

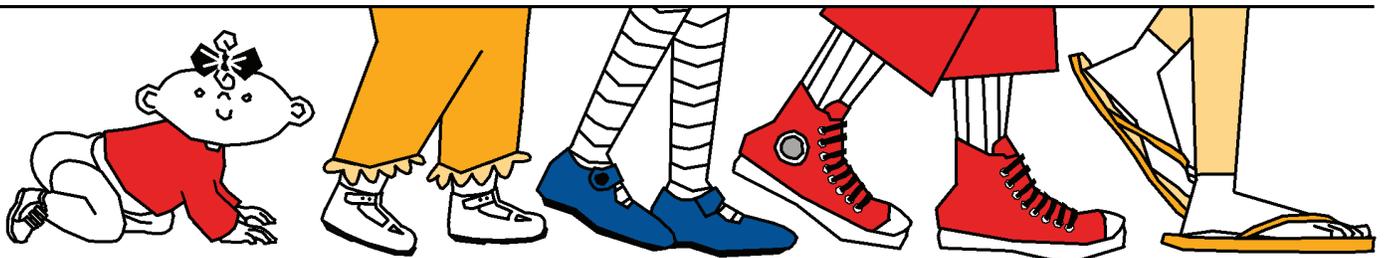
THE PARENTING RESOURCE GUIDE

The Parenting Education



Serving Crook, Deschutes & Jefferson counties.

ENJOY THE JOURNEY



To download copies of this guide, go to www.frconline.org and click on the HUB logo

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The Parenting Education



Serving Crook, Deschutes & Jefferson counties.

Welcome to the tri-county **Parenting Resource Guide**. Parenting is a journey where children are always moving, learning, changing and needing guidance and support. The five different pairs of shoes throughout this guide represent the different ages and stages of child development. Like shoes, children can quickly outgrow one stage and move on to another.

The Central Oregon Parenting Education HUB is a network of over 25 tri-county organizations working together to provide a variety of programs and activities in both English and Spanish. Parenting Education HUBS operate throughout Oregon, primarily funded by the Oregon Parenting Education Collaborative. This guide, developed by local HUB partners, connects you with resources and programs to help support your child's development and strengthen your family's relationships. We thank you for your efforts to be the best parent you can be. Enjoy your journey!

Vicki Ertle, Family Resource Center of Central Oregon and HUB partners.

Family Resource Center of Central Oregon, 541.389.5468, coordinates the Parenting Education HUB. For more information about tri-county programs and to download an online version of this guide visit www.frconline.org.

Thank you to:



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LEGEND



CROOK COUNTY

[Sp S] SPANISH SPOKEN



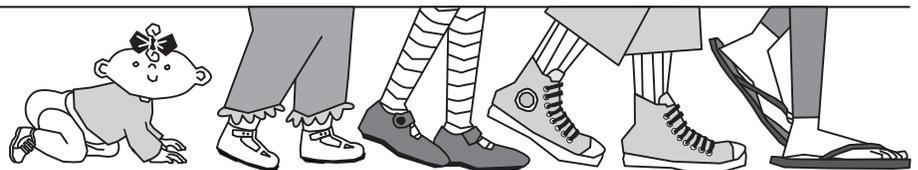
DESCHUTES COUNTY

[Sp I] SPANISH INTERPRETORS AVAILABLE



JEFFERSON COUNTY

[Sp W] INFORMATION ON WEBSITE IN SPANISH



PLAY GROUPS

D

Bend Attachment Parenting:
541.330.0934
www.bendap.wordpress.com

**FACT—Families And
Communities Together:**
541.876.1011
www.parentingfacts.org

MOMS Club of Bend:
www.momsclubofbendor.org

Moms Inc.:
Faith-based
Bend Westside Church
850.832.5703
**Redmond Community
Presbyterian Church**
541.548.3367
www.redmondpc.org

J

**Mom, Dad, and Baby Group
Maternal Child Health:**
Warm Springs
541.553.2460

PARENTING CLASSES

C D

Abriendo Puertas: 10-week class currently offered in Spanish only for Latino parents with children ages 0 to 5. The mission of Abriendo Puertas is to improve the outcomes of Latino children by helping parents to be informed and confident leaders in the lives of their children. Available in Bend, Prineville, and Redmond at a variety of times and locations. Silvia Khan **541.548.2380 ext. 116** silviak@neighborimpact.org [Sp S]

