



## Parenting Resource List September 2011

If you have information to add please submit to Cara Larson  
695-1325 ext. 4221 or [caral@chs-wa.org](mailto:caral@chs-wa.org)

### **Need a little help navigating the list? Not sure which offering is for you?**

Children's Home Society of Washington offers immediate opportunities to have your questions answered. No appointment necessary, you simply drop in. Children's Home Society's Vancouver Family Center at 1112 Columbia Street. (On the corner of 12<sup>th</sup> and Columbia downtown Vancouver.)

*-Coffee with Margaret: Wednesdays, 10-11 AM.*

*-Parent Trust Support Group, Thursday evenings, 6:45-8:15 PM.*

### **Parent Education Classes and Workshops:**

#### **Children's Home Society of Washington**

##### **-Incredible Years Parenting**

Incredible Years (IY) is a fun interactive class designed for families with children ages 2-8 years old. IY is available to families with open cases with the Division of Children and Family Services-Child Protective Services. Incredible Years promotes children's social and academic successes and prevents the development of child problem behaviors. The parent enrichment component of the program emphasizes parenting skills designed to promote self-confidence and cooperation in young children with respectful discipline and interactions to strengthen the parent-child relationship. **New Class Starting in Vancouver on Mondays from 10AM-12:30 beginning September 19<sup>th</sup> Lunch and childcare is provided!** For more information call Erinn Havig at 695-1325 ext. 4228.

**-Vancouver Parent Trust Group:** Focused on parenting children 0-18 years. Drop-in, no registration required. Free children's program for children ages 0-12 of parents participating in group. No registration required for children's program. Thursdays, 6:45-8:15 PM, Children's Home Society of Washington (1112 Columbia Street) located on the corner of W 12<sup>th</sup> and Columbia Street, downtown Vancouver. Certificates awarded for 12 weeks participation. Dads for Dad's group and Moms for Mom's Groups meet on the first Thursday of each month. For more information call Cara at 695-1325 ext. 4221.

**-Positive Parenting** A 6-week class designed for parents who want to improve their parent-child communication, explore positive discipline strategies, reduce the stress of parenting and learn skills to support the healthy development of their children. Ideal class for parents who have been referred, recommended or court mandated to complete a certified parenting class. \$80 registration fee. (\$140 per couple.) Certificates awarded upon completion of course.

-September class starting on Mondays beginning September 12<sup>th</sup>, 6-8 PM, Southwest Washington Medical Center.

For more information or to register contact Margaret at 695-1325 ext. 4233.

**-Coffee with Margaret**

*"Sometimes Talking Helps Reduce Stress"* Rough week with the kids? Frustrated? Do you have a special concern about your child? If this sounds like you, please drop in to visit with a parent educator and have a little coffee. Wednesdays, 10-11 AM, CHSW, 1112 Columbia Street. For more information call Margaret at 695-1325 ext. 4233

**-Families Creating Change-**

Specifically designed for families with open cases with the Division of Children and Family Services-Child Protective Services. Class is ongoing; participants earn a certificate after 12 weeks of participation. Class topics include Positive Discipline, Stress Management, Communication, Child Development and much more. Participants must have an open CPS case to attend. **To register contact your DCFS Social Worker.**

-Wednesdays 12:30-3 PM, Children's Home Society of Washington, 1112 Columbia Street. For more information call Cara at (360) 695-1325 ext. 4221.

**-Conscious Fathering Workshops**

Are you a new or expectant Dad? Then Conscious Fathering is for you. More than just basic baby care, the Conscious Fathering Program offers men insight into preparing for those precious first few months of baby's life. This 3 hour program provides a "hands on" overview of baby's basic needs, the "things every parent needs to know," and how to build a solid relationship with your child from the very first day. This could be the most important three hours of your life! Workshops are funded with a Circle of Parents grant and offered free through the month of August.

-Workshops scheduled for the 3rd Saturday of each month from 2:30-5:30 PM at Legacy Salmon Creek Hospital, 2211 NE 139th Street. To register call Cara at 695-1325 ext. 4221.

-4th Thursday of each month from 6-9 PM at SW Washington Medical Center, 400 N.E. Mother Joseph Place, Birth Center Conference Room #5. Register by calling 514-2229.

### **-Parents and Partners:**

Bringing Baby Home is a 6-week program based on the research of Dr. John Gottman that will help you successfully navigate through the transition into parenthood. The series consists of six, 2-hour sessions that include a topic overview, presentation of supporting research and exercises designed for couples to learn skills to improve relationship satisfaction and parenting skills. This program is open to expectant parents and parents with infants. Workshops will be starting soon. The session fee is typically \$80 per couple but currently is funded by a Circle of Parents grant and offered to participants free at this time. All workshop materials including Couples Workbooks and Love Map Cards are available. Childcare is not available, children under 6 months are welcome to attend. For more information or to register for upcoming session please call Nikki at 695-1325 ext. 4222.

### **Trauma in Life- Women's Support Group**

Focus will be on interactive journaling techniques using a variety of media. This is a closed group for women with criminal history and attendance at all 6 sessions is expected. We meet Tuesday's from 10 to noon at the Community Justice Center, 9105-B NE Highway 99, Vancouver.

Let us know if you need assistance with transportation. For more information call Beth Robinson at 360.397.6119 x4291 or Caroline Melhuish at 360.571.4373.

