

FOR PARENTS AND  
THEIR CHILDREN  
BIRTH TO 6 YEARS

# PARENTING THE NURTURING WAY

Research clearly demonstrates that a nurturing approach supports the development of positive relationships which are central to both learning and wellbeing. These classes focus on the unique developmental needs of young children and sets the foundation for nurturing and healthy family relationships.

Parents learn skills in developmentally appropriate activities and expectations, nurturing touch, positive and effective discipline techniques, and self-nurturing skills.

**Tuesdays — No class on November 25**

**SEPT 24 - DEC 17**  
**5:30 - 7:30 PM**

**Location: Grace Community Presbyterian Church**  
**1090 N. Davis Street, Weed**



Facilitated by

**CARLA CHARRAGA**

Carla Charraga earned a Bachelor of Arts degree from UC Berkeley and is a certified Anger Replacement Therapy (ART) Facilitator. She is fluent in Spanish and English, and is currently Executive Director at Siskiyou Domestic Violence and Crisis Center.

**REGISTER NOW**

[www.surveymonkey.com/r/FY2024-2025](http://www.surveymonkey.com/r/FY2024-2025)

**Family Dinner and  
child care are included.**  
**No cost to participants.**  
Questions? 530.918.7222

