



CHILD HEALTH & RESILIENCE MASTERY®

OUR MISSION IS TO EMPOWER CHILDREN & THEIR FAMILIES TO SPRING FORWARD

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



CHARM Offers:

- **PROFESSIONAL DEVELOPMENT & TRAINING:** Interactive social, emotional, and mental health workshops (in-person and online) focused on easy, no-cost, trauma-informed tools and resources. Workshops tailored for youth, parents, and educators (PreK- University).



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, and much more!



- **CAMP DRUZY** is CHARM's signature, no-cost, overnight camp for families with grieving children. Available both in-person and online in English and Spanish.

Four 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 at their same school
- Transform grief together in a comfortable and fun setting



- **TAPESTRY** is CHARM's basic needs assistance program for low-income families with children who are grieving. Referred students and all siblings receive backpacks, seasonal clothing, hygiene kits, books, and more before school and winter break. Emergency hotel accommodations covered for families in-need. Parents all receive gift cards and an invitation to attend Camp Druzy in the summer, giving families a fun experience to look forward to.

"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."

Francisco Vasquez de Coronado Elementary School Educator, NUSD#1

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.

THE VILLANUEVA FAMILY



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