

Welcome to Attachment Vitamins[©]

A NEW Parenting Program from UCSF!

- Do you ever feel isolated or alone in parenting?
 - Do you ever think “am I doing this right?”
 - Do you ever wonder, “is there anything I can do to mitigate the impacts of everyday stress on myself and my child?”
- You are NOT alone -- and the appropriate knowledge and tools can help lessen the impacts of stress.**

Through this series you will gain:

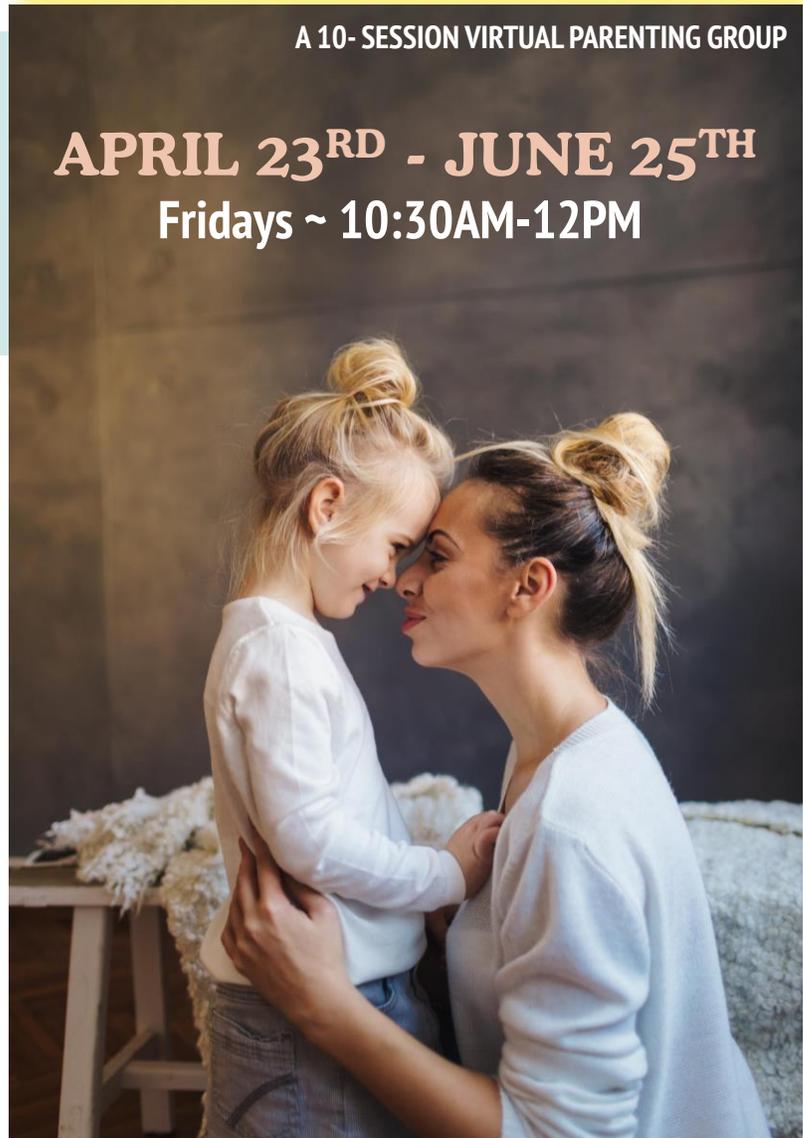
- CONNECTION and support through the shared experience of caring for young children
- A deeper UNDERSTANDING of communication and early childhood development
- TOOLS to minimize the impacts of stress on you and your child
- INSIGHTS into different parenting styles and AWARENESS of your own personal parenting goals

MEET OUR FACILITATOR

Jillian Delabar-Galarsa



Jillian Delabar-Galarsa is a mother of two and has been guiding families with young children for almost a decade to cultivate deeper connections with one another and greater understanding of each other and themselves through the care-giver child relationship. She holds a Bachelor of Science degree in Psychology with specializations in Positive Psychology and Perinatal Mental Health. Jillian has also earned multiple certifications, including Prenatal Yoga, Postpartum Corrective Exercise Specialist, Mindfulness Facilitator, Trauma-Informed Children and Teens Yoga, and Zumbini, a music and movement program for children birth-4.



A 10-SESSION VIRTUAL PARENTING GROUP

APRIL 23RD - JUNE 25TH
Fridays ~ 10:30AM-12PM

Attachment Vitamins[©] is a 10-session virtual parenting group with the goal to provide parents and caregivers of children aged birth-5 years with trauma-informed parenting knowledge, awareness, and attunement to the emotional needs of their children, increased mindful awareness, and improved executive and reflective functioning.

Sign-up with link below for the 10-session Attachment Vitamins via Zoom!

<https://tinyurl.com/3y7pdh9n>

No cost to participants.

Questions? 530.235.4400

A special gift bag will be sent to each family at registration, along with the chance to win a gift basket including a \$100.00 Amazon gift card in a raffle at the end of the program! Registrants will also receive a free session with Jillian in her new Zumbini class!



UCSF Benioff Children's Hospital
Oakland

