

Classes and Workshops



Parenting and Child Development

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 eight-week Thursday evening's class for adults. Call 503-566-2925 for the dates of our next class, more information, or to sign up. Class is free and includes the book.

Effective Parenting

Develop positive approaches for communicating and guiding children using the Love and Logic process. Learn how to share control to reduce power struggles. Help children solve their own problems. Let empathy and consequences do the teaching. Skills you learn will apply to all age children. For more information, times, location and registration call Salem Area Community Education at 503-365-4773. Fee: \$79 per person includes book, handouts, CD and certificate.

Fathers of Young Children

This 4-week class series is for dads who want to learn the art of parenting and how to promote a healthy parent/child relationship. For dads with children ages birth to 5 yrs. 4th. floor classroom at Salem's Hospital Family Birth Center. For more information, times and dates call 503-561-5138. \$35, scholarships available.

Guiding a Child's Development

Parents and care providers learn how to guide and support children's healthy brain development. Find out about the relationship between children's movements and activities. Neurodevelopmental Training Center. For more information and registration call 503-981-0635.

Parenting classes

Make Parenting a Pleasure, using play, praise, rewards, limit setting and problem solving to help your child succeed. These classes are offered through the Easter Seals Children Therapy Center. A certificate will be awarded upon completion of all four classes. Classes are available in English and Spanish. For more information call 503-485-2185.

Parents/Infants Plus (PIP)

A parent education peer support network offered to all new families during the critical first year of an infant's life. Topics include health and safety, stress management, nutrition, child development, infant massage, and much more. Babies attend class with parents. Ten sessions, bi-weekly meetings at Silverton Hospital Family Birth Center, 6:30 – 8:30 PM. New groups begin every 2- 3 months. Next groups: every other Monday beginning June 8, 2009. For more information or registration call Silverton Together at 503-873-0405. Fee: \$35, scholarship available.

Parenting with Love and Logic

A fund and informative course for all parents, especially of children age 3 -13, who want practical techniques for less

stressful, more effective parenting and more ease in family life. Next group: 7 Thursdays, beginning April 2, 6:30 – 8:30 PM at Silverton United Methodist Church. Childcare provided. For more information call Silverton Together at 503 873-0405. Fee: \$35/individual or \$45/couple, scholarship available.

Terrific Twos

A series of ten weekly classes for parents of children age 22 months to 3 years, an age when concerns about setting limits, discipline and tantrums can fog the clearest mind. Offered twice a year at Silverton United Methodist Church. Next group: 10 Tuesdays beginning April 7, 6:30 – 8:30 PM. For more information call Silverton Together at 503 873-0405. Fee: \$35/family, scholarships available.

Birth and Birth Preparation

A Baby's Breast Friend Lactation Counseling

Breastfeeding support including appointments with certified lactation counselor for assistance with breastfeeding questions or problem, prenatal education, rental and sales of breastfeeding equipment, pumps, and nursing bras. Lending library of parenting and breastfeeding books. For more information and appointments call Esther at 503-463-1733. Sliding fee scale.

Baby Care and Feeding

Let us help you prepare for your new baby. Topics include breastfeeding and bottle feeding, baby care basics, and car seats and other safety tips. This class is also for parents adopting a baby and grandparents who haven't been around a baby for a while. This information is also covered in the Childbirth Preparation Classes at the Salem Hospital. For more information call Salem Hospital's Family Education Department at 503-561-5138. Next class is Monday, May 4, 2009, 6:30 – 9 PM, \$15 per person/ \$20 per couple.

B.A.B.I.E.S. Clinic

Babies and Breastfeeding Information, Education & Support, is an outpatient program designed to help new parents and their infants. Specially trained RNs offer one-on-one breastfeeding support by appointment. Prenatal classes also are available for a fee. For more information on these and other Family Birth Center classes, such as Baby Basics and our Big Brother/Big Sister class call Janet Sheldon, Silverton Hospital at 503-873-1668. For Tuckwila Center, Woodburn call Mary Kay at 503-982-4882 to make an appointment.