D

Focus on Parenting: 10-weekly sessions for parents of children ages 0 to 8; offered four times a year for families referred to parenting classes by other agencies. Learn how to motivate your child through positive discipline, family routines and rules, problem solving, learning through play and supporting your child's school success. Offered in Bend only. Registration is \$25 per family. Help with fee is available. Contact Family Resource Center **541.389.5468** www.frconline.org

D J

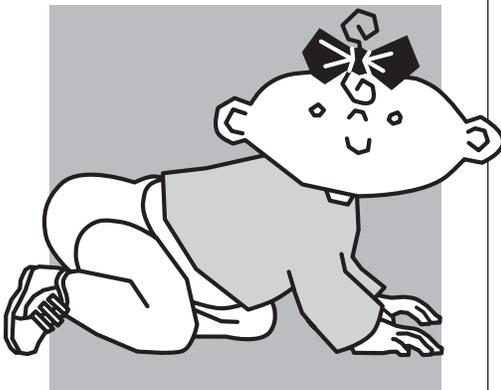
Incredible Years – Los Años Increíbles: 10-weekly sessions for parents of children ages 3 to 8. Learn new ways to handle challenging behaviors, set clear boundaries, problem solve with young children and increase positive family communication. Offered in English and Spanish, classes are free with childcare and light dinners included. Pre-registration is required.

Deschutes County: Family Resource Center **541.389.5468** www.frconline.org
Jefferson County **541.475.7673 ext. 12** [Sp S]

continued on next page

**“A baby is born
with a need to be
loved – and never
outgrows it.”**

Frank Howard Clark



LIBRARY STORY TIMES

Programs for infants, toddlers, preschoolers, teens and families.

C

Crook County For specific times and dates call **541.447.7978** www.crooklib.org

D

Deschutes County Programs in English in Bend, La Pine, Redmond, Sisters and Sunriver, and Spanish beginning in October at the East Bend location. Call or visit the website for specific times and dates, **541. 617.7097**
www.deschuteslibrary.org [Sp W]

J

Jefferson County Programs offered in English and Spanish. For specific times and dates call **Madras: 541.475.3351** www.jcld.org [Sp S]
Warm Springs: 541.553.3438 www.pelton.warmsprings.com

PARENTING CLASSES continued from previous page

C D J

Make Parenting a Pleasure – Hacer de la Paternidad un Placer: 10-weekly sessions for parents, grandparents and care providers of children 0 to 8. Explore the latest parenting techniques, learn to set limits, find positive approaches to discipline, and help your child prepare for school success. Offered in English and Spanish at a number of locations and times, childcare and a light dinner are included. **Crook County 541.447.3260**

Deschutes County: Family Resource Center 541.389.5468 www.frconline.org

Jefferson County 541.475.7673 ext. 12 [Sp S]

D

Nurturing Parenting: 10 weekly sessions for parents of children 0 to 12 offered in La Pine. Parents will learn about personality traits and how they relate to parenting, and how brain development is related to behavior in children and teens. This series will also help parents understand, create and implement a system of discipline that is respectful to children and guides them to follow family morals, values, and rules. **541.876.1011 www.parentingfacts.org**

Parenting Now!: 7-weekly sessions for parents of children 0 to 6. Sessions focus on nurturing and effective parenting strategies, positive approaches to discipline, communication, managing family stress and how to build long lasting healthy family relationships. **Deschutes County: Family Resource Center 541.389.5468 www.frconline.org**

Parenting Wisely: Young Childs version for parents of children 3 to 9, and a Teen version for parents of children 10 to 18. A self-paced computer program, which covers topics such as homework, tantrums, bedtime struggles, defiance, disrespectful talk and chore avoidance. Offered at a variety of locations including School Based Health Centers, **Lynch Elementary Redmond 541. 923.4876**

Family Resource Center 541.389.5468

La Pine Community Campus 541.876.1011

J

Positive Indian Parenting: This program draws on the strengths of historic Indian child-rearing patterns and blends old parenting values with modern skills. Storytelling, cradleboards, harmony, lessons of nature, behavior management, and the use of praise are discussed. **Warm Springs 541.553.0467**

