

# SAFE FROM THE START

## HOW TO PROTECT CHILDREN FROM TRAUMA, ABUSE, AND VIOLENCE

Facilitated by

*Carla Charraga*

Learn more about the important role that parents, caregivers, and teachers have in creating safe, nurturing, stable, healthy environments for young children that help protect them from violence, trauma, and their consequences.



**TUESDAY, DECEMBER 11<sup>th</sup>**  
**5:30 - 7:30pm**

**GRENADA ELEMENTARY SCHOOL**  
516 SHASTA BLVD, GRENADA



Carla Charraga

**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. She is fluent in Spanish and English, and is currently Deputy Director at Siskiyou Domestic Violence and Crisis Center.

The early years are an important time for children to learn basic skills that can have a lasting impact on their lives. Topics to be discussed in this workshop include:

- > Understanding children's behavior/misbehavior
- > Resolving conflicts in a non-violent way
- > Reducing influence of media on children
- > Anger management
- > Positive discipline

**Dinner and child care are provided!**  
**To help us plan, please call to register at 459-3481.**

