

# MARION COUNTY GREAT BEGINNINGS CONSORTIUM

## Parenting Education Opportunities

For a Parent Resource Directory call 503-588-7975 or visit <http://cfc.co.marion.or.us/resourcedirectory.htm>

### 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.*

**DHS—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

#### BABY MASSAGE:

*Learn how massage helps soothe, relax, relieve gas pains from colic, and helps stimulate baby's growth and development, and helps parent bond with their babies. Newborns to pre-crawlers. Dolls provided if baby is not yet present.*

**Salem Hospital** 503-814-2432

#### 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 in Silverton, every other month, \$15

**Salem Hospital** 503-814-2432

Offered every other month, \$20/person

#### 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

A complete class schedule is also available on line at <http://www.ywcasalem.org/cope/index.html>

#### FATHERS OF YOUNG CHILDREN

*Four, two-hour classes focused on dad and baby bonding, similar to the Boot Camp for Dads-to-Be workshops.*

**Salem Hospital** 503-814-2432

Offered every other month, \$35/person, scholarships available

#### INCREDIBLE INFANTS:

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

**Chemeketa Community College** 503-399-6562

Offered each term, \$79/student

**Friends of the Family** 503-769-2309

Offered once per year in Stayton

**Silverton Together** 503-873-0405

Offered in Silverton, every three months, \$35

#### 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.*

**Chemeketa Community College** 503-399-6076

Offered each term, \$79/student

**Family Building Blocks** 503-566-2132

Offered in the Summer 2010 for FREE to program involved families

**Jefferson Together** 541-327-3337 x237

Offered in Jefferson throughout the year

**Silverton Together** 503-873-0405

Offered in Silverton in Fall & Spring, \$55/person or \$75/couple. (English) Scholarships are available. (Spanish & Russian available soon)

#### 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.

**Family Building Blocks** 503-566-2132

Offered beginning in Summer of 2010 to program involved families, FREE

#### 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** 503-856-7033

offers classes 3 times per year in English & Spanish, open to the community. FREE

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

Offered 11 times/year in English and Spanish. FREE to OHP parents and/or children.

**Family Building Blocks** 503-566-2132

Offered 3 times/year to Project BOND families. only, \$150

**Friends of the Family** 503-769-2309

Offered in Stayton, Winter & Spring

**Salem-Keizer Head Start** 503-399-5510

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

**Silverton Together** 503-873-0405

Offered in Silverton, Fall & Spring, \$15, scholarships are available

**Options Counseling Services** 503-991-3114

Offered throughout the year in English and Spanish. All offerings are FREE

#### MONEY MANAGEMENT:

*Classes will help you get out of debt, start investing for the future and make your life and your relationships healthier by taking control of your money.*

**Family Building Blocks** 503-566-2132

Offered beginning in Summer of 2010 to program involved families, FREE

#### PARENT CONNECTION:

*A parent education and support program designed to encourage, strengthen and support families with children ages, 0-5*

**Family Building Blocks** 503-566-2132

Offered 3 times per year for DHS, Child Welfare-involved families, FREE

#### PARENTING INSIDE OUT:

*A cognitive-behavioral parent management skills training program for formerly incarcerated parents, approved by P&P and DHS. FREE*

**Marion Co. Sheriff's Office** 503-566-6951

#### PARENTS OF SPECIAL NEEDS

##### CHILDREN:

*A monthly support group for parents/guardians of children with disabilities.*

**Silverton Together** 503-873-0405

Offered in Silverton, Fall & Spring, FREE

#### SECOND TIME AROUND:

*Workshops for grandparents & other relatives raising children.*

**Silverton Together** 503-873-0405

Offered in Silverton, upon request, \$5

#### 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.*

**Friends of the Family** 503-769-2309

Offered in Stayton, 2010 Winter & Spring, FREE

**Jefferson Together** 541-327-3337 x237

Offered in Jefferson, Winter 2010, FREE

**Marion County Children's Behavioral Health** 503-588-5352

Offered in English & Spanish for OHP and indigent, FREE

**Silverton Together** 503-873-0405

Offered in Silverton in English, Russian and Spanish, Fall & Spring. FREE

**Salem-Keizer Together** 503-588-6207 x6521

Offered in Salem, Spring, 2010, FREE

**Woodburn Together** 503.981.0621

Offered in Woodburn in English and Spanish, FREE

#### VARIOUS SUPPORTS FOR EXPECTING and NEW PARENTS:

The below programs offer a wide range of services and supports for expecting and new parents

**Salem Hospital** 503-814-2432

The Salem Hospital offers a wide range of services and supports to expecting and new parents. Call for details

**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.

#### TEENS AND DRUGS:

*A 4-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.*

**Marion Co. Health Dept.** 503-566-2901 or 503-981-5851

Offered in English and Spanish every 5-6 weeks, FREE.

Call to register

#### 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.*

**Chemeketa Community College** 503-399-6072

Offered each term, \$79/student

**Friends of the Family** 503-769-2309

Offered once per year in Stayton

**Silverton Together** 503-873-0405

Offered in Silverton, Winter & Summer, \$35

#### 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.*

**Chemeketa Community College** 503-399-6072

Offered each term, \$79/student

**Friends of the Family** 503-769-2309

Offered once per year in Stayton

**Silverton Together** 503-873-0405

Offered in Silverton, Winter & Summer, \$35

#### YOUNG PARENTS PROGRAM:

*Offers parenting tips, life skills (budgeting, cooking, etc.), information on local resources and a tremendous support network for teen parents.*

**Silverton Together** 503-873-0405

Offered in Silverton, ongoing from Sept—May, FREE

**Cascade School District** 503-749-8479

Offered in Aumsville to teen parent enrolled students