Beautiful Bellies

Water exercise class invigorating, low impact class for healthy expectant moms. Participants will learn stretching and strengthening moves to reduce low back pain and facilitate an easier birth. Instructors: Tanie Hotan, M.D., Lisa Moore, Aqua Aerobics instructor. For more information and registration call Stayton Pool at 503-769-7665. Fridays, 9 – 10 AM. Cost: \$3 per class for Stayton residents/ \$3.90 for non residents. Waiver: Medical waiver must be signed by participants OB provider prior to the first class.

Big Brother/Big Sister Class

This special class is for children age three to six years old to help prepare them for their new role as a big brother or sister. 342 Fairview Street, Silverton. Pre-register by calling 503-873-1668. 4th Saturday each month, 10:30 AM – 12 PM. \$10.

Big Brother/Big Sister

This fun class will help prepare brothers/sisters (ages 3-9) for their new role in the family with the baby's arrival. Big brothers and sisters will design a onesie shirt for the new baby. A tour of the Mother Baby Unit is included. 3rd. Saturday of each month, 10:30 – 11:30 AM at the Salem Family Birth Center. For more information call 503-561-5138. \$20 per family.

Boot Camp for Dad-to-be

A two-hour workshop run by newly experienced fathers who bring in their own infants to help orient dads-to-be on the realities of parenthood. Includes hands-on experience with diaper changing, burping and swaddling, as well as frank discussions about lifestyle and relationship changes on the horizon, how to bond with your baby, work in a parenting team with mom, etc. (Moms-to-be are treated to a free massage in a nearby room.) Held appx. every 2 months at Silverton Hospital Family Birth Center, Rooms F & G. Next workshop: Thursday, April 9 & Wednesday, June 10, 6:30-8:30 PM. Fee: \$15, scholarships available. For more information call Silverton Together at 503-873-0405.

Cesarean Birth Class

You and your support person will learn what is involved when a cesarean section birth is planned or possible and what to expect for your birth, your recovery and resuming activities. This information is covered in the Childbirth Preparation classes. Tour of the Salem Family Birth Center offered at 7 PM. Meet in the main lobby for tour. 2nd. Monday of each month, 8 – 9 PM. For more information call 503-561-5138. \$10 per couple

Childbirth Preparation Class

This five week series prepares you and your partner for the exiting delivery of your new child. Breathing techniques, health, delivery expectations and breastfeeding are just a few of the topics covered. Mondays for 5 weeks, 7 – 9 PM, Freres Auditorium, Santiam Memorial Hospital, Stayton. For more information call 503-769-9274. Cost: \$25

Childbirth Refresher Class for Parents

If you have previously taken birth preparation classes, come to this class to refresh you memories about labor and birth. Learn current options for pain management. Wear comfortable clothes and bring pillows for reviewing relaxation and comfort measures. Tour of the Family Birth Center is included. 4th Monday of each month, Salem Hospital, 6 -9 PM. For registration call 503-561-5138. \$20 per couple, \$15 per person.

Childbirth Classes in Spanish – Madre y Bebe

Four-session childbirth class taught by a Silverton Hospital Family Center RN in Spanish. No cost for those who qualify for WIC. Tuckwila Center, Woodburn. For more information call Mary at 503-910-1045.

Childbirth Preparation Classes

These interactive classes prepare you and your support person (s) for the labor and birth process. You will also learn how to take care of yourself and your new baby after birth. The Express series condenses the information presented in the six-

week sessions, we recommend that you also plan time for self-study along with the Express classes. \$70 per couple Scholarships available for moms on OHP and/or WIC. Call Health Education at Salem Hospital at 503-561-5138 for more information, can print registration form at www.salemhospital.org/birthcenter/classes/regform.pdf

Childbirth Preparation Class in Spanish

3rd. Sunday of each month at 10 AM-12:30 PM, Salem Hospital's Family Birth Center. For more information call 503-561-5138. \$20, scholarships available. Can print registration form at www.salemhospital.org/birthcenter/classes/regform.pdf

Family Birth Center Tours

A general overview of our facility including the B.A.B.I.E.S Clinic, retail store, labor rooms, nursery and the family waiting room is given by a RN who can answer any questions. Meets in the Family Birth Center lobby. Refreshments served. 342 Fairview St., Silverton. For information call 503-873-1680. Every Sunday, 3 PM. Free.