### **Partners in Parenting**

Partners in Parenting focuses on the identified concerns of recovering parents and encourages learning and skill-building in key areas such as parent-child communication, developmental expectancies, guidance and discipline, problem solving, and self-care. This is an 8-session structured workshop that allows participants to practice parenting strategies and discuss their experiences with others. The Program was developed by the Texas Christian University Institute of Behavioral Research. This class will be held at the Washington State Department of Corrections located at 9105-B NE Hwy. 99, Vancouver. We will begin on Wednesday September 28th and meet from 10AM-noon for 8 weeks, Wednesdays only. Involvement in the criminal justice system (of at least one parent) is preferred. It is not necessary to be on active supervision. Please contact Caroline Melhuish at 571-4373. [Free!!](#)

**Rent Well: Tenant Education of Clark County.** This class can help people who want to take steps to deal with past difficulties, develop a plan to be a responsible renter and gain confidence and get organized for success! VHA Community Room, 2500 Main Street. For more information call Victoria Clevenger at 360-993-5301 x. 122 or [vclevenger@secondstephousing.org](mailto:vclevenger@secondstephousing.org) We're sorry -- childcare is not available.

### **Parent Partners Program DCFS**

Nurturing Parenting for Families in Substance Abuse Treatment and Recovery is a parent education class specifically focused around the issues that parents and families encounter when there is substance abuse in a family. The class is 11 sessions long and covers issues such as child guidance, the recovery process and its effect on families, child development and how recovery leads to renewed development in the parent. For more information or to register, please contact Parent Partners at 993-7910.

### **Second Step Housing**

Nurturing Parenting. This ten-week prevention class covers Nurturing Parenting topics such as Appropriate Expectations for the child's age and stage of development, Empathy, Positive Discipline Strategies, Appropriate Family Roles and encouraging the use of Personal Power and Independence in healthy ways. A light supper and childcare are provided.

For more information or to register, please contact Teri Owen @ 360.798.5726

### **City Harvest Church - Help & Hope for Single Parents**

If you're a single parent, you're probably tired, overwhelmed and feeling a bit underappreciated. That's why we created Single & Parenting groups—to share tips and parenting wisdom that will help you find rest, hope and encouragement.

At a Single & Parenting group, you'll participate in video seminars that explain how to: Wisely encourage your kids to obey, Help your hurting child, Eliminate debt, Deal with verbal onslaughts, Figure out what your emotions are telling you. Plus, you'll develop meaningful friendships with other single parents, who, like you, are tired of hectic mornings and chaotic evenings, the kids fighting, and a never-ending to-do list.

Take the guesswork out of parenting alone. Thursdays beginning September 15<sup>th</sup>, 6:30- 8 PM. Free childcare and course materials. Register by calling Andy, 360-433-8656.

### **Centerpoint - Divorce Support Classes**

#### **-“Parent's Forever” Parenting through Divorce Classes**

Learn how to reduce the impact of divorce on your children by attending this single session, 4-hour class. Parents learn and practice tools to protect their children from the trauma of divorce, and strategies for positive co-parenting.

Saturday Classes: 3<sup>rd</sup> Saturday every month, Saturday, August 20<sup>th</sup> from 10AM-2:30 PM.

Cost: \$85, some scholarships are available, inquire when you register.

Court certificates given upon completion.

Pre-registration is required. Registration and information: Centerpoint Resolution Specialists, LLC 360/892-2992 or online: [www.CenterpointResolution.net](http://www.CenterpointResolution.net)

#### **-Parenting Through Divorce Support Group**

6-week Therapeutic Support Group combined with Parenting Education. This Divorce Support Group is combined with research based curriculum to help parents make healthy

adjustments to their new life, while supporting their parenting skills through education.

Group Meets: Thursdays, 6-8 PM. Cost: \$30 per week

Health Insurance Reimbursement: Yes, if covered through your plan.

For information or to register, contact: Centerpoint Resolution Specialists At 360-892-2992 [www.CenterpointResolution.net](http://www.CenterpointResolution.net)

### **Get on Board!**

Get on Board! Is a series of FREE workshops geared to parents of teenagers. Teachers and others who work with teenagers are also encouraged to attend. All workshops are from 6-8 PM. Please arrive 15 minutes early to sign in and find a seat. Roosevelt Elementary and the Bates Center are located at 2921 Falk Road in Vancouver. Workshops will be presented in English and translated for Spanish and Russian speakers. Free on-site child care will be provided courtesy of Vancouver Public Schools. Pre-registration is not required. If you have questions, call (360) 600-4143.

-September 29 @ Roosevelt- Identifying Gang Involvement, Identifying Drug and Alcohol Problems.

-October 27 @ Bates Center - Preventing Bullying, Talking to Your Teen.

-November 17 @ Roosevelt - Preventing Sexual Exploitation, Identifying Gang Involvement.

-January 26 @ Bates Center - Identifying Drug and Alcohol Problems, Preventing Bullying.

### **Legacy Salmon Creek Hospital**

Baby Care Essentials- 2 week series. Increase your confidence in better understanding the needs of your newborn. Learn to interpret the cues your baby will use to communicate with you, their states of awareness and insight into the amazing development of their brain. We will cover bathing and diapering, as well as explore many other topics including: safety and sleep issues, calming a crying baby, coping strategies and parenting styles. Parent's who have taken this class often say that they feel far more confident and better prepared for their transition to parenthood. Salmon Creek Main Hospital, 6th Floor, Conference Room, 2211 NE 139th St. Cost: \$35 For more information or to pre-register call 487-5498.

