



Parenting Education Opportunities

This document is routinely updated. Please visit parentforthefuture.org for updated information.



EMERGENCY (POLICE, FIRE, AMBULANCE) 911

POISON CONTROL CENTER (Toll Free 1-800-222-1222)

BABY BONDING:

Brings biological parents together with their children to allow babies a chance to learn their parent's voice and safe touch.

Oregon Department of Human Resources
Child Welfare 503-378-2975
 Mon—Thurs from 9:00 am to 11:00 am and serves
 DHS-involved children ages 0-12 months and their
 parents. **FREE**

BOOT CAMP FOR DADS-TO-BE:

A two-hr workshop run by new fathers who bring their infants to help orient dads-to-be on the realities of parenthood. Includes hands-on experience with diaper changing, burping, etc.

Silverton Together 503-873-0405
 Offered at Silverton Hospital Birth Center. \$15 per family, scholarships available. Space is limited.
Salem Hospital-CHEC 503-814-2432
 Offered every other month, second Monday of the month 6:30-8:30pm, \$15/person.
www.salemhealth.org/chec

Brain & Body Training

Salem Hospital Regional Rehab Center 503 814-2432
 2561 Center St. NE. Salem.
 Parents will learn how to help their children (2-5 years of age) focus and pay attention, prepare their child for school, practice social skills, perform balance and coordination activities. Saturday April 28, 2012 **FREE**

COPE:

A one-time, four-hour, seminar for parents who are divorcing, separating, or petitioning for child-related issues. This seminar is required for both parents by the Marion County courts.

YWCA 503-581-9922 x301
 A complete class schedule is also available on line at <http://www.ywcasalem.org/cope/index.html>

CIRCLE OF SECURITY:

The Circle of Security class will help parents and caregivers learn effective strategies in changing problematic patterns of attachment and promote emotional well being. Parents and caregivers will learn to use the Circle of Security map to understand the basic attachment needs of you and your child.

Options Counseling Services 503 390-5637
 Offered quarterly. **FREE**

FATHERHOOD:

Tools of the Trade:

Things that Dads do naturally, like changing the oil, throwing a ball, hiking in the mountains or just being silly are great for their child. This workshop will be filled with great tools that will be taught in a fun and interactive setting. Topics include: Work/Family balance, parenting skills, modeling healthy relationships for your kids. The workshop costs \$10, certified volunteers will be providing free Child Care for ages 2-10 yrs.

Leslie Middle School 503 399-3206

FATHERS OF YOUNG CHILDREN

This class is focused on Dad and child development birth to 8yrs. Join the series starting on Tuesdays Jan. 10-31, 2012. Second series will start on Tuesdays May 1-22 2012, Third series Tuesdays Sept. 11–Oct. 2 6:30-8:30pm \$25/person, scholarships available.

Salem Hospital, Community Health Education Center
First floor Bldg. D
 Register at www.salemhealth.org/chec.
 For more information call. 503-814-2432

HOTDOCS:

GEM/SWINDELLS 503 585-4262
 Serving families of children with special needs in the Mid-Willamette Valley. Join us for a six-week parenting class for families and caregivers. Our Class instructors are trained in HotDocs and will help parents address difficult behaviors in children with special needs. We will cover early childhood development; routines, rituals and development, development and behavior, preventions for challenging behaviors, learning new parenting skills and reducing stress.

Wednesdays, April 11– May 6, 10:00-12:00 PM. **FREE**

INCREDIBLE INFANTS:

This series is for parents of newborns. Learning about self and baby care, infant brain development, ways to have fun and keep the baby safe.

Silverton Together 503-873-0405
 Offered at Silverton Hospital Birth Center 10 Mondays or Thursdays (bi-weekly) \$35 per family. Three times per year. Scholarships available.

Catholic Community Services/

Fostering Hope

A **free** 8 week class offered at The Little House (La Casita) 3032 Sunnyview Rd. NE. Beginning March 2-April 20th 2012 once a week every Friday, 10:30-12pm
 For more information contact: 503 485-5968

THE INCREDIBLE YEARS:

A **free** 20 week parenting workshop for parents who have children 3-10 years of age and who would like to learn more about promoting positive relationships with their kids, coaching them socially and emotionally.

