

Ongoing Events, Classes and Trainings in the Counties of Clatsop, Marion, Polk, Tillamook and Yamhill

Featured in Grand-Parenting News produced by Northwest Senior & Disability Services

Active Parenting of Teens

Learn effective communication, guidance, and discipline skills for parenting your teenager. Topics include courage and self-esteem, teen behavior, problem solving, family communication, responsibility and discipline. Drugs, sexuality and violence are addressed as well. Marion County Juvenile Department Counselors will facilitate this Thursday evening 8-week class for adults. Call 503-566-2925 for the dates of the next class, more information, or to register. This class is free and includes the book.

Beyond the Basics—Stress Relief Group Class

Every Tuesday and Wednesday from 5:00 to 6:00 p.m.

Wellspring Medical Center, Garden Room, 1475 Mt. Hood Avenue, Woodburn, Oregon

Better understand the stress response, your unique stress triggers, and the risk associated with unhealthy coping choices. Experience the relaxing, refreshing effect of a guided practice. Develop a personal relaxation practice by learning to integrate stress relief techniques into your daily life. Pre-registration is required. Cost is \$10.00 per class or \$75.00 for 10 classes. For more information or to register contact Elizabeth at 971-983-5212.

Families in Action

A 6-week family education class designed to help parents and teens improve their relationships and learn how to deal with the pressures facing youth today. Offered once or twice per year. Cost is \$35.00 per family. For more information, call Jan at Silverton Together at 503-873-0405.

Family Life-skill Development

These classes are designed to empower parents and teens and provide each with new skills to cope with difficult times. For ages 8 to 18 years. All sessions include a follow-up class one month after the last class and ongoing consultation. For more information, call Jean Lasater at the HOST Youth & Family Program at 503-588-5825. Cost is \$35.00 per family. Scholarships are available.

Decisive Parenting: Powerful Tools for Parents of Teens

Six 1.5-hour sessions each week for 6 weeks

Sponsored by Polk County Juvenile Department, 850 Main Street, Dallas, OR

This program is designed specifically for the parents/grandparents of teenagers. Parents who are struggling with their kids over issues such as truancy, drug/alcohol use, homework, chores, sexual activity, choice of friends, and arguing will find detailed solutions in this course. The class is taught by Dr. Michael Hammond, Ph.D., the originator of *Decisive Parenting: Powerful Tools for Parents of Teens*. He has many years of experience teaching parenting classes and combines teaching skills with humor to make the class lively and fun. To place your name on a waiting list **for the next class**, please call the Juvenile Department at 503-623-2349 or visit www.co.polk.or.us/juv_Parenting.

Love and Logic

Silverton Together, 421 South Water Street, Silverton, OR 97381

A course for all parents or grandparents, especially of children ages 4 to 14, who want practical techniques for less stressful parenting and more ease in family life. Offered twice per year in English, Spanish and Russian. For more information or for date of next class, call 503-873-0405.

Making Parenting a Pleasure

These classes teach praise, reward, limit setting and problem solving to help your child succeed. Offered 11 times per year in English and Spanish.

Spring 2010 Class Schedule—English

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|-------------------------|-------------------|-----------|
| April 20 through May 25 | 5:30 to 8:00 p.m. | Salem, OR |
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Spring 2010 Class Schedule—Spanish / *Horario de clases del año 2010 en español*

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|------------------------------|--------------------------------|-----------------|
| April 8 through May 13 | 5:30 to 8:00 p.m. | Woodburn |
| <i>8 de abril 13 de mayo</i> | <i>5:30 a 8:00 de la noche</i> | <i>Woodburn</i> |

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|---------------------------------|--|--------------|
| June 5 through June 26 | 10:00 a.m. to 3:00 p.m. | Salem |
| <i>5 de junio a 26 de junio</i> | <i>10:00 de la mañana a 3:00 de la tarde</i> | <i>Salem</i> |

For exact locations, to register, or for more information contact Kathy at 503-485-2185 for English classes and Alma at 503-370-8990 for Spanish classes.

Making Parenting a Pleasure

An intensive 12-session course for parents with children ages 0-8, especially good for those with many stressors in their lives who are interested in changing their family dynamics. Offered twice per year. Cost is \$15.00 per family. Scholarships are available. For more information, call Jan at Silverton Together at 503-873-0405.

Mid-Valley Family Fun

3rd Friday of every month, 5:30 to 7:30 p.m.
First United Methodist Church, Deborah Road off Highway 99W, Newberg, OR
Potluck supper and games. Bring a dish to share and your kids!

