

Raising Emotionally Healthy Children



MEETING THE 5 CRITICAL NEEDS OF CHILDREN
... AND PARENTS TOO!



7 sessions

February 1st – March 14th

Thursdays | 5:30 - 7:30pm

Location: Yreka Community Resource Center
201 S. Broadway, Yreka

Family dinner and child care are included.
No cost to participants.

[Register here](#) or call **530.842.1313**
to register over the phone.

This unique free program for parents, educators, and caregivers is a fun and educational discussion based on the recently updated book *How to Raise Emotionally Healthy Children ...* by Gerald Newmark, Ph.D.

Information will be provided about how to nourish emotional health at home and at school and satisfy the critical emotional needs that all children have--- to feel respected, important, accepted, included and secure.



Facilitated by:



Carla Charraga



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 Facilitator. Carla is fluent in Spanish and English and is Executive Director at Siskiyou Domestic Violence and Crisis Center.

