpSaveALife #TeenEmpowerment #EducationMatters



WWW.SPEAKSTANDSAVE.COM