

April is Child Abuse Prevention Awareness Month
Support Children – Support Families!

Zumbini®

with
Jillian



What is Zumbini®?

- A child-focused journey into the world of music, movement, dance, and the natural response music provokes in both children and adults
- A celebration of the power of music to enhance our lives, stimulate learning, inspire dance and movement, and strengthen the bond between parent and child

What can I expect in a class?

It is a music and movement experience -- a happy hour for you and your child!

- Designed for children under the age of 6, with a parent or caregiver
- Includes dancing, singing, and playing instruments
- Provides exposure to music and its benefits; filled with many original songs
- Focuses on energy, fun, and play to contribute toward the natural development of cognitive, social, emotional, and physical skills
- A bonding experience for all involved

We invite you to join us for 6 Fridays of Zumbini fun!

April 1st through May 13th

No session on April 8th

→ **10:00 - 11am** at **Bel Air Park**
(by COS and Weed Community Pool) 450 College Avenue, Weed

Register by calling 530.938.9914



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. In addition, she is an Attachment Vitamins® Parenting Group Facilitator and offers bi-weekly Mindful Mondays, a mindful support group for parents.



TALK, READ, SING, PLAY, EVERYDAY!

FIRST 5
Siskiyou
CHILDREN & FAMILIES COMMISSION