Salem Hospital's Family Birth Center Tours

Families are invited to join a free Family Birth Center tour at any time during the pregnancy. Tours start in the main lobby of the Family Birth Center and last about 40 minutes. No tours on holidays. Children are welcome and need to be closely supervised. Evening tours are held each month: Second Mon., 6 and 7 PM; third Thursday, 6 & 7 PM. Daytime tours are on the first Saturday of each month, 10 & 11 AM & third Sunday at 1 & 2 PM. For more information call 503-561-5138. No registration required. Free.

For Spanish speaking families, a tour is offered every second Sunday of the month, starting at 10 AM. April 12, May 10 & June 14, 2009. Free

Santiam Memorial Hospital

Drop-In Breastfeeding Clinic: One-on-one help with breastfeeding questions and difficulties without an appointment. Fridays, 9-11 AM in the Conference Room. Breastfeeding Support Group, Fridays 11-12 in the Conference Room. Meet with other breastfeeding Moms, get helpful tips and support. Expectant moms are welcomed. For more information call Emily at 503-580-3535 or Santiam Memorial Hospital at 503-769-2175.

Siblings at Birth

This class will help you prepare your children (ages 3 – 9) to be present at the birth of your new baby. We recommend that children have their own support person during mom's labor and birth, and that person is encouraged to attend class too. Held the second Tuesday of each month, 3:30-4:30 PM at Salem Hospital's Family Birth Center. For more information call 503-561-5138. \$10 per family . Can print registration form at www.salemhospital.org/birthcenter/classes/regform.pdf

Siblings Preparation Class

siblings and parents. Help give your child a sense of security and importance before and after delivery. Alleviate anxieties regarding a new baby and mother's impending hospitalization. Discover parental strategies for coping with an additional child in the family. Children will have fun making their "big brother" or "big sister" t-shirt. Santiam Memorial Hospital, 1401 N. 10th Ave. Stayton. For more information call 503-769-9274.

The First 20 Weeks of Pregnancy

This class is appropriate for first-time parents who have never had birthing; this class will discuss fetal development and

emotional changes of pregnancy in the first 20 weeks. Nutritional need and exercise will also be discussed. 342 Fairview, Silverton Hospital. To register call 503-873-1668. First Thursday of each even month, 6:30 – 8:30 PM. \$10.

Training Camp for Dads

Just the guys get together along with a skilled facilitator, and an experienced dad and baby when possible, to talk about what it is like being a dad. This class is designed for expectant dads or dads with babies up to three months old. This class will leave you more confident in your ability to be a great dad. Second Mondays, 6:30 – 9 PM, April 13 & June 8, 2009. Salem Hospital, Family Birth Center. For more information or to register call 503-561-5138. \$20, scholarship available.

Tree of Life Childbirth Education and Breastfeeding Counseling

Childbirth education classes for families choosing homebirths, birth center births and hospital births as well as breastfeeding counseling services with an attachment parenting, informed choice and proactive healthcare focus. Classes are taught from a midwife's perspective and cover more information and discussion of options than what is typically discussed in traditional hospital-based classes. Private classes are available as well as a more holistically-based classes. Please contact Emily Heldt at 503 580-3535 or <http://www.emilyavalon.com>

Classes for Youth and Children



Babysitter's Training

This course has colorful handbooks and a video starring young adults that is fun for students to watch. This course is targeted to 11-15 year-olds, teaching them basic child-care skills, first aid and safety issues, age appropriate behavior and play, and injury prevention. All skills must be demonstrated but there is no written test. Students receive a Babysitter's Training certificate upon completion. For more information call 503-585-5414. Fee: \$35 per person/ \$43 with Babysitter's First Aid Kit.

Family Life-skill Development

These classes are based on the principle that parents and children must act together to change their relationship. This information is 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. Northwest Human Services, 681 Church St. NE. For more information and new times call Jean Lasater at 503-588-5825. \$35 per family. Scholarships available.