**Volunteer Lawyers Program** provides free legal advice to low-income persons with civil matters in Clark County. You can get help with divorce, custody, parenting plans, child support or non-parental custody (3rd party custody). We also help with bankruptcy, eviction and other civil matters.

We make appointments for you to meet with an attorney face to face. We do not have a staff attorney, so we cannot give legal advice over the phone. To get information please call 360-695-5313.

To get legal advice over the phone, call the CLEAR Hotline. The number is 1-888-201-1014 and they are open Monday thru Friday from 9:15 AM to 12:15 PM. It is a very busy number.

You should hang up and redial over and over until you get through. Mondays are their busiest day. You could be on hold for 30 minutes. A landline is better than a cell phone. They will give you legal advice and if further services are necessary they will refer you to one of the local programs. If they refer you to the VLP we will call you in 3 or 4 days. For legal information on the Internet go to [www.washingtonlawhelp.org](http://www.washingtonlawhelp.org). They have legal information as well as forms and instructions for many areas of law.

**Educational Opportunities for Children and Families (EOCF)** offers high quality child development services to children and families.

Free services to qualifying families!!!!

EOCF offers **Early Head Start** services for prenatal - 3 years of age, **Head Start**, and **ECEAP** Preschool services for children 3-5 years of age.

Full time child care, also available for 1 month to 5 years of age.

For more information and to determine eligibility call (360)567-2720 or check us out on-line at [www.eocfwa.org](http://www.eocfwa.org)

### **ESD 112 Early Head Start**

*Making a Lasting Difference in the Lives of Infants, Toddlers, and Their Families*

Free Services to Eligible Families: Comprehensive child and family development services for income-qualifying pregnant women and families with infants and toddlers ages birth-three years. Home-Based Service Delivery with weekly home visits by a qualified Family Service Specialist, Parent-Child Play Groups twice per month, Parent education, leadership opportunities, and coordinated referral services. Serving the following neighborhoods in Clark County: Ridgefield School District, La Center School District, Battle Ground School District, Vancouver Public Schools-Washington, Roosevelt, King and Harney Elementary Schools. Call now to apply for enrollment - Clark County: 360-750-7500 ext. 342

### **Pacific NW Childcare Network**

Website offering information on STARS Classes and Workshop that parents are welcome to attend. Here's a link to our website, [www.pnwccn.com](http://www.pnwccn.com)

**NAMI of Clark County-Registration is now open for the following classes:**

#### Basics Classes

A 10-week education program for families with children affected with mental health issues.

#### Family 2 Family Classes

A 12-week education program for families affected with mental health issues.

Please call NAMI Clark County at (360) 695-2823 for more information or to register. A class instructor will call you back to confirm your registration and let you know when the day and time of classes are set.

### **Child-Parent-Relationship (C-P-R) Training for Parents of 2–10 Year Olds**

HELP YOUR CHILD SUCCEED IN SCHOOL—AND IN LIFE! A strong parent-child relationship is the foundation for your child's future success. However, the demands of parenting often leave parents feeling frustrated, out of control, and with little time to focus on relationship quality. Heart Connections Counseling Center is again offering Child-Parent-Relationship (C-P-R) classes. Learn skills and techniques proven highly effective for helping parents communicate with and discipline their children more effectively. This play-based approach not only helps parents learn to manage their children's behavior successfully, it also provides parents with the keys to enhancing and strengthening the parent-child bond and having more fun with their children. To learn more about how this program can help you and your child, please call Lynne Smith, Heart Connections Counseling Center at 360-213-1801.

CLASSES BEGIN soon and have limited enrollment. Call today to reserve your spot. Classes are \$20/week/person or \$25/couple/week, scholarships are available.

**Ladies, Separating and Lost?** Second Saturday: What Women Need to Know About Divorce. This class was originally developed 18 years ago in San Diego to address the high poverty level most women face within 3-5 years of divorce. Team-taught by a family attorney, a family counselor, a financial planner and a mediator. You can review the curriculum on the Second Saturday website at: [www.secondsaturday.com](http://www.secondsaturday.com); click the Portland or Vancouver link on the right hand column.

-Vancouver Class-every 2nd Saturday at Heart Connections, 305 W 16th St., Vancouver, WA 98660. Registration is at 8 AM. Class runs until 1 PM, and costs \$45, which covers materials, light refreshments. Scholarships are available for those in need that qualify for it, and arrange for it in advance by calling Lynne Smith at (360) 213-1801 or email [lynne@heartccc.com](mailto:lynne@heartccc.com)

-Portland Class-every 2nd Saturday at PCC-Sylvania College. Registration is at 8 am. Class runs until 1 p.m., and costs \$45, which covers materials, light refreshments. Scholarships are available for those in need who qualify for it, and arrange for it in advance by calling Grace Antares at (503) 803-4057.

### **SW Washington Medical Center**

All classes are also listed on our website <http://www.swmedicalcenter.org/>

FREE Car Seat Class and Clinic: 3<sup>rd</sup> Saturday of each month. Learn the basics of car seat buying, installing, and using. Bring your car seat to be inspected by nationally certified technicians Free. Register at (360) 487-7466.

-September 17<sup>th</sup>, 9 AM-1 PM

-October 15<sup>th</sup>, 9 AM-1 PM

**Your Baby, Your Way** - Southwest -New online resource for information about classes, support groups, and topics including pregnancy, childbirth, breastfeeding, safety, wellness, and more! Go to [www.yourbabyourway.com](http://www.yourbabyourway.com)

### **Skamania Klickitat Community Network**

Here is the new toll free number people can call to learn about parenting support (classes, workshops, support groups, other activities) in Skamania and Klickitat County. Call toll free to 1-866-631-1997 to learn about offerings.

