

No cost to participants.

Refreshments and child care are included.

How Toxic Stress Impacts Children



Toxic stress can impact a child's learning, behavior and health long after childhood. Learn what toxic stress is, how to spot the signs, and ways you can help your child cope and how to seek support.

Wednesday, March 27th

1:00 - 3:00pm

at

Early Head Start, 765 Main Street, Tulelake

Scan to sign-up or call 530.667.2147

and register over the phone.



Our Facilitator – 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 ART (Anger Replacement Therapy) Facilitator. Carla is fluent in Spanish and English and is currently Executive Director at Siskiyou Domestic Violence and Crisis Center.

