

★ Thursdays

March 23rd - June 15th

5:45 - 7:45pm

Register by calling Tia at 530.598.3748

or send an email to

tia.palangvanh@qvir-nsn.gov

Dinner and child care are included.

No cost to participants.

Location: Pintav Wellness Center

122 Scott River Road

Fort Jones

This 12-week series is designed for parents, foster parents, and relative caregivers and their teens (13-18 years) to strengthen and repair relationships. We hope you will join us!

A gas/gift card is available for participants traveling 10 miles or more.

A \$25.00 gift card for participants who bring a friend (parent and their teen).

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

Charmain Mortenson has extensive professional experience working with youth and families through the criminal justice system and says that “restoring families and community relationships was my passion”. Within those capacities, she also encouraged and worked with victims of domestic violence and other crimes. She has facilitated Talking Circles for teens, organized assemblies for schools and resource fairs for the community to assist in poverty and truancy reduction. She earned a Bachelor of Arts in Organization Leadership and is passionate in helping families communicate in a healthy manner and overcoming adversity.

Tammy Jaime has a Child Development Associate (CDA) credential and more than twelve years experience in Early Childhood Education. She also has extensive experience as a Home Visitor and is an Infant Massage Educator. Tammy is enthusiastic and passionate about sharing her knowledge of nurturing parenting skills with parents and children!



Charmain Mortenson



Tammy Jaime