<http://community.gorge.net/skcnparentsupport/>

[www.TheLearningCommunity.us](http://www.TheLearningCommunity.us) a non-profit parenting education website with information to help schools and families work together on behalf of children.

### **Support Groups:**

#### **Children's Home Society of Washington:**

**-Vancouver Parent Trust Support Group:** Focused on parenting children 0-18 years. Drop-in, no registration required. Free children's program for children ages 0-12 of parents participating in group. No registration required for children's program. Thursdays, 6:45-8:15 PM, Children's Home Society of Washington (1112 Columbia Street) located on the corner of W 12<sup>th</sup> and Columbia Street, downtown Vancouver. For more information call Cara at 695-1325 ext. 4221. Certificates awarded for 12 weeks participation. Moms and Dads meet separately on the first Thursday of each month.

**-Dads for Dads Group:** meets on the 1<sup>st</sup> Thursday of each month, 6:45-8:15 PM, Children's Home Society of Washington (1112 Columbia Street) located on the corner of W 12<sup>th</sup> and Columbia Street, downtown Vancouver. No registration required. For more information contact Cara at 695-1325 ext. 4221

**-Parents Again: A support group for relatives raising relatives.** (Grandparents Raising Grandchildren) September coffee and conversation groups, Tuesday evening, September 13<sup>th</sup>, 6-7:30 PM at the James Parsley Community Center and Friday, September 2<sup>nd</sup>, 12-1:30 PM at the Human Services Council, 201 NE 73<sup>rd</sup> Street. Call Vi at 695-1325 x 4230 for more information.

#### **-Teen Girls Sexual Abuse Support Group \*New Day!!**

Drop-in support group for girls ages 13-18 years that are recovering from sexual abuse. Group meets on Thursdays, 4-5:30 PM, YWCA, 3609 Main Street. Group is free and no registration is required. For more information contact Tricia at 695-1325.

#### **-Boys and Girls Sex Abuse Therapy Groups**

Free groups for boys and girls ages 6-12 years who are recovering from sexual abuse. New groups start quarterly. For more information or to register contact Cher at 695-1325.

#### **-Triple Point Support Group**

A support group for Lesbian, Gay, Bi, Trans and Questioning youth ages 13-21. Like-minded youth, coming together to talk about today's issues, tomorrow's solutions and a future without limitations. Tuesdays, 6-8 PM, Children's Home Society, 1112 Columbia Street, downtown Vancouver. Group is free. For more information drop-in on Tuesday nights or call 695-1325.

#### **Trauma in Life- Women's Support Group**

Focus will be on interactive journaling techniques using a variety of media. This is a closed group for women with criminal history and attendance at all 6 sessions is expected. We meet Tuesday's from 10 to noon at the Community Justice Center, 9105-B NE Highway 99, Vancouver.

Let us know if you need assistance with transportation. For more information call Beth Robinson at 360.397.6119 x4291 or Caroline Melhuish at 360.571.4373.

#### **Parent Support Group**

For all parents who would like to get together monthly in a casual, encouraging, and positive group atmosphere for support. Group meets on the 4th Wednesday each month. Next meeting on September 28th, 6:30-8 PM, Woodland Community Center, 770 Park Street. Cost is free, drop-ins are welcome. No childcare is provided. For more information call Joyce at 887-3380 or Tobie at 431-2971 or email [intcrocker@scattercreek.com](mailto:intcrocker@scattercreek.com)

#### **Families Anonymous**

A group for parents and caregivers who have kids who are using drugs and/or alcohol. Group meets each Thursday from 7-9 PM at the Orchards United Methodist Church, 11000 NE Fourth Plain (Near Gher Rd) in the basement.

#### **Spanish Speaking Mom's Support Group**

A support group for Spanish speaking mothers. Group is focused on education, information and referral, domestic violence issues, legal issues and much more. FREE childcare is available. Thursdays, Noon-2 PM, YWCA, 3609 Main Street in Vancouver. For more information contact Saron Nehf at 906-9148.

#### **YWCA Sexual Assault Program**

Mom's Group for non-offending mothers of children who have been sexually assaulted. Group will offer a curriculum that includes topics such as helping children and families through the legal process, coping through difficult and emotional times, understanding children's behavior after sexual assault, and grooming processes used by abusers. This group will offer non-offending mothers a chance to gain support from each other as well as

an opportunity to acquire knowledge about sexual assault issues to better help themselves and their families. Please feel free to call us with any questions as well as referrals.

### **NAMI/ADAPT - Family Support Group**

Providing support and education for any family members of persons living with a psychiatric diagnosis. Group meets on the second Wednesday of the month, 7-8:30 PM, ADAPT Living Room, 3rd Floor, SWMC Memorial Campus, 3400 Main Street, Vancouver. For more information contact Janice at 695-2823.

### **NAMI Support Groups**

-Parents Supporting Parents support group at the James Parsley Center on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday at 6:15. Call Rhonda for more information and to RSVP, 360-773-8820.

### **Mothers Share**

A support group for new moms and their babies 0-6 months. Mondays, 10-11:30 AM. SW WA Medical Center-Family Birth Center conference room. For more information call 514-BABY.

