

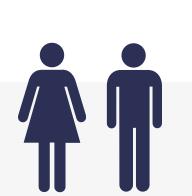
HOW CHARM PROTECTS CHILDREN'S HEALTH BY STRENGTHENING RESILIENCE



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.



WWW.CHARMAZ.ORG

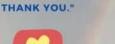


@CHARMAZ.ORG

@CHARM NONPROFIT

"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





FROM THE VILLANUEVA FAMILY