First Aid for Children Today

This highly interactive class, geared for 5 – 8-year olds, teaches basic first aid skills, healthy lifestyle and injury-prevention awareness. Participants receive a fun workbook and certificate of completion. For more information call 503-585-5414. Fee: \$10 per person

Parent and Child Series

Social Skill Classes for Children: Dinosaur School; children participate with Wally and Dino puppets to learn about getting along with others, managing anger, and expressing feelings. Social Skills 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.

Rollercoasters: Workshop for Children of Divorce

A program for all 1st – 6th grade children whose parents are divorced or separated. Designed to use fun games and activities to give children tools to make the transition of divorce and separation less difficult. It provides a safe and non-threatening environment that allows children to learn more about divorce and separation.

"I loved the teachers." "I liked all the friends I met there." "The teachers helped me learn about how to handle divorce better." An eight-week class, one-hour session per week. To register contact the YWCA of Salem at 503-581-9922. Offered Spring and Fall. \$29 per child for the entire 8-week session. Need-based scholarships available. www.ywcasalem.org/family

When I'm in Charge

This course is targeted to 8-11 years-olds. It teaches children to make smart and safe decisions when they are home alone. This course focuses on a variety of situations from phone calls to peer pressure, and it includes take-home activities for children and their parents to complete. Salem Hospital, for more information call 503-585-5414. Fee: \$15 per person

Adult and Family

ABC's of Home buying: A Step-By-Step Seminar

This course teaches participants how to prepare for homebuying, ask the right questions, evaluate a credit report, compare loan products, shop for a home, and maintain the investment. Completion of the course satisfies the educational requirements for certain down payment and closing cost grant and loan programs. Registration is through Chemeketa Community College. For information call Salem Development Corporation at 503-856-7077.

Baby Massage

Learn how massage helps soothe, relieve gas pains from colic, and stimulate your baby's growth and development. This class is for expectant and new mother, father, grandparents and adopting parents. Learn tips for using massage as your child gets older. Bring your newborn to pre-crawler baby. Dolls provided if baby is not present. For more information call Salem Hospital's Family Education at 503-561-5138. Third Saturday of each month, 12:30- 2 PM, \$20 per couple, \$15 per person.

Ball Bouncing Mamas

This class is designed especially for expectant and new mothers. You will learn how to strengthen abdominal and

pelvic floor muscles and reduce strain on your back and spine. Therapeutic exercise balls will be provided for use during the class. Babies not yet crawling may attend. Four week series, May 7 - 28, 2009 from Noon – 1 PM. For more information and registration call Salem Hospital's Family Education at 503-561-5138. Fee \$30. Please bring note from your health care provider that it is okay to participate in this class.

Car Seat Safety Clinics, Salem

Free, drop in. Child Passenger Safety technicians will check your child's car seat for correct installation with hands on training. 3rd. Saturday of each month, 11 AM – 3 PM. Clinics are held at various locations. For more information call 503 561-5138. See schedule at www.salemhospital.org/birthcenter/classes/carseat.html

First Steps

This is a 9-week program for the recently widowed, divorced or separated. FIRST STEPS is designed to help people cope with the changes they are experiencing following the end of their marriage whether through divorce, separation or the death of their spouse. Tuesdays at 7 PM at St. Edward's Church, 5303 River Rd. N., Keizer. For more information call Bee Gee at 503-393-2361 or Judy at 503-399-7665. \$25. Scholarships available.

Fresh start Smoking Cessation

In this 4-week program, designed by the American Cancer Society, you will learn about tobacco addiction, effective strategies for quitting, how to manage stress and tips for healthy living for you and your family. Nonsmoking support person may attend at no cost. Call 503-561-5138 for dates and times. Cost: \$20

Getting Connected

Silverton Together in combination with Silverton Hospital will host this women's group. Each month the group learns a creative craft and discusses topics of interest. The ladies also have monthly get-togethers to explore various sites and activities in the community. For more information call Doreen at 503-873-0405. Held at 240 Phelps St., Silverton, every third Wednesday of each month, 6:30 – 8:30 PM. Free. Childcare available for \$2 per child each evening.