### **M.O.M.S**

A support group for mother's of young children. Group meets each Wednesday from 9:30-11:30 AM, New Heights Church, 7913 NE 58<sup>th</sup> Avenue, Vancouver. On-site childcare is provided and a small donation is requested for childcare. (\$2 per child with \$4 max per family) For more information contact Kara Griffen 991-3017 and Jennifer Simmons 882-8062.

### **MOMS Club of Vancouver**

Weekly support groups for stay at home moms of children birth-preschool age. 4 Chapters in Clark County. \$24 annual fee that includes monthly newsletter. General information available at [www.momsclub.org](http://www.momsclub.org)

### **Support for Relatives Raising Relative Children**

#### **CHSW Kinship Navigator**

Are you a grandparent or other relative raising children? Do you need help navigating the system of services for children in your care? Contact the Kinship Navigator Tammy Bedlion 695-1325 ext 4214 to receive the supports you need to embrace the unique challenges of becoming a parent again.

**Parents Again: A support group for relatives raising relatives.** (Grandparents Raising Grandchildren) September coffee and conversation groups, Tuesday evening, September 13<sup>th</sup>, 6-7:30 PM at the James Parsley Community Center and Friday, September 2<sup>nd</sup>, 12-

1:30 PM at the Human Services Council, 201 NE 73<sup>rd</sup> Street. Call Vi at 695-1325 x 4230 for more information.

### **Mediation Services:**

#### **Centerpoint Resolution Specialists, LLC**

Mediation is a positive way to resolve family issues without going to court. In mediation, you and the other parent (ex-spouse, step-parent, grandparent, or guardian) meet with a skilled mediator to reach agreements that will work for everyone involved. You make the decisions without expensive and exhausting legal battles. Our mediators will help you learn how to communicate better, so you can work together for your family. It really works! We mediate all family concerns: divorce, parenting plans, parent/teen, blended family plans, guardianship, and elder care. Call 360/ 892-2992 to speak with a mediator, or learn more online at [www.centerpointresolution.net](http://www.centerpointresolution.net).

**Positive Change Mediation:** Separated or separating? Would having a productive discussion with your Ex or Ex-to-be in a safe environment with a skilled facilitator help your relationship with your children? Positive Change Mediation Services offers families expert guidance with parenting plans, parenting plan modifications and more. Parent-teen and Step-family mediations and Separation Coaching services (i.e, you want to co-parent better but the other parent won't mediate) are also available. Check [www.XandParent.com](http://www.XandParent.com) for more info or call 448-8833. Reduced rates are available for low-income clients who pre-qualify.

**"Child's Voice"**. Wondering how to make the best decisions for your children while going through your divorce or separation? Consider "Child's Voice", a new service jointly offered by Heart Connections and Positive Change Mediation. The service combines mediation and insights from a child advocate to help parents make more informed decisions, while also helping their children shift from one household to two. For more information call Heart Connections at (360) 213-1801 or Positive Change Mediation (360) 448-8833, or link to [http://xandparent.com/child\\_s\\_voice](http://xandparent.com/child_s_voice).

### **Parent-Child Activities and Storytime Opportunities:**

#### **Fort Vancouver Regional Library District**

-Storytimes and Kids Programs offered free at all library locations. Locate a storytime close to you by visiting <http://www.fvrl.org/events/kids.cfm>

#### **ESD 112 and the Fort Vancouver Regional Library District**

Free Read & Play Story Times are held at local elementary schools and offered in partnership between Fort Vancouver Regional Library District and ESD 112. Library staff facilitates a 30 minute story time built on literacy rich activities. Parent Educators facilitate a 45 minute parent-child activity and offer child development and parenting

information and support. Targeting children birth to age 5 years. Preregistration is not required. For more information contact Johanna Bateman, FVRL at 759-4812 or Lisa Sarver, ESD 112 at 750-7500 ext. 154 or visit our website! [www.fvrl.org/events/kids.cfm](http://www.fvrl.org/events/kids.cfm)

### **Children's Home Society of Washington: Play and Learn**

Play and Learn groups provide activities and fun for families with children birth-5 years. Families are invited to participate for fun, support and education centered on young children and their families. Weekly groups typically offer a "Free Learning" and hands-on literacy related activity hour based on the Playbright development curriculum.

Please join us for all or part of the time with your child(ren) 5 years and younger.

-East County Family Resource Center every Tuesday from 10-12. For more information contact Renee at 835-7802.

### **Rise and Stars Community Center: Play and Learn**

Play and Learn groups provide activities and fun for families with children birth-5 years. Families are invited to participate for fun, support and education centered on young children and their families. Weekly groups typically offer a "Free Learning" and hands-on literacy related activity hour, followed by a nutritious snack, and then a group story time (the Fort Vancouver Regional Library visits at least once a month).

-Thursdays from 10-12, 500 Omaha Way, Vancouver. For more information contact Sharon Linn at 992-0205.

### **Play Groups:**

#### **Vancouver-Clark Parks and Recreation:**

- Indoor Playgroup

Ages 6 mos-4 years. Stay and play as your child socializes and gains self-confidence. Run, climb, jump and explore on safe toys. This is a drop-in program; registration not required. Punch cards available. Marshall Center Gym, 1009 E. McLoughlin Blvd, Vancouver, WA. M 9/13-12/13 9:30-11am Parent/1 child drop-in fee \$3.50, each additional child \$2.50  
For more information on Marshall Community Center programs call 487-7100.

