

A special virtual parent education opportunity to provide support, connection to other families, and ideas to help you and the children during the current situation.

# Nurturing Parenting

## Education and Support

Facilitator:

**Carla Charraga**

**Join us  
from the  
convenience  
of your home!**

In this fun and interactive special parenting program, parents will learn:

- Helpful parenting tips
- Gain understanding of the developmental needs of children
- More about how to respond to challenging situations
- Strategies and techniques to help deal with stress and anxiety

**Register in advance at:**

<https://www.surveymonkey.com/r/NPPWeed2020-2021>

You only need register once for any or all ongoing classes.



**Join ZOOM class each week with this link:**

<https://tinyurl.com/y6prs2d3>

**LIVE  
via Zoom webinar!**

Questions?  530-598-3905

**EVERY  
WEDNESDAY  
Ongoing Classes  
2020-2021**

**4:30 - 6:00PM**

**About our Facilitator**

**Carla Charraga** has extensive professional experience in working with families and youth and in facilitating numerous groups including parenting classes and on topics of cultural sensitivity and domestic violence. She earned a Bachelor of Arts degree from UC Berkeley and is a certified Anger Replacement Therapy (ART) Facilitator. Carla is fluent in Spanish and English, and is currently Executive Director at Siskiyou Domestic Violence and Crisis Center.