

Welcome to Attachment Vitamins[©]

A NEW Parenting Program from UCSF!

Are you pregnant or do you have a child between the ages birth to 5 years?

If yes, join us for a Virtual Parenting Group!

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 CO-FACILITATORS

Toby Reusze **Katy Popa**



Toby Reusze is a Licensed Advanced Alcohol and Drug Counselor (LCi04200315-CA) specializing in alcohol and drug counseling with adolescents and adults and their families. She is a Certified Domestic Violence Facilitator and has been a Family Educator for more than 14 years for parents and caregivers of children from birth to 18 years.

Katy Popa is the Program Manager at the Hub Communities Family Resource Center in Montague. Her passion for helping families thrive got its start in a childhood spent attending AA meetings with her mom, observing at first hand the beauty of people in recovery.



A VIRTUAL PARENTING GROUP

SEPT 1ST - NOV 10TH

Wednesdays ~ 6 - 7:30PM

You are welcome to join anytime!

Attachment Vitamins[©] is an 11-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 11-session Attachment Vitamins via Zoom!

<https://tinyurl.com/ehwj65bz>

No cost to participants.

Questions? 530.459.3481