Catholic Community Services/

Fostering Hope

503 485-5968
 Offered Sept. 21—Feb.1 2012. Once a week every Wed. 7-8:30. Second session begins Feb.29– May 9th, 2012 once a week every Wed. (Christian Center of Salem, 1850 45th St. NE) Childcare available. **FREE**
 Certified instructor: Nicole Fierro

LOVE AND LOGIC:

A course for all parents, especially of children age 4-14, who want practical techniques for less stressful, more effective parenting and more ease in family life.

Jefferson Together 541-327-3337 x130
 Offered Tuesdays at 6:30 pm beginning January 17 2012.
 Childcare available **FREE**
Silverton Together 503-873-0405
 For more information contact Silverton Together.

(Also offered in Spanish)

LASTING RELATIONSHIPS:

An interactive couple's workshop where you can pick up a few tools for a lasting relationship. This is a workshop series.

Easter Seals Children's Therapy Center 503-370-8990
 Offered 2-3 times/year.
FREE to OHP parents and/or children.

MAKE PARENTING A PLEASURE:

A nationally recognized, group-based positive parenting education curriculum based on best practice principles for use with highly stressed parents of children birth to 8.

Catholic Community Services/
Fostering Hope 503 485-5968
 A 13 week parenting class Jan. 18—April 4, 2012, 7-8:30 pm at Christian Center of Salem (1850 45th St. NE). Spanish classes offered. Childcare available. **FREE**

Easter Seals Children's Therapy Center 503-370-8990

2012 Winter/Spring/ classes offered in English and Spanish. Summer and Fall classes to be determined. Certificates awarded upon completion of all classes. (Limited childcare provided for Spanish classes.) For more information or to register contact Kathy at 503 485-2185 for English classes.
 Contact Alma at 503 370-8990 for Spanish classes.

Family Building Blocks 503-566-2132

Offered to **Oregon Department of Human Services families only**. Ages 6wks-5yrs of age. 10-week blocks Tuesday's or Friday's. **FREE**

Salem-Keizer Head Start 503-399-5510

Annually offered January—March. Free to Head Start parents.

Silverton Together 503-873-0405

Offered in Silverton, \$15, scholarships are available.

Options Counseling Services 503-991-3114

Offered throughout the year in English and Spanish. **FREE**

PARENTING INSIDE OUT:

A cognitive-behavioral parent management skills training program for formerly incarcerated parents, approved by Parole & Probation and Oregon Department of Human Services. **FREE**

Marion County Sheriff's Office 503-566-6951



MARION COUNTY CHILDREN & FAMILIES DEPARTMENT

Parenting Education Opportunities



This document is routinely updated. Please visit our website at, <http://www.co.marion.or.us/CFC/Classesandevents/>