PARENT WORKSHOPS

Offered 2–3 times per year in locations throughout Central Oregon. For parents and caregivers who want to learn more about specific topics, including:

Talking to Your Kids Doesn't Have to Be So Hard
Ages and Stages: Infants & Toddlers

Raising a Confident Child: Building Self-Worth
Ready for School

Stress Till You Pop

For information on regional workshops contact **The Family Resource Center 541.389.5468 www.frconline.org Redmond: Lynch Elementary 541.923.4876 La Pine: FACT 541.876.1011**

YOUNG PARENTS

D

The Teen Parent Program: at Bend Senior High School serves pregnant and parenting students (ages 14 to 20) who are residents of the Bend-La Pine School District. Discussions cover pregnancy, prenatal, health, nutrition, parenting, community resources and college/career transition planning. The program includes childcare, transportation, counseling and additional services that students need to complete their high school diploma. Located in Bend **541.355.3823 [Sp I]**

FACT—Families And Communities

Together Young Parent Program:

Get ideas to deal with stress, share joys and challenges of parenting, and learn ages and stages of child development.

541.876.1011 www.parentingfacts.org

Grandma's House: Faith based shelter in Bend for homeless and/or abused pregnant and parenting teen mothers and their babies. Provides childbirth and parenting education, career development and life-skills.

541.383.3515

www.grandmashouseofbend.com



“There is no way to be a perfect mother, and a million ways to be a good one.”

Jill Churchill

PARENTING PRE-TEENS AND TEENS

C D

Staying Connected to Your Teen:

5-weekly sessions for parents of children 10 to 17. Sessions focus on strengthening family bonds, improving family management skills, decreasing family conflict, strategies for better communication and limit setting.

Crook County Juvenile Department
541.447.5161

Deschutes County: Family Resource Center 541.389.5468

www.frconline.org

La Pine 541. 876.1011

www.parentingFACTs.org

C J

Strengthening Families: 7-weekly sessions for parents and their children ages 10 to 14 in the evening and usually includes light dinner and childcare for siblings. Enjoy family time with discussions and games designed to strengthen family relationships. Youth enjoy activities to build social and life skills, parents learn ways to show love and limits.

Crook County 541.447.3260 [Sp S]

Jefferson County: Best Care
541.475.7673 [Sp S]

C D J

Prevention Information and Services:

Information on bullying awareness and prevention, drug and alcohol use prevention, problem gambling, and suicide prevention.

Crook County: Commission on Children & Families/Family Resource Center
541.447.3260 [Sp S]

Deschutes County: Children & Families Commission 541.330.4632

Jefferson County: Best Care

Prevention Office 541.475.4884 [Sp S]

OTHER PARENTING CLASS OPPORTUNITIES

D

Divorcing Parents Seminar: An educational program for divorcing parents with a focus on the needs of children. **Deschutes County.** 541.383.6789

FACT–Families And Communities Together: Various parent resources offered throughout the year for parents of children 0 to17. 541.876.1011
www.parentingfacts.org

Parenting Classes with Beth Bellamy: Various classes for parents offered through Bend Parks and Recreation. 541.389.7275
www.bendparksandrec.org

Parenting with Love & Logic: Offered in Bend and Redmond at various times throughout the year. 541.330.4634

C J

Bridging the Gap: For divorcing parents in **Crook County: Lutheran Family Services** 541.416.1095 **Jefferson County: Best Care** 541.475.6575

ONLINE PARENTING RESOURCES

www.co211.info: Community resources in Central Oregon

www.frconline.org: Parenting education information includes classes and workshops

www.familyworksinc.com: Parenting wisely online parenting course (\$30)

www.babybluesconnection.org: Resource for prenatal or post-partum depression

www.zerotothree.org: Healthy development of infants and toddlers

www.mychildwithoutlimits.org: For parents of young children with developmental delays

www.fathers.com: National Center for Fathering

www.bornlearning.org: Turn everyday moments into fun learning opportunities (also in Spanish)

www.truceteachers.org: Healthy children's entertainment

www.asqoregon.com: Ages and stages development checklist

www.theparentingdoctor.com: Parenting tips

www.extension.oregonstate.edu: Child and family development, and parenting, nutrition and breastfeeding

