

MAKE PARENTING A PLEASURE!



Facilitated by

Carla Charraga

Each Wednesday

A family lunch and child care are included.
No cost to participants.

Ongoing weekly classes

Ending April 3rd, 2024

10:30am - 12:00pm

Location:

Tiny and Mighty Strong

442 2nd Street, Tulelake

Register [here](#) or call the
Tulelake/Newell Family Resource Center at
530.667.2147 and register over the phone.

ABOUT OUR FACILITATOR

Carla Charraga has extensive professional experience in facilitating numerous parenting classes including 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.

Do you have children ages birth to 7 years old?

Are you looking for ways to reduce stress
and have an evening to talk with other parents
about parenting topics?

In this 13-week evidence-based parenting class,
you will get ideas to support your child's development,
deal with discipline challenges, and learn more about
communication, self-care, stress, and anger management.



This training is sponsored by
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