



Tuesdays

February 1 - May 24, 2022

5:45 - 7:45pm

Register at 530.842.1313

Yreka Community Resource Center
201 S. Broadway, Yreka

Dinner and child care are provided.
Teens will receive a \$10.00 gift card for each class attended.

This 16-week series is designed for parents, foster parents, and relative caregivers and their teens (13 - 17 years) to strengthen and repair relationships.

Nurturing Parent and Teen Relationships

In this series, parents and teens will meet in 2 separate groups and come together at the end of each class, and will:

- Learn how to strengthen and repair their relationships
- Have fun together through expressive art activities, discussions and role-plays
- Practice strategies to communicate respectfully
- Build new ways to create a positive, nurturing family environment
- Learn how manage behaviors to promote positive discipline, trust, bonding

MEET OUR CO-FACILITATORS

Tonya Herring has extensive professional experience working with youth and families across the country. She has a passion for strengthening the family unit through education and healing. Tonya holds a Bachelor of Arts degree in Psychology and a Master of Education in Counseling and is serving as the At-risk Counselor for Yreka Union High School District.

Giovanna Taormina is a Consultant, Coach, and Educator and the former Founder/Executive Director of One Circle Foundation. She has developed evidence-based curricula utilized internationally and her focuses include child/adolescent development, trauma, parenting literacy, building resiliency, and strengthening relationships via offering professional development and training for adults in education, behavioral health, juvenile probation, child services, public health, and community-based programs.



Tonya Herring



Giovanna Taormina

TALK, READ, SING, PLAY, EVERYDAY!

