

# Welcome to Attachment Vitamins<sup>©</sup>

A NEW Parenting Program from UCSF!

Ongoing classes through  
December 14<sup>th</sup> - 2023

Thursdays ~ 5:30 - 7:30pm

Location:

Yreka Community Resource Center  
201 S. Broadway, Yreka



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

If yes, join us in this  
Parenting 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

Toby Reusze



Katy Popa



**Toby Reusze** is a Licensed Advanced Alcohol and Drug Counselor (LCi04200315-CA) specializing in alcohol and drug counseling with adolescents and adults and their families. She is a Certified Domestic Violence Facilitator and has been a Family Educator for more than 14 years for parents and caregivers of children from birth to 18 years.

**Katy Popa** is the Program Manager at the Hub Communities Family Resource Center in Montague. Her passion for helping families thrive got its start in a childhood spent attending AA meetings with her mom, observing at first hand the beauty of people in recovery.

**Attachment Vitamins<sup>©</sup>** 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  
Yreka Community Resource Center – 530.842.1313

A family dinner and child care are included.

No cost to participants.

