

Welcome to Attachment Vitamins[©]

A NEW Parenting Program from UCSF!

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

Chrissy Montgomery

Giovanna Taormina



Chrissy Montgomery is a Childhood Development Specialist for the Siskiyou Community Resource Collaborative, an experienced facilitator, and an Opioid Recovery Advocate. She has a passion for helping youth and families succeed in life.

Giovanna Taormina is a Consultant, Coach, and Educator and the former Founder/Executive Director of One Circle Foundation. She has developed evidence-based curricula utilized internationally and her focus includes child/adolescent development, trauma, parenting literacy, building resiliency, and strengthening relationships via offering professional development and training for adults in education, behavioral health, juvenile probation, child services, public health, and community-based programs.

May 7th to July 9th

Weekly classes on
Tuesdays
2:00 - 4:00pm

Refreshments,
healthy snacks,
and child care
are included.



Location:

Mt. Shasta Community Resource Center
109 E. Lake Street, Mt. Shasta

No cost to participants.

Attachment Vitamins[©] 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 [here](#) or call or stop by the
Mt. Shasta Community Resource Center – 530.926.1400