EARLY LEARNING

HEAD START

C D

NeighborImpact Head Start: A comprehensive program that strengthens families and prepares preschool-age children (3 to 5) for school. The program serves low-income families and integrates high quality preschool education with parenting education and support, and other critical services (health, nutrition, disability, mental health). **541.548.2380** www.neighborimpact.org [Sp S]

J

Mid-Columbia Children's Council: Early Head Start/Head Start: Program provides comprehensive education, health, nutrition and family services for parents with children up to the age of 3, and a preschool program located in Madras for children ages 3 to 5, providing child development, school readiness and family support services. **541.475.4870** www.mccheadstart.org [Sp S]

Oregon Child Development Coalition (OCDC):

An educational program for pregnant women and children ages 6 weeks to 5 years. OCDC serves low-income migrant and seasonal farm workers by preparing children for school, providing parent education opportunities, referrals to other social services agencies and partnering with other community organizations. **541.475.6232** www.ocdc.net/ [Sp S]

The Children's Learning Center: Head Start preschool program for children ages 3 to 5. Provide child development, school readiness and family support services. Enrollment based on eligibility, nutritious meals served. Pre-School program, Childcare and Infant/Toddler Care. **541.475.3628** www.madrastclc.org [Sp S]

Warm Springs Early Head Start and Head Start Programs:

Parent education, child development activities and information. **541.553.3242**

HOME VISITING

C D J

Nurse-Family Partnership: Helps at-risk, first-time mothers have healthy pregnancies, improve child health and development, and become more economically self-sufficient. For more information call:

Crook County Health Department 541.447.5165 [Sp S]

Deschutes County Health Department Bend 541.322.7400 [Sp S]

Jefferson County Health Department 541.475.4456 [Sp S]

www.nursefamilypartnership.org/locations/Oregon [Sp S]

Healthy Families Programs: Provide parent education and support through home visits and parent groups to first time parents and their children birth to age 3.

C Crook County Health Department: 541.447.5165 [Sp S]

D Healthy Families of the High Desert: 541.749.2133
www.hdesd.org/services/healthy-families-high-desert

J Jefferson County Health Department: 541.475.4456
[Sp S]

Maternity Case Management: A home visiting nurse for pregnancy, childbirth, breastfeeding, and parenting support.

Babies First: A home visiting nurse to ensure your baby (0–5) is healthy and developing normally.

CaCoon: For families with children for youth (0–21) with special health or disability needs.

C Crook County Health Department 541.447.5165
[Sp S~ call Ruby Ruiz ext. 201]

D Deschutes County Health Department Bend
541.322.7400 [Sp S]

J Jefferson County Health Department 541.475.4456
[Sp S]

RELIEF NURSERIES

A wrap around service program providing therapeutic early childhood education in classroom settings, home visits, parent education classes and support groups, respite care, case management, and assistance accessing basic resources and other community services for families with children 0–3.

D

MountainStar Family Relief Nursery Bend:
541.322.6820, www.mountainstarfamily.org [Sp S]

J

Juniper Junction Relief Nursery Madras:
541.475.2537, www.juniperjunctioncc.org

BREASTFEEDING AND NUTRITION

BREASTFEEDING CLASSES & SUPPORT

D
Birthing and Beyond: Provides childbirth education, breastfeeding support programs and parenting skills classes.
541.633.3951
www.birthingandbeyond.org

La Leche League of Bend: Provide support and information for breastfeeding mothers. Monthly meetings, call for day, time, and location.
541.317.5912
www.llusa.org/web/BendOR.html

Mommy & Me: Drop-in breastfeeding support group in Bend, Thursdays 1–3 pm. Just outside the Family Birthing Center.

St. Charles Medical Center: Bend
541.706.2900 Ext. 5670
Redmond Lactation Services
541.516.3819

C
Crook County Health Department
541.447.5165 [Sp S]

D
WIC Breastfeeding Team: 541.408.0705
 Text or call (M–F) [Sp S]

J
Mountain View Hospital: Madras
541.475.3882 ext. 4047 [Sp S]

Jefferson County Health Department
 Madras **541.475.4456 [Sp S]**

Warm Springs Clinic: 541.553.1196

ONLINE BREASTFEEDING CLASS
www.thenewbornbaby.com/online-breastfeeding-class/

NUTRITION

WIC (Women, Infants, and Children): Provides nutrition education, referrals, and food vouchers for pregnant and postpartum women and children, birth to age 5. Breastfeeding support and education provided by Certified Lactation Consultants/Educators