**Camas Washougal Indoor Play Park (CWIPP)** is a Parent/Guardian Cooperative which provides a low cost indoor playground for children infant to five years of age. The semesters for the 2008 - 2009 year run from Sept through Jan and Feb through June. Each semester costs \$60 or \$100 for the full year. These flat rates cover all members of your immediate family. CWIPP welcomes families to visit Play Park two times at no cost to ensure this cooperative indoor play park will be enjoyed by each family prior to joining. Monday, Tuesday and Thursday, 10AM-2PM. Located at Harvest Community Church - 2436 NW Astor St, Camas, WA (near Dorothy Fox Elementary on Prune Hill) for more

information, contact Brenda Becerra (360) 834-3725 or Laura (360) 834-1044.  
[www.cwindoorplaypark.org](http://www.cwindoorplaypark.org)

**Noah's Ark Play Park** for parents and children birth to age 4.

First Presbyterian Church, 4300 Main Street. New sessions start each quarter and fees are prorated. For more information call Michelle Steele at 694-3363 ext. 111

### **NW Down Syndrome Association**

Open Arms is a parent driven play group for children birth through five with Down syndrome and their family. The play group is organized to give parents opportunities to connect with each other on a personal level by asking questions, sharing ideas, and learning from others experience. Open Arms is a fun place where children can play, snack, learn and grow together. The play group instills their belief that parents are the experts and number one advocate of their children. For more information contact: Abby Braithwaite @ 971-998-8744 or [abraithwaite@nwdsa.org](mailto:abraithwaite@nwdsa.org) or visit [www.nwdsa.org](http://www.nwdsa.org) Para comunicarse en español llame a Sheyla Hirshon al 503.239.1509

-Open Arms Playgroup-Vancouver meets on the 3<sup>rd</sup> Thursday of each month, 5-7 PM, Church of the Good Shephard, 805 SE Ellsworth Road.

-Open Arms Playgroup-Portland meets on the 3<sup>rd</sup> Friday each month, 10-11:30 AM, Rainbow Preschool inside Bethlehem Lutheran Church, 1244 NE 39<sup>th</sup> Avenue.

### **Youth Programs**

#### **Free Tutoring for Eligible Students**

Club Z! In Home Tutoring is providing 25-32 hours of free tutoring for eligible students in Math or English. Students are assessed and a curriculum is created based on the areas the students need the most help. We provide one on one instruction in the home provided by licensed teachers or degreed professionals. Schedules are flexible and based upon the families need. The tutoring is part of the No Child Left Behind act and completely free for families that have students that attend the following schools:

Vancouver School District- Fruit Valley, Harney, Hazel Dell, King, Marshall, Minnehaha, Ogden, Sacajawea, Sarah J. Anderson, Eleanor Roosevelt. Evergreen School District- Burton, Crestline, Endeavour, Image, Marrion, Orchards, Sunset, Sifton, Silver Star and Ellsworth. BG School District- Captain Strong, Daybreak, Yacolt and Maple Grove. In order to be eligible for the tutoring you must be on free or reduced lunch. To sign up please contact Erin Leone at 360-989-5036.

**NW Speech Therapy** is a private practice offering mobile and on-site speech therapy services to pediatric patients birth through adolescent. We are also available to provide speech/language screenings and developmental checkups. Developmental checkups are

personalized parent education classes geared towards facilitating speech/language skills at home for a child that does not otherwise qualify for speech therapy services. We are committed to providing your child with the best services available including individual treatment plans that fit your child's needs and emphasize family education so that you as a parent will have the tools you need to enhance speech and language development in your child's natural environment-their home. This family centered approach to treatment includes the parent being directly involved in the evaluation, development, and implementation of your child's goals and continued success. We know that children learn best through play and exploration and aim to make all therapy sessions fun and interactive. For Parents, we offer articles and handouts on our website! Come check us out! For more information or to schedule a visit please call Jennifer Getch at 360-747-7144 or visit our website at [www.NWSpeechTherapy.com](http://www.NWSpeechTherapy.com). We look forward to helping you and your family build better ways to communicate!!

**Vancouver Parks and Recreation Teen Services** offer recreational activities using developmental assets. When your children are not in school there are positive, supervised, drug-alcohol-tobacco free opportunities available. FREE! For more information check out [www.vanclarkparks-rec.org](http://www.vanclarkparks-rec.org) or call Arlisa Hinton at 487-7086 for detailed information.

*Did you know that the new limit on Scholarships through Parks and Rec is \$30 per person per quarter or \$150 per family? Or that people living anywhere in Clark County are now eligible to apply?*

### **Transitions Program**

The Transitions program, through Innovative Services NW, offers current and former foster youth, 15-19 years of age, a combination of group instruction, interaction and individualized case management services to help in the areas of life planning, coaching, guidance, education and employment support, and communication and relationship building. The Transitions program believes that one vital factor in creating successful change is recognizing and addressing the emotional and psychological effects of the change process. When a youth can recognize and put into words where they are with their feelings, they are able to move through the transitions in their lives with better ease. The Transitions program meets every Thursday from 5-7pm, with food provided. For further information, please call 750-5836 or 750-5828.

