



Support Tools & Education for Parents

Strengthening Families Program

Adapted for Parents & Caregivers Raising children with Trauma

Want to build a stronger, healthier family? Make new parent connections?

ENROLL IN FREE CLASSES IN 2026

Please note: Classes may be subject to change. Please check upon enrollment.
Classes may be used to renew the foster care license.

SERIES 1 VIRTUAL Thursdays 9:30-11 am	SERIES 2 IN-PERSON Thursdays 5:30-7:30pm	SERIES 3 VIRTUAL Tuesdays 9:30-11 a.m.	SERIES 4 IN-PERSON Tuesdays 5:30-7:30pm	SERIES 5 VIRTUAL Tuesdays 9:30-11 a.m.	SERIES 6 IN-PERSON Tuesdays 5:30-7:30pm
JAN. 15	JAN. 15	APR. 14	APR. 14	JULY 14	JULY 14
22	22	21	21	21	21
29	29	28	28	28	28
FEB. 5	FEB. 5	MAY 5	MAY 5	AUG. 4	AUG. 4
12	12	12	12	11	11
19	19	19	19	18	18
26	26	26	26	25	25
MAR. 5	MAR. 5	JUNE 2	JUNE 2	SEPT. 1	SEPT. 1
12	12	9	9	8	8
19	19	16	16	15	15
26	26	23	23	22	22
APR. 2	APR. 2	30	30	29	29
18 HOURS	24 HOURS	18 HOURS	24 HOURS	18 HOURS	24 HOURS
April 2: 4-5:30pm Curbside Graduation	Dinner is served. Childcare, ages 2-12, limit 12.	June 30: 4-5:30pm Curbside Graduation	Dinner is served. Childcare, ages 2-12, limit 12.	Sept. 29: 4-5:30pm Curbside Graduation	Dinner is served. Childcare, ages 2-12, limit 12.
ZOOM	Classes meet at 2329 E. Ajo Way	ZOOM	Classes meet at 2329 E. Ajo Way	ZOOM	Classes meet at 2329 E. Ajo Way

The Strengthening Families Program Adapted for Parents & Caregivers Raising Children with Trauma is a program designed to support parents, improve family relationships, and reduce problem behaviors, delinquency and alcohol and drug abuse. We do this by providing a safe space for families to increase family communication and discuss topics that may be too difficult to have at home. Families will learn about the following topics that include considerations for raising children with complex trauma.

Healthy Brain Connection
Great Communication Skills and Fun Family Meetings
Limits and Consequences
Stress and Anger Management Skills
Alcohol and Drugs Damage the Teen Brain
Values, Traditions, and Service

Notice and Compliment the Good Daily
Rules, Rewards, Responsibility, Routines, and Happy Family Rituals
Problem Solving and Win-Win Negotiation
Using Goals and Contracts to Change Behavior
Choosing Good Friends and Monitoring Kids' Activities
Child Abuse Prevention—talking to your children about child abuse

To enroll, contact Anna Loebe, Ed. D. at aloebe@soazadvocacy.org or 520-724-5448

To learn more about the Children's Advocacy Center of Southern Arizona, please visit: www.cacsoaz.org