C **Crook County Health Department 541.447.5165 [Sp S]**

D **Deschutes County Health Department**
Bend 541.322.7400 (M–F) [Sp S]
Redmond 541.317.3149 (M–W, F) [Sp S]
La Pine 541.322.7400 (M–F) [Sp S]

J **Jefferson County Health Department 541.475.4456 [Sp S]**

C D J
Oregon State University Extension Service: Provides educational programs and information in Crook, Deschutes and Jefferson counties on food and nutrition, financial management, child and family development, and parenting. **Crook County 541.447.6228 Deschutes County 541.548.6088 Jefferson County 541.550.4130** www.extension.oregonstate.edu



“Parents need to fill a child’s bucket of self-esteem so high that the rest of the world can’t poke enough holes to drain it dry.”

Alvin Price

NOTES:

CHILDCARE RESOURCE AND REFERRAL

C D J

NeighborImpact Child Care Resources: An information and referral service for families, childcare providers, employers and communities. Parents receive personalized childcare referrals and guidance in selecting quality childcare. To increase and maintain quality services, childcare providers are offered training, technical assistance and support services. **541.548.2380**
www.neighborimpact.org

J

Warm Springs Tribal Day Care: Infant Center, Tribal Preschool, and after school care. **541.553.3241**

PARENT AND FAMILY SUPPORT GROUPS

D

Child Development/Parent Support Group: Bend, At A Child's Garden Preschool. A free Question and Answer time for parents of children ages 0 to 7. Tuesday afternoons from 3:30–5 pm. Call ahead for childcare. **541.617.0434**
www.achildsgardenbend.com

Central Oregon Families with Multiples: Bend, provides support to families of multiples, mainly through phone and email contact, bi-monthly meetings, and organized family activities. **541.728.8790** www.centraloregonmultiples.com

Parents/Caregivers of Children Affected by Autism Spectrum Disorder Support Group: Groups in Bend, Redmond and online support group **541.771.1075** www.coregondevdisgroupaso.ning.com

C D

Oregon Family Support Network: Groups meet monthly in Bend and Prineville, for families of children with social, behavioral, emotional and physical challenges. **541.647.7109** www.codsn.org

D J

National Alliance on Mental Illness: Provides family support groups in Bend, Madras and Redmond. www.namcentraloregon.org

C D J

Saving Grace: Women, Teen girls and Children's Support groups offered in Bend, Madras, Prineville and Redmond with topics related to the dynamics of domestic violence, signs of abuse, characteristics of abusers, safety planning, and healthy relationships. **541.389.7021** or **1.866.504.8992**
www.saving-grace.org [Sp S] [Sp W]

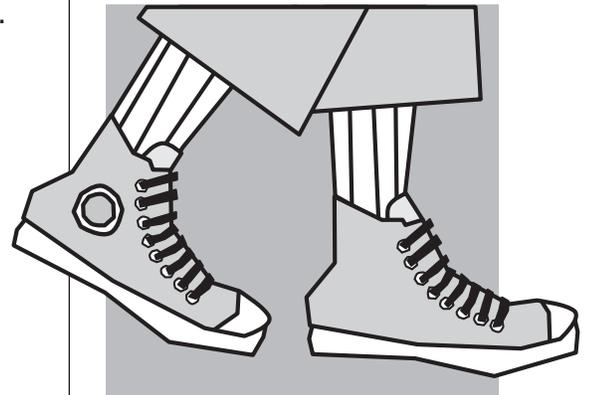
CAR SEAT ASSISTANCE

Trained car seat safety technicians will answer questions and install car seats properly in cars.

C **Crook County Fire Department**
541.447.5011

D **Bend West Fire Station**
541.322.6300
Redmond Fire Department
541.504.5000

J **Madras Fire Department**
541.475.7274



“There are two lasting bequests we can give our children. One is roots. The other is wings.”

Hodding Carter, Jr.

BASIC ASSISTANCE

C D J

Central Oregon 2-1-1: In Central Oregon, make one call to connect to a wide-range of social services. **Dial 2-1-1 or 1.866.698.6155** www.co211.info [Sp S]

NeighborImpact: Provides resources for food, energy assistance, shelter and home ownership **541.548.2380** www.neighborimpact.org [Sp S]

WIC (Women, Infants, Children): Provides nutrition education, breast-feeding support and education, referrals, and food vouchers for pregnant postpartum women and children 0–5.

