

Welcome to Attachment Vitamins[©]

A NEW Parenting Program from
University of California, San Francisco

Do you have a child between
the ages birth to 5 years,
or are you pregnant?

If yes, join us in this
Parents 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

Abigail Tower

Jillian Delabar-Galarsa



Abby Tower has an Associate of Arts degree in Early Childhood Education and is the Child Development Program Assistant at the Happy Camp Community Center. She is passionate about childhood learning and is amazed by all the different ways little ones learn new things.

Jillian Delabar-Galarsa, PMH-C, is a certified Trauma-Informed Children and Teens Yoga Educator with Yoga Ed and a Licensed Zumbini Instructor. She has earned a Bachelor of Science in Psychology and is certified as a Facilitator in Mindfulness through Mindfulness Educators. Jillian is a Perinatal Mental Health Specialist with Postpartum Support International and serves as area coordinator for Shasta, Siskiyou, and Jackson Counties.

MARCH 13TH - MAY 22ND
Sundays ~ 3:00 - 5:00PM

Location: Old Lion's Hall
321 Park Way, Happy Camp

Weekly classes
No class on April 17th



Attachment Vitamins[©] is a weekly 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 by calling or stopping by the
Happy Camp Community Center -- 530.493.5117**



Dinner will be provided.

See reverse for child activity programming details.

No cost to participants.



Happy Camp
Community Center

SUNDAY CLUBS FOR KIDS!

Sundays STARTING March 13th - May 22nd
Happy Camp Community Center
3:00pm to 5:00pm



Register Here

First Challenge: DROP ZONE!

Vote for Lego Club Challenges @ First Event!

Work Individually or Teams

Kids can Sign up to Enter Lego build @ the
Siskiyou Golden Fair!!
FREE! Ages 5+



LEGO CLUB

3PM - 4PM



CRAFTY CORNER

4PM - 5PM

Craft Projects! Jewelry Making!
Art Projects! Vote for your
projects @ First Event!

FREE! Supplies provided. Ages 5+

Register Here



Story Time! Pretend Play!
Outdoor Fun! Music! Dancing!
Art Projects! Duplo Lego Builds!

FREE...Ages 0-5

Only available to parents enrolled
in Attachment Vitamins Parent Cafe
*Weather Permitting

KIDS FUN ZONE!

3PM - 5PM



TALK, READ, SING, PLAY, EVERYDAY!
FIRST 5
Siskiyou
CHILDREN & FAMILIES COMMISSION



Register Here

