



CHILD HEALTH &  
RESILIENCE MASTERY®

# HOW CHARM PROTECTS CHILDREN'S HEALTH BY STRENGTHENING RESILIENCE



Teaching trauma-informed social and emotional learning digitally (PreK- University)

Offering anticipatory guidance on the impact of trauma on children

Spending time connecting with nature

Providing basic needs like cash assistance, clothing, food, hygiene kits, and shelter

Encouraging civic engagement



Training parents to use positive appraisal styles that help children recognize their abilities and inner resources, and improving the parent-child relationship

Supporting maternal mental health and self-care skills, including consistent household routines



Teaching families (in-person and online) the following:

- Contemplative practices

- Nutrition as protective for mental health

- Spirituality as a clinical target

- Nurturing " Dr. Ginsburg's 7 C's for Building Resilience":

Competence, Confidence, Connection, Character, Contribution, Coping, & Control

Plus, we've added 2 C's of our own: Creativity and Culture!

## YOU CAN HELP US TO EMPOWER LOCAL CHILDREN & FAMILIES TO STRENGTHEN THEIR RESILIENCE.



### DONATE NOW

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"TO WHOM IT MAY CONCERN, WE WOULD LIKE TO PERSONALLY THANK FROM THE BOTTOM OF OUR HEARTS, CAMP DRUZY, FOR THE NEW EXPERIENCE YOU GAVE OUR KIDS AND OURSELVES AS WELL. THE KNOWLEDGE YOU'RE PROVIDING TO OUR YOUTH IS INCREDIBLE, THANK YOU. WE WOULD ALSO LIKE TO GIVE ANOTHER SPECIAL THANKS TO THE CHARM FOUNDATION FOR DOING MORE THAN WE COULD EVER EXPECT FROM ANYONE! 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 WE THANK YOU."



FROM THE VILLANUEVA FAMILY