

*building brighter futures for our children and families*



**child parent institute**

## MONDAY MORNINGS 9:00AM - 10:30AM

Child Parent Institute, 3642 Standish Ave, Santa Rosa, Rm 120

Monday, April 9 | Monday, April 23

Friday, May 4 | Friday, May 18

## WEDNESDAY EVENING 6:30PM - 8:00PM

Child Parent Institute, 3642 Standish Ave, Santa Rosa, Rm 120

Wednesday, April 25

## COST

This class is free of charge and offered on a drop-in basis. No pre-registration is necessary.

## PARENTING THROUGH RECOVERY FROM NORTH BAY FIRES

The North Bay fires affected our entire community. People who lost their homes were particularly highly impacted. Children who are in the process of recovering from the fires can greatly benefit from skilled guidance from family members. It can help a great deal for parents to learn about thoughts, feelings and behaviors that their children might experience in the coming months, and how to guide their children through a process that can at times feel overwhelming. It can also be beneficial to learn about red flags that might indicate a need for professional help.

Parents who have lost their homes to the North Bay fires are invited to participate in parenting groups that teach about the progression of post-disaster recovery. By gathering in a forum with others who have endured a similar experience, participants have been receiving support, empathy, and resources, and gaining strength, hope, and concrete strategies. Parents are able to safely process their own experiences and share insights about guiding their children. As parents become more resilient, they are better able to foster resilience in their children.



## RESILIENCE WALK

**MONDAY, APRIL 30, 10:00AM -11:30AM**

People who were impacted by the N. Bay Fires are invited on an invigorating walk around Spring Lake. The goal of this event is simply to get some exercise and meet others who have experienced fire-related loss.

Free of charge. Meet in front of the East West Cafe, 557 Summerfield Road, Santa Rosa between 9:50 AM and 10:00 AM. We will begin our walk promptly at 10:00 AM.

[calparents.org](http://calparents.org) | 707.585.6108