### **Support Services for Families Living with Disabilities**

**\*\*NEW\*\* HOT DOCS®** Helping Our Toddlers, Developing Our Children's Skills. A 6-week Course for Parents and Families of Children with Disabilities, Developmental Delays or Autism. HOT DOCS offers a child and family-friendly approach to understanding children's needs and solving everyday behavior problems. Come join the fun

and learn new skills! FREE Registration! Thursdays, July 7, 14, 21, 28, August 4, 11 2011, 10 AM-12 PM. EOCF Family Center Training Room, 10411 NE Fourth Plain Blvd, Vancouver. This training is offered to you at no cost through the generous support of Educational Opportunities for Children and Families (EOCF) and OrFIRST

Register for this training by calling OrFIRST at 1-503-232-4500 or email: [orfirst.gmbolivar@gmail.com](mailto:orfirst.gmbolivar@gmail.com)

### **Vancouver-Clark Parks and Recreation**

invites people of all ages with disabilities to fully participate in any programs that are offered. Inclusion services provide opportunities for people with and without disabilities to recreate together. They have freedom to focus on needs, interests, and abilities instead of disabilities. There is extra staff support (at no charge) to include people with disabilities in community recreation. If interested, please call inclusion services at (360) 487-7057 or Teresa Williamson at (360) 487-7060. For information on our classes see our website at [www.vanclarkparks-rec.org](http://www.vanclarkparks-rec.org) or pick up a current catalog at any one of our facilities.

### **ARC of Clark County: Parent to Parent**

A program offered to families who have a family member with a developmental disability. Services offered

- \* Emotional Support for parents.
  - \* Information and referrals to community resources.
  - \* Bi monthly Newsletter.
  - \* Trained Helping Parents whose parenting experiences match yours as closely as possible.
  - \* Social and recreational events (Halloween Party, Holiday Party, summer BBQ)
  - \* Current information on disabilities, medical conditions and community resources.
  - \* Training for parents who would like to become Volunteer Helping Parents.
- For more information call Darla Helt 823-2247 or Kathy Weber 823-2236.

### **Clark County Parent Coalition**

The Parent Coalition provides people with disabilities and their families with an array of services that link families with their natural support system, help families to better understand and access the system, respond to crisis, involve families in decision making at both state and local levels, provide information and networking opportunities, form a power base to advocate for the needs of people with disabilities in our community and state, and help new parent groups get established.

For more information call Darla at (360) 823-2247.

**Special Education PTSA (SEPTSA)** is a PTA open to anyone with an interest in supporting special education. Parents, teachers, administrators, students work together to learn and support one another. Variety of topics with speakers over the school year. Meetings are

held the first Monday of each month, 6 to 7 PM. at media center of Eleanor Roosevelt Elementary School 2921 Falk Road, Vancouver. We are pleased to offer a supervised coloring and puzzle table at no charge. To get on our e-mail list, e-mail [growingwize@msn.com](mailto:growingwize@msn.com). If questions, call Mona at (360) 693-7013.

**NAMI:** NAMI Clark County is a member group of NAMI Washington State and is affiliated with the National Alliance on Mental Illness. Please call the NAMI office at 695-2823 for more information.

-Visions for Tomorrow is an educational program taught by family members of children with mental illness. This 12-week program is **free** and covers 17 different disorders. Participants will build skills and an understanding of Brain Biology, Communication, Coping and Self-Care, Problem Management, Rehabilitation/ Transition, Advocacy and Stigma, Organization/Record/Keeping, Types of Therapies and Juvenile Judicial System. Parents and/or primary caregivers of children and adolescents with a mental illness are encouraged to attend.

For information on the next 12-week offering call 695-2823.

-Family Support Group for family members and friends of persons with severe and persistent brain disorders such as schizophrenia and bipolar disorder meets the 3rd Tuesday of each month from 7-8:30PM at the NAMI-Clark County office, 2801 Ft. Vancouver Way, Vancouver. The family group offers support to help family members in a safe, friendly and empathetic environment. Please call the NAMI office at 695-2823 for more information.

-Depression Bipolar Support Alliance (DBSA) meets the 3rd Thursday of each month from 7-9PM at the NAMI-Clark County office, 2801 Ft. Vancouver Way, Vancouver. People who have depression or bipolar and would like to learn, share and help support others are welcome. This is a confidential and safe environment for everyone. Please call the NAMI office at 695-2823 for more information.

-Family Support Group to provide support and education for any family members of persons living with a psychiatric diagnosis meets the 2<sup>nd</sup> Wednesday each month from 7-8:30 PM in the ADAPT Living Room, 3rd Floor, SWMC Memorial Campus, 3400 Main Street, Vancouver. This group is open to the community and is co-sponsored by the Clark County Affiliate of the National Alliance on Mental Illness (NAMI) and Southwest Washington Medical Center Behavioral Health Services ADAPT Program (Awareness Directed Activities for Personal Transformation). For more information please call Nancy Gierut-Wicker, 696-5300.

-Connections weekly peer to peer support group for those affected with mental illness. Group meets each Wednesday at 4 pm at the NAMI office beginning in September. For more information call 695-2823.

-Parents Supporting Parents group at the James Parsley Center on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday at 6:15. Call Rhonda for more information and to RSVP, 360-773-8820.

