

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.

Register at:

<https://www.surveymonkey.com/r/REG-AV-Dunsmuir21>

Child care is provided in the Play Room.

No cost to participants. Questions? 530.235.4400

MEET OUR CO-FACILITATORS

Jillian Delabar-Galarsa Giovanna Taormina



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.

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.

APRIL 5TH – JUNE 14TH
Tuesdays ~ 10:30am-12pm

Dunsmuir Community Resource Center
5840 Dunsmuir Avenue, Suite A, Dunsmuir



Attachment Vitamins[©] is a parenting group with the goal to provide parents and caregivers of children aged birth-6 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.

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