Grandparents Raising Grandchildren 4th. Annual Conference

Thursday, April 30th, 9:30 AM – 2:30 PM at Queen of Peace Catholic Church, 4227 Lone Oak Rd. SE, Salem. This is a free conference for grandparents or other seniors parenting again, who reside in Clatsop, Marion, Polk, Tillamook & Yamhill Counties. For more information call Barbara Masser at 503 304-3439.

Infant CPR

Learn the basics of how to help baby who is choking and how to respond to breathing and cardiac emergencies in infants. These techniques can be used on children up to one year of age. Learn safety tips for childproofing your home. Those who attend will receive a participation card. 2nd and 4th. Monday 6:30 - 8 PM or 3rd. Monday, 4 – 5:30 PM. For more information call Salem Hospital at 503-561-5138. \$20 per couple or \$15 per person. If baby is in the NICU, the registration fee will be returned after the class is attended.

Infant CPR in Spanish

Learn the basics of how to help baby who is choking and how to respond to breathing and cardiac emergencies in infants.

These techniques can be used on children up to one year of age. Learn safety tips for childproofing your home. Those who attend will receive a participation card. Second Sunday of each month, 12 – 1:30 PM, April 12, May 10 & June 14. For more information call Salem Hospital at 503 561-5138. \$20 per couple or \$15 per person. If baby is in the NICU, the registration fee will be returned after the class is attended.

Infant/Child CPR/First Aid

For more information or registration call 503-585-5414. Cost \$40 or \$30 for Infant/Child CPR only. Spanish classes available at Tukwila Center for Health and Medicine, Woodburn. For Spanish classes registration call 503-981-9393.

Marion County Breast & Cervical Cancer Screening Program

For upcoming events please call YWCA 503-581-9922x304.

Powerful Tools for Caregivers

This free six week program will meet on consecutive Tuesdays and help unpaid family caregivers take care of themselves while caring for an older relative or friend. Topics include: Dealing with Anger, Guilt and Depression; Using Community Resources; Managing Caregiver Stress; Effective Communication Techniques; Making Tough Decisions and Setting Goals. For more information and time and location of next scheduled classes, contact Kelsey Evans at 503 304-3429.

Red Cross CPR/Standard First Aid

For times and location call 503-585-5414, cost \$35 per person or \$25 for Adult CPR only. Spanish classes at Tukwila Center for Health and Medicine, Woodburn.

Red Cross First Aid Basics

For Information and times call 503-585-5414. \$25 per person or \$10 if taken within one month after any Red Cross CPR class

R.E.N.T.

Is a tenant education program designed to assist individuals and families who cannot access or retain housing because of poor rental histories or poor credit. The five-session curriculum is designed to teach participants the skills necessary to be good tenants, including goal setting, tenant/landlord rights and responsibilities, money management, cleaning and home maintenance, and moving in/moving out of rental housing. To be eligible to participate, individuals must be homeless or at risk of becoming homeless. For additional information contact Amber Reeves at the Mid-Willamette Valley Community Action Agency at 503-585-6232.

Teens and Drugs

A 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 & other drugs, problem gambling and other addictions, intervention and resources. Ages 12 & up. Cost is free. Thursday, May 21st. & 28th, 2009, 7 – 9 PM. Silverton Hospital, Family Birthing Center, Room E. For more information call Yvonne Kays at 503 981-5851 or 503 566-2901.

Understanding Child Sexual Abuse Class

Educational information, confidential group discussions and support for adult caregivers to a child believed to be the victim of sexual abuse. This class is appropriate for non-offending parents, grandparents, foster parents, adult family members and support groups. Participants are encouraged to bring individual concerns to discuss. Follow-up consultation is available. Pre-registration is required for planning purposes. Attendance for week one/orientation is "a must" to attend later sessions. Class meets from 5:30 - 7:30 PM on seven

consecutive Tuesdays, 2685 4th. St. NE., Salem. For more information or registration call 503-540-0322. No fee, no childcare available.