### **NW Down Syndrome Association**

Open Arms is a parent driven play group for children birth through five with Down syndrome and their family. The play group is organized to give parents opportunities to connect with each other on a personal level by asking questions, sharing ideas, and learning from others experience. Open Arms is a fun place where children can play, snack, learn and grow together. The play group instills their belief that parents are the experts and number one advocate of their children. For more information contact: Abby Braithwaite @ 503.775.3107 or [captainb@plasnewydd.org](mailto:captainb@plasnewydd.org) or Jamie Burch @ 503.704.3883 or [butterflyburch@yahoo.com](mailto:butterflyburch@yahoo.com) or visit [www.nwdsa.org](http://www.nwdsa.org)

Para comunicarse en español llame a Maria O'Harra al 971.570.9942 o Sheyla Hirshon al 503.239.1509

-Open Arms Playgroup-Vancouver meets on the 3<sup>rd</sup> Thursday of each month, 5-7 PM, Church of the Good Shephard, 805 SE Ellsworth Road.

-Open Arms Playgroup-Portland meets on the 3<sup>rd</sup> Friday each month, 10-11:30 AM, Rainbow Preschool inside Bethlehem Lutheran Church, 1244 NE 39<sup>th</sup> Avenue.

### **Spectrum Training Systems Inc**

For information on Autism Trainings coming to our area-  
<http://www.spectrumtrainingsystemsinc.com/index.html>

### **United Cerebral Palsy of Oregon and SW Washington**

Gimme a Break Support Group for anyone parenting a child with a disability. The 2nd Thursday of the month from 6:30 to 8 PM at 7830 SE Foster Rd. Onsite childcare available. Please RSVP for childcare (503) 777-4166 ext. 235

### **Employment Support Services**

#### **Goodwill Job Connection**

360-695-1923  
6425 NE Fourth Plain Blvd.  
Vancouver, WA 98661

Are you or someone you know looking for a job? Our Job Connection program provides a no-fee (free) job search and referral program designed to assist you in locating employment within 30 days. We also have a free resource room should you desire resume and interviewing assistance. For additional information, please call (toll free): 1-877-676-5872 or 360-695-1923.

### **Worksource Town Plaza**

Classes are open to anyone who would like to attend. These classes are designed to prepare and help participants find employment. Class topics include *Getting the job you want and liking the job you get*, *Interviewing Techniques*, *Effective Job Search* and much more. For more information please contact your Worksource Town Plaza at: (360) 735-5010

### **Encore Employment Services**

Innovative Services NW, has provided community-based supported employment to individuals with disabilities and other barriers to work since 1978. Participants work with Job Developers to explore the world of work, tour job sites, and sample jobs of interest and conduct a job search. Job seeking and interviewing skills are taught and resume/portfolio assistance is given. Job Coaches assist in on-the-job training and job supports once positions are located. Through careful and customized job matching, and diligent job supports, our participants enjoy a high job retention rate: over half of our employed participants have been on the job for over 5 years and counting. For more information contact Carl Cecka at 823-4203 or email [ccecka@innovativeservicesnw.org](mailto:ccecka@innovativeservicesnw.org)

### **Clearview Employment Services:**

Supported Employment Program provides eligible individuals with support and help to discover their interests, transferable skills, and conditions for employment. To qualify for Clearview Supported Employment Services a person must be: Homeless, a displaced worker or personally receiving services from Columbia River Mental Health. We facilitate a match between an employer and employee. We believe there is a "niche" out there for everyone. We also believe in support for individuals once they have found a job through job coaching and job retention. We hold an orientation every Wednesday at 1:00 at our parent organization Columbia River Mental Health Services, 6926 E Fourth Plain Blvd. Please feel free to call 737-2801 to find out if you are eligible for services.

### **Community Justice Center Employment Program:**

9105-B NE Hwy 99, Vancouver. The CJC Employment Program links ex-offenders to employment opportunities and community resources. Our program is a partnership between WA State Employment Security/Offender Employment Services and WA State Department of Corrections. Our goal is to help anyone whose conviction history has been a barrier to accessing meaningful employment. Please contact (360) 571-4350 for more information.

### **Clark College**

The Employment Services Center, a Worksource Affiliate site, is located in Gaiser Hall (East Wing, upstairs above the bookstore) in the Workforce Development Center, room 204.

8:00 a.m. - 5:00 p.m. Monday-Thursday

8:00 a.m. - 4:30 p.m. Friday

**Clark College employment services to Students and the General Public are:**

- On-line Job Referral Service: eRecruiting
- Local and Statewide Job listings for full and part-time jobs
- Internship Information/Cooperative Education Work Experience Information
- Temporary and Seasonal Jobs
- On-Campus Interviews with Local Companies
- Computer Use for Resume Writing, Cover Letters and Internet access for Job Search
- Job Coaching and Job Development
- Assistance in Uploading Resumes onto Internet
- Hand-outs to help with Interviewing and Resume Writing
- Occupational and Labor Market Information
- Counselors and Staff to Provide Assistance with Job Search Efforts
- Free Telephone usage for Job Search

**Cowlitz Indian Tribe Vocational Rehabilitation Program**

Program serves Native Americans/Alaskan Natives living in Clark, Skamania, Lewis, Pacific and Cowlitz Counties who have a disability and need help finding employment. The program is able to assist clients with any barrier to employment.

This can include mental health, physical, chemical dependency, sexual assault and health education. Counselor provide individual counseling, job referrals, assessments, on the job training, job development, education prep including G.E.D. and tuition, books, supplies, assistive devices and assistive technology. We are also able to help pay for tools, clothes, glasses, transportation, housing, childcare and other barriers to employment. Contact Michele Delepine at (360) 397-8228.

List is compiled monthly as a service of Children's Home Society of Washington. If you would like to be added to the distribution list or if you have information to add please email Cara Larson at [caral@chs-wa.org](mailto:caral@chs-wa.org) or call 695-1325 ext. 4221.