



CHILD HEALTH &  
RESILIENCE MASTERY®



## OUR MISSION: TO EMPOWER CHILDREN & FAMILIES TO STRENGTHEN THEIR RESILIENCY IN HEALTH-PROMOTING WAYS

WE NURTURE RESILIENT HEARTS AND ENVIRONMENTS BY CONNECTING FAMILIES  
& EDUCATORS WITH EMPOWERING EXPERIENCES, RESOURCES & SUPPORTS

### WHAT WE OFFER

- ✓ **Professional Development & Training:** CHARM workshops are tailored for youth, parents, and educators from pre-kindergarten through university to strengthen resiliency. Interactive social, emotional, and self-care workshops all focus on easy, no-cost tools and resources. Examples include: Choose Love, Nurtured Heart Approach, & e-Resilient Parenting for Bereaved Families.

#### Offerings are research-grounded to:

- Improve academic achievement and positive coping skills
- Reduce behavioral and medical interventions
- Improve positive health outcomes (including family health) into adulthood
- Have a positive impact on overall school culture, bereaved families, and more!

- ✓ **Camp Druzy:** CHARM's signature, no-cost, overnight camp for families with grieving children who also face financial barriers. Available in English & Spanish in Summer & Fall (Parts 1 & 2).

#### Five days of positive experiences for the entire family to:

- Learn evidence-based, resiliency-building skills and tools
- Strengthen confidence, a sense of connection, creativity, and more in culturally-appropriate and trauma-informed ways
- Connect with other grieving children and adults from their school/community
- Transform grief together holistically in a comfortable and fun setting
- Learn about CHARM and stay connected with us for additional resources, including follow-up events and family supports

- ✓ **Tapestry:** CHARM's basic needs assistance program for low-income families with children who are grieving a death or extended separation from a close family member.

#### Families of referred students receive the following:

- Backpacks, seasonal clothing, hygiene kits, books, and creative expression kits
- Gift cards (one for parents to use for themselves and one for each child)
- An invitation to attend Camp Druzy for the entire family at no cost to them, giving families a fun experience to look forward to together





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“This was the most heartfelt and rewarding workshop I have ever attended. Thank you so much. This has given me a **TREMENDOUS** drive and passion within me to try to change the world and make the good/greatness come out of all of us.”

“The knowledge you are providing to our youth is incredible, thank you. You guys are literally lifesavers the way you helped our family when we needed help the most, thank you...for everything to everyone that helped to support our family.

“This was my first year volunteering at Camp Druzy, and after this incredible experience, I hope to return every year. The dedication of Dr. Pottinger and the entire team of volunteers is truly inspiring. It takes extraordinary people to be able to be fully present when witnessing grief and loss, especially when it’s children who are suffering. I was deeply moved by the way Camp Druzy gracefully balances working with grief with finding joy in the present moment.”

“Every aspect of CHARM is different and unique from anything you will ever experience... This program is desperately needed in our communities and Dr. Pottinger (CHARM) is blazing the trail!

**SCAN ME**



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