Vision for tomorrow

This education course is for caregivers of children and adolescents with brain disorder. For more information or to register contact Lee Ann Ryals at 503-588-1778. Wednesdays at Community Action Agency, 2475 Center St. NE, Salem.

Services and Support for Families



Parenting

Child Care Information Service

The Child Care Information Service is a non-profit organization serving Marion, Polk and Yamhill counties. CCIS provides parents with referrals to childcare in their area. They also have an emergency childcare program available in the city of Salem and Polk County. The services for childcare providers include training, scholarships, and support. For more information call 503-585-2491 or 1-800-289-5533.

Family Caregivers Support Group

Serving non-paid family caregivers who are taking care of a loved one in their home, a facility, or doing long-distance caregiving. Cost is free. There is a group that meets in Dallas, McMinnville and Woodburn. The group in Salem meets every 2nd. Thursday of each month at 2-3:30 PM. For more information and locations call Kelsey Evans at 503-304-3429.

Family One Stop Center/Juntos Podemos

Juntos Podemos, or "Together We Can," supports families who have a child with developmental disabilities. Our main goal is to empower families in the Hispanic community by providing them with information about resources and services available to them and by helping them build networks of communication and assistance. Juntos Podemos is a program of the Human Services Research Institute, whose mission is improving the services available to individuals with developmental disabilities. Monthly Parent Support Meeting, Fridays from 6:30-8:30 PM at 2475 Lancaster Dr. NE B9. For more information call Alejandra at 503-566-7727 or e-mail at areyes@hsri.org

GrandPARENTING Again Support Group

Support group for grandparents and other seniors who are raising children. Facilitated by Sherry Sullens, licensed child and family therapist, held every other month from 7 – 8:30 PM. At Monmouth. For location and date call Sherry at 503 838-6456. Free

Healthy Start (Marion & Polk Counties)

Support, education, and referral available for first-time parents during pregnancy and/or after birth. Ongoing home visits from trained staff or one-time home visit from trained volunteers. Services available in English, Spanish and Russian. Call 503-362-3138 in Marion County and 503-485-2185 in Polk County.

"Mom & Me" Breastfeeding Support Group

Moms and babies are welcome. Designed to help moms get breastfeeding off to a good start through the first six weeks, weigh your baby and talk with other moms. Discuss the joys and challenges of breastfeeding. Lactation Specialists are available to answer your questions and address your concerns. We encourage you to leave the other children with family or friends and spend this time focusing on baby's feeding. Tuesdays and Fridays , 1 – 2:30 PM at Salem Hospital's Family Birth Center, 4th. floor classroom. Thursdays, 1:30 – 3 PM at West Valley Hospital, Conference Room.

Spanish speaking interpreter available, if needed. For more information call 503 562-5338. Free

Mom's Club of Salem (Moms Offering Moms Support)

This club provides enriching activities for mothers and their children. The group offers monthly meetings, guest speakers, playgroups, holiday parties, family activities, Mom's night out and more! The club goes on outings to parks, children's museums, farms, and other places of interest! The club also performs service projects that benefit needy children in the area. Children are welcome at all MOMS Club activities. For more information, please call Heather at (West) 503-589-0814, Tracy (South) at 503-315-1933, Kim (North/Keizer) at 503-315-1551 or Signe (Stayton) at 503-769-4191. \$24 per year.

New Moms' Connections

Join other new moms for a weekly informal discussion on the joys and challenges of being a new parent. This is a great opportunity to network and share with other new moms. A nurse educator will be available to address common concerns and weigh your baby. Babies not yet crawling are welcome. Thursdays, 10 – 11:30 AM. Please call 503-561-5138 to reserve a place in the group. Free

New Moms Group

This informal, ongoing discussion group is designed for new moms. Participants discuss expectations and realities of mothering, infant growth and development, breastfeeding and many other topics. Babies up to six months are welcome in class. Every Tuesday, 10 AM – 12 PM. You may drop in at any time. 342 Fairview Street, Silverton. For information call 503-873-1680.