Parents Night Out

2nd Friday of each month, September through May, 6:30 p.m. to 10:30 p.m.
Easter Seals Children's Therapy Center, 290 Moyer Street NW, Salem, OR 97304
This program is for special needs children and their siblings ages 3-18. There are recreational activities, arts and crafts, group interaction, and mentoring with experienced staff and volunteers. Signed paperwork must be turned in before your child can attend. Space is limited and positions will be filled on a first come, first served basis. Cost is \$12.00 for one child and \$8.00 for each additional child. For more information, contact 503-370-8990.

Parent's Night Out

Two Friday nights per month (except January)
7:00 p.m. to 10:00 p.m.; ~~November 6 & 20; December 4 & 18; January 15; February 5 & 19;~~ March 5 & 19
Kroc Center, 1865 Bill Frey Drive NE, Salem, OR 97301
Need a date night, a night of quiet relaxation, or a night of kid-free grocery shopping? The Kroc Center has structured kid-friendly activities that allow you to go out on a Friday night. These special nights are themed, supervised, and include an educational component – all for less than a babysitter. For more information about scheduled activities on each of the above dates and cost, call the Kroc Center at 503-566-5762. If cost is an issue, you can check about scholarships with the Kroc Center or if you are enrolled in the NWSDS Family Caregiver Program, respite funds are available. Call Kelsey Evans at 503-304-3429.

Second Time Around

Every Tuesday, 9:00 to 10:30 a.m.

Tillamook Family Counseling Center, 906 Main Avenue, Tillamook, OR 97141, (503) 842-8201, www.tfcc.org

Sessions are designed to provide support and education to grandparents raising grandchildren. For more information, call Ardath Stout at 503-842-8201 extension 321.

Second Time Around

Silverton Together, 421 South Water Street, Silverton, OR 97381

Workshops for grandparents and other relatives raising children. Free childcare available for most classes. Scholarships are also available for all programs. For more information or date of next workshop call 503-873-0405.

Social Skills Classes for Children with Asperger's Syndrome or Autism

This social skills class assists children with understanding their feelings, making friends, and anger management. For more information call the Easter Seals Children's Therapy Center at 503-370-8990.

Strengthening the Family

Silverton Together, 421 South Water Street, Silverton, OR 97381

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 in high-risk, 6- to 12-year old children and their parents. Offered once per year in English and Russian. There is no cost. Free childcare available for most classes. For more information or for date of next class call 503-873-0405.

Teens and Drugs

Wednesdays, March 3 and March 10, 7:00 to 9:00 p.m.

Regis High School Library, 550 Regis Street, Stayton, OR

A **free** four-hour family workshop, sponsored by Marion County Health Department, on adolescent alcohol, tobacco, and other drug trends in Oregon and Marion County. Facts about marijuana and other drugs, problem gambling, and other addictions, intervention and resources will be delivered. Ages 12 and higher. Cost is free. For more information or to register, call Yvonne Kays at 503-981-5851 or 503-566-2901.

Los adolescentes y las drogas (taller presentado en español)

Los lunes, 5 de abril y 12 de abril, 7:00 a 9:00 de la noche

Centro de la Comunidad Nuevo Amanecer, 1274 Fifth Street, Woodburn, Oregon

Un taller **gratis** de 4 horas en total (se reúne dos noches), patrocinado por el Departamento de Salud del Condado de Marion, que trata sobre las tendencias del uso de alcohol, el tabaco, y otras drogas en los adolescentes en el estado de Oregon y el Condado de Marion. Se distribuirá información de intervención y recursos sobre la marihuana y otras drogas, problemas de adicción a los juegos en el casino, y otras adicciones. Para personas de 12 años para arriba. El taller es gratis. Para recibir más información y para registrarse, comuníquese con Ann Krier al número 503-981-2462 o 503-566-2901.

Teens and Drugs

Thursdays, May 6 and May 13, 7:00 to 9:00 p.m.

Silverton Hospital, Family Birthing Center, Conference Room E, Silverton, OR

A **free** four-hour family workshop, sponsored by Marion County Health Department, on adolescent alcohol, tobacco, and other drug trends in Oregon and Marion County. Facts about marijuana and other drugs, problem gambling, and other addictions, intervention and resources will be delivered. Ages 12 and higher. Cost is free. For more information or to register, call Ann Krier at 503-981-2462 or 503-566-2901.