| EMERGENCY (POLICE,FIRE,AMBULANCE) 911 | | POISON CONTROL CENTER (Toll Free 1-800-222-1222) |
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| <p>PARENTS OF SPECIAL NEEDS CHILDREN: A monthly support group for parents/guardians of children with disabilities.</p> <p>Adaptive Riding Institute 503 873-3890 Provides therapeutic horseback riding for individuals with a variety of special needs. Equine therapy improves balance, muscle strength, flexibility, sensory integration, motor skills and verbalization, and provides empowerment. For more information contact Adaptive Riding Institute.</p> <p>GEM 503-585-4262 The resource/support group meets on the 2nd and 4th Tuesday of each month, from 11:30-1:00. Brown bag lunch.</p> <p>Swindells Resource Center "Autism Over the Lifespan" presented by Genevieve Athens, President of Autism Lifespan Coach. Saturday May 5, 2012 10:00—12:00 PM. Salem Hospital Community Health Education Center (CHEC), 939 Oak St. SE Salem, OR. To register visit, www.providence.org/classes. Register by phone at 503 215-2429 or 1-800-562-8964.</p> <p>Silverton Together 503-873-0405 Offered in Silverton, upon request, \$5</p> | <p>contact City of Salem. FREE Woodburn Together 503.981.0621 Offered in Woodburn in English and Spanish. For more information Contact FREE</p> <p>VARIOUS SUPPORTS FOR EXPECTING and NEW PARENTS: The below programs offer a wide range of services and supports for expecting and new parents</p> <p>Salem Hospital/CHEC 503-814-2432 The Salem Hospital offers a wide range of services and supports to expecting and new parents. Call for details, or visit www.salemhealth.org/chec</p> <p>Willamette Family Medical Center 503.585.6388 Offers comprehensive prenatal care, nutrition, parenting advice, how to foster development in your baby, etc. in a group setting. Covered by insurance or for non-insured, sliding scale.</p> <p>TEENS AND DRUGS: A 3--hour family workshop on adolescent alcohol, tobacco, and other drug trends in Oregon, focusing on prevention and early intervention for parents and teens 12 and older. Workshops are offered in English and Spanish and are held the 4th Monday of the month (excluding June, August, & December), from 6:30-9:30pm throughout Marion County. Pre-registration is required, parents must attend with teens. For more information and registration please contact. Marion County Health Dept. FEE -30.00 per family (Scholarships available) Lisa Miller 503 981-2461 (English) Anne Krier 503 981-2462 (Spanish)</p> | <p>Silverton Together 503-873-0405 Offered in Silverton, Tuesday Evenings, 6:30-8:30. FREE</p> <p>Cascade School District 503-749-8479 Offered in Aumsville to teen parent enrolled students.</p> |
| <p>SECOND TIME AROUND: Workshops for grandparents & other relatives raising children.</p> <p>Silverton Together 503-873-0405 Offered in Silverton, upon request,</p> <p>STRENGTHENING FAMILIES: A program for families designed to increase skills around resiliency and reducing risk factors for substance abuse, depression, violence and aggression, delinquency, and school failure for children ages 10-14 & their parents.</p> <p>Friends of the Family 503-769-2309 Offered Tuesday evenings February 7—March 20 2012, 6:00-8:30 pm. Stayton Middle School. Childcare provided for children under 10. Meals provided. FREE</p> <p>Jefferson Together 541-327-3337 x237 Offered in Jefferson at Jefferson Middle School. Tuesday's Feb.1 – March 15, 2011, 6-8:30pm. Childcare provided for children under 10. FREE</p> <p>Marion County Children's Behavioral Health 503 588-5352 Offered Tuesday Evenings October 4-November 15, 2011 6:30-8:30, at Four Corners Elementary School. In English & Spanish for OHP and indigent. For information or to Register contact FREE Veronica Sandoval 503 585-4929</p> <p>Silverton Together 503-873-0405 Offered in Silverton, Fall and Spring. Childcare available. FREE</p> <p>City of Salem 503-588-6207 x6521 Offered at Houck M.S., Tuesday's Jan. 18– March 1, 2011, 6:00-8:30pm (Spanish) Waldo M.S. Wednesday's, April 13 - May 25, 2011, 6:00-8:30pm (Spanish) Leslie M.S. Spring 2011 (English) for more information</p> | <p>TERRIFIC TWOS: A series focused on children who are beginning to talk and have their own ideas. It offers information on temperament, discipline as learning, and what skills Twos need to be safe and successful.</p> <p>Chemeketa Community College 503-399-6072 Offered each term, \$79/student</p> <p>Silverton Together 503-873-0405 Offered in Silverton, twice per year. \$35. Scholarships available.</p> <p>WONDERFUL ONES: A series for parents of 1 year olds. Helps parents appreciate & handle the challenges of walking and climbing toddlers, the importance of routines, prevention and being on their child's side while he or she is learning the rules of our world.</p> <p>Silverton Together 503-873-0405 Offered in Silverton, twice per year. \$35. Scholarships available.</p> <p>YOUNG PARENTS PROGRAM: Offers parenting tips, life skills (budgeting, cooking, etc.), information on local resources and a tremendous support network for teen parents.</p> | |