

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, JANUARY 29th
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 Executive 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.



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TUESDAY, DECEMBER 11th
5:30 - 7:30pm

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Parents Raising Safe Kids

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

Facilitated by ~

Carla Charraga

Thursday ~ December 7th

6:00 - 8:00pm

To register, please call 468-2450.



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- > understanding children's behavior/misbehavior
- > anger management
- > resolving conflicts in a non-violent way
- > positive discipline
- > reducing influence of media on children

Location: Scott Valley Family Resource Center
11920 Main Street, Fort Jones

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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 in Social/Cultural Anthropology 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.



Carla Charraga

Special thanks to these partners for financial contribution for this special program!





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Violence can be prevented if they start early;

It is important to get involved in the schools and community to prevent violence.

The program also teaches parents positive skills and strategies to use with and model for children. They include:

Dealing with children's difficult behaviors with developmentally appropriate responses;

Controlling their own anger;

Helping children control their anger;

Teaching children how to resolve conflicts without using violence;

Using positive discipline methods that fit the children's age; and

Reducing the influence of media violence on children.

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ACT curriculum is organized in eight 2-hour interactive group sessions and addresses:

Understanding Children's Behaviors: This component focuses on helping parents understand what to expect from children at various development stages and how to use skills to guide children's behavior based on their developmental level, so that parents do not have unrealistic expectations of their children and do not resort to violence when dealing with misbehaviors.

Young Children's Exposure to Violence: The purpose of this session is to help parents understand (1) how children can be exposed to violence and its consequences; (2) that children learn by observation and imitation; and (3) that their behavior, actions and the environment they provide teach children lessons for life.

Anger Management for Parents: This session is designed to help parents learn skills to understand, control, and manage their own feelings of anger.

Understanding and Helping Angry Children: This session helps parents understand children's angry feelings and how to teach them positive ways to express and control anger. The session also covers helping families teach social problem-solving skills in a home environment based on an understanding of the developmental stages through which children learn social skills.

Children and Electronic Media: This part of the program emphasizes the relationship between time spent on screen and unhealthy behaviors, and between exposure to violent messages and images and aggressive behaviors so that adults can reduce the impact on their children.

Discipline and Parenting Style: This session helps parents understand that their parenting styles have an impact on children's behaviors. Distinctions are also made between punishment and discipline so that parents can respond effectively.

Discipline for Positive Behaviors: This session teaches parents how to prevent challenging behaviors and how to use positive methods to discipline their children.

Take the ACT Program with You. The final session encourages participants to use the learned tools at home and in the community.