

# PARENTING the Nurturing Way®

FOR SCHOOL-AGE CHILDREN

Facilitated by

**Carla Charraga**



**Ongoing Classes – Each Tuesday – 5:30-7:30pm**

Location: **Discovery Children’s Center at College of the Siskiyou**  
**800 College Avenue, in Weed**

Dinner and child care will be provided.

In this fun and interactive special parenting program, parents will learn:

- Strategies and techniques to help deal with stress and anxiety
- More about how to respond to challenging situations
- Helpful parenting ideas
- More about the developmental needs of children

**Register by calling the Family and Community Resource  
Center of Weed at 530.938.9914.**

**Carla Charraga** has extensive professional experience in working with families and youth and in facilitating numerous groups including parenting classes and on topics of cultural sensitivity and domestic violence. She earned a Bachelor of Arts degree from UC Berkeley and is a certified Anger Replacement Therapy (ART) Facilitator. Carla is fluent in Spanish and English, and is currently Executive Director at Siskiyou Domestic Violence and Crisis Center.



TALK, READ, SING, PLAY, EVERYDAY!

