

PARENTING the nurturing way®

FOR SCHOOL AGE CHILDREN
Beginning December 7th

Facilitated by
Carla Charraga

Ongoing Classes – Each Tuesday – 5:30-7:30pm

Join us in person at the Weed Community Center,
161 E. Lincoln Street, in Weed.

No classes scheduled
on December 21st and 28th

Dinner and child care will be provided.

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

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

Register by calling the Family and Community Resource
Center of Weed at 530.938.9914.

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.

