



## Parent Supports

### Parent Partners Plus

Connects families Prenatal- 3 yrs with home visitation programs.

<https://parentpartnersplus.com/>

### Parent University

Classes to build your skills for a stronger family and community. Mesa residency not required.

In-person & virtual classes- childcare not provided.

Phone: 480-472-1012

Email: parent-u@mpsaz.org

Register at website below.

<https://communityed.mpsaz.org/o/commed/page/parentu>

### Child Crisis AZ

Family education program offers workshops, classes, support groups, legal clinics & family friendly activities.

Phone: 480-834-9424

See current schedule and registration info below.

<https://childcrisisaz.org/what-we-do/education-and-tools-for-families/classes-workshops/>

On-demand courses

<https://childcrisisaz.org/courses/>

<https://childcrisisaz.org/cursos-espanol/>

### Chicanos Por La Causa

Parenting education program statewide. In person and virtual options available.

To register for parenting classes, call: 480-491-2301

Active Parenting of Teens class call: 480-750-1882

<https://cplc.org/hhs/parenting.php>

### Birth to 5 Helpline

Free child development support

Phone: 877-705-5437

<https://www.swhd.org/programs/health-and-development/birth-to-five-helpline/>

### Gilbert Family Resource Center

132 W. Bruce Ave. Gilbert, AZ 85233

Phone: 480-428-5446 x201

Email: jessica1@azcend.org

<https://azcend.org/frc/>

### Mesa Family Resource Center

Inside Main Library

64 E. 1<sup>st</sup> St. Mesa, AZ 85201

Phone: 480-644-6496

Email: MFRCinfo@mesaaz.gov

<https://www.mesaaz.gov/residents/education-workforce-office/mesa-family-resource-center>

### Raising Special Kids

Serves children with disabilities ages 0-26, providing support, training, info, & resources.

Phone: 602-242-4366

<https://raisingspecialkids.org/>

### Family Involvement Center

Free workshops, information, parent support, support groups, resources.

Phone: 602-288-0155

<https://www.familyinvolvementcenter.org/>

### MIKID

Provides education, resources, and support to AZ families with children with behavioral and emotional challenges.

Phone: 602-253-1240

Email: phoenix@mikid.org

<https://www.mikid.org/>

### First Things First

Info and resources for new parents in AZ.

<https://www.firstthingsfirst.org/resources/positive-parenting/>

### Duet

Provides educational workshops and support groups focusing on grandparents raising grandchildren. In person and virtual.

Phone: 602-274-5022

See website for locations and details.

<https://duetaz.org/grandparents-raising-grandchildren/>

### Let's Talk Dads

Dads with a child under the age of 4- Learn ways to support your child's brain development.

Free, virtual 6-week program.

Phone: 602-633-8748

<https://www.swhd.org/letstalkdads/>

### Father Matters

Free family education & support

Phone: 602-774-3298

Address: 3146 E. Weir Ave. Suite 26

Phoenix, AZ 85040

<https://fathermatters.org/programs/family-education-support/>

### Healthy Children.org

The American Academy of Pediatrics parenting website

<https://www.healthychildren.org/>

### American Psychological Association

Helpful information, articles, and parenting tips.

<https://www.apa.org/topics/parenting>

### CDC Positive Parenting Tips

Learn about children's development, positive parenting, safety, and health

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>

### World Health Organization (WHO)

Guidelines on parenting interventions

<https://www.who.int/publications/i/item/9789240065505>

### United Nations International Children's Emergency Fund (UNICEF)

Helpful parenting tips, insights, and facts.

<https://www.unicef.org/parenting/>

### Zero to Three

Positive Parenting information for parenting young children ages 0-3

<https://www.zerotothree.org/resources/positive-parenting/>

### Harvard Center on the Developing Child

Click on the Science Tab Headline and choose topic.

<https://developingchild.harvard.edu/>

### UC Davis Health

Positive Parenting information

<https://health.ucdavis.edu/children/patient-education/Positive-Parenting>

### Sesame Street for Families

Video toolkit that covers various topics on parenting

<https://sesameworkshop.org/>

### The National Child Traumatic Stress Network (NCTSN)

Info for caregivers in helping children recover from trauma. Topics include bullying, separation, etc.)

<https://www.nctsn.org/audiences/families-and-caregivers/>

### Just in Time Parenting

Free parenting newsletter specific to your child's age.

Info prenatal- 5 years

<https://jitp.info/>

### Vroom Tips

Free science-based tips and tools for caregivers

<https://www.vroom.org/>