Crook County Health Department 541.447.5165

Deschutes County Health Department Bend 541.322.7400

Redmond 541.317.3149

La Pine 541.322.7400

Jefferson County Health Department 541.475.4456

[Sp S~ at all locations]

D

Bethlehem Inn: Emergency shelter and food for adults and families **541.389.2820** www.bethleheminn.org

Bridging Gaps: Faith-based resource and referral hub, connecting families with basic needs to faith-based services such as food, clothing, emergency shelter, transportation and energy assistance and more. **541.314.4277**

Family Access Network (FAN): FAN advocates are located in all public schools and help connect families with children 0 to 18 with basic need services such as food, clothing, shelter, health services, school supplies and utility assistance. **541.693.5675** www.familyaccessnetwork.org [Sp S]

Latino Community Association (LCA): With offices in Bend and Redmond, LCA provides information and referrals to resources in the community, translation/interpretation, employment services, dental and legal clinics, and support solving problems and achieving goals. **541.382.4366** www.latca.org [Sp S] [Sp I] [Sp W]

J

L.I.N.C. Madras: Provides information and referrals to faith-based services such as food, clothing, and transportation. **541.475.4446** www.lincmadras.org [Sp S]



“Each day of our lives we make deposits in the memory banks of our children.”

Charles R. Swindoll

CHILD ABUSE

C D J

The KIDS Center: Serves Crook, Deschutes and Jefferson Counties. Provides medical evaluations, child-friendly interviews and therapy sessions for children who have been sexually, physically or emotionally abused, neglected, or are witnesses of violence. Internet safety and “Darkness to Light” child sexual abuse prevention classes also available.

Crook County and Jefferson County 541.350.8772

Deschutes County 541.383.5958

www.kidscenter.org [Sp I]

Child Abuse Reporting HOT Line:

General information **541.693.2700** [Sp I]

DOMESTIC VIOLENCE

C D J

Saving Grace: Services include 24-hour crisis hotline, emergency shelter, individual crisis counseling for adults and children, weekly support groups, restraining order assistance, and supervised visitation exchange.

24-hour crisis hotline **541.389.7021** or outside Bend. **1.866.504.8992**

www.saving-grace.org [Sp S] [Sp W]

SUPERVISED PARENT/CHILD VISITATIONS

D

Mary's Place: A safe and neutral location for parents needing exchange monitoring without having direct contact with each other. A friendly, comfortable atmosphere for both parents and children. Open to families needing supervised parenting time. Located in Bend. **541.322.7460** [Sp S~ call Siloe 541.350.2608]

COMMUNITY EDUCATION AND PARKS & RECREATION SERVICES: PROGRAMS FOR ALL AGES

C

Crook County Kids Club: Programs available for students K-5.
541.447.7661 www.crookcountykids.org

D

Parent University: program includes English classes, parenting education, and financial fitness courses. Lynch Elementary in Redmond 541.923.4876
www.redmond.k12.or.us/lynch [Sp S]

J

Family University: In Madras, for current classes.
541.475.6192 www.jcsd.k12.or.us/community [Sp S]

PARKS & RECREATION LOCATIONS

C Crook County Parks and Recreation District
541.447.1209
www.ccprd.org

D Bend Park and Recreation District
541.389.7275
www.bendparksandrec.org

La Pine Parks and Recreation District
541.536.2223
www.lapineparks.or

Redmond Area Park and Recreation District
541.526.1847
www.raprd.org

Sisters Parks and Recreation
541.549.2091
www.sistersrecreation.com

J Madras Aquatic Center
541.475.4253
www.macaquatic.com

Central Oregon ★
2-1-1®

Get Connected. Get Answers.

United Way of Deschutes County - Lead Partner

211 connects you to information on up-to-date community resources for you and your family. Calls are free, confidential, and live. Dial 2-1-1 or 1.866.698.6155 www.co211.info

211info Text

Text your

ZIP CODE to 898211

Have basic information about local community resources sent directly to your phone.*

Hours: 10am-4pm, Monday-Friday
*standard rates apply



“Love makes a family.”

Gigi Kaeser

ENJOY THE JOURNEY