Oregon Family Support Network

A support group for family members of a child or young adult with mental health and/or behavioral challenges, they meet the last Tuesday of each month at 6-8 PM at Capital Park Wesleyan Church, corner of 19th. St. SE and Mill St. SE, Salem; every 4th. Wednesday of the month at 7 PM at 1155 N 3rd. Ave. Stayton or 1st. and 3rd. Monday at 6-8 PM at Polk Adolescent and Day Treatment Center, 2200 E. Ellendale Ave. Dallas. Free childcare and youth activities available.

For more information contact Kris Anderson at 800-590-7599 or kris.anderson@ofsn.org

Oregon Parent Training and Information Center

Oregon PTI's mission is to educate and support parents, families and professionals in building partnerships that meet the needs of children and youth with the full range of disabilities ages birth through twenty six. We offer workshops and Online training. For more information call 503 581-8156 or 1-888-505-2673 or visit www.orpti.org

Parenting a Second Time Around (attention grandparents)

Workshops for grandparents or other relatives raising children. Workshops held every two-three months. For more information call Silverton Together at 503 873-0405.

Relatives as Parents/Grandparents raising Grandchildren

This is a support group for grandparents or relatives raising a grandchild or other family members. Facilitated by Jean Lasater, who has a M.A. in counseling with over 20 years of experience. We meet every 2nd..Monday of each month from 9-11 AM at Northwest Senior and Disability Services, 3410 Cherry Ave. NE. Salem. For more information the Family Caregiver Support Program at 503-304-3429 or 304-3414. 3rd. Thursday of month, 10:30 AM-12:00 PM, Elders Activity Center, Grand Ronde. For more information call Carmen Mercier at 503-879-1646.

Special Needs Support Group

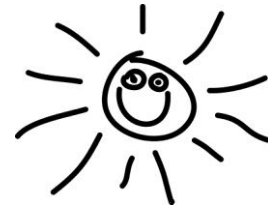
A monthly support group for parents/guardians of children with special needs. Meets 3rd. Tuesday of month, 6:30-8:30 PM at Silverton United Methodist Church, 203 W. Main. Free, childcare provided. For more information call Silverton Together at 503-873-0405.

WIC Program

WIC serves lower-income pregnant, postpartum and breastfeeding women, infants, and children under age 5. WIC services include: Individual growth and health assessment, education on nutrition and physical activities, nutritious foods purchased with WIC vouchers, referrals to other preventive health services like prenatal care and immunizations and breastfeeding education and support. For more information call Jolene McGee at 971 673-0050.

Young Parents Information and Support Network

A series of workshops covering parenting tips, child development, life skills (budgeting, cooking etc.) and information on local resources for teen parents (up to 21 years of age). Free. Child care available. For more information call Silverton Together at 503-873-0405.



Candlelighters for Children

A self-help support group for parents whose children have or have had cancer. This self-help program strives to help families of cancer patients meet and deal with the emotional stresses of their experience and to provide a positive outlet for the frustrations and apprehensions they share. Monthly meeting. Call Lisa Bendel, 503-364-9766. Free.

Easter Seal's Children's Therapy Center

We offer physical therapy, occupational therapy, speech therapy and mental health services as well as recreation and respite programs that offer fun activities for kids as well as a well-deserved break for their caretakers. Clients seeking physical or occupational therapy need a doctor's referral to receive services, however, clients seeking mental health service may self-refer. All services are available in English or Spanish. For more information call 503-370-8990 visit our facility at 290 Moyer Lane NW, Salem, 97304.

Family Building Blocks (Relief Nursery for Children 0 - 5 yrs)

This program offers therapeutic classes for young children, parent training, home visits, and a variety of family support programs and services. Participation is voluntary and enrollment is based on need and availability. If interested call 503-566-2132.

H.O.M.E. Youth and Resource Center (for Youth, Ages 11 - 17)

A drop-in center for teens which maintains a neutral zone, a safe haven, for all of Marion County's youth including those who are homeless and at-risk. Services are voluntary, free, and strictly confidential. Staff and volunteers are available to help sort out problems, provide referrals, and listen. Youth can take advantage of any activities available at the center i.e. the game room, basketball hoop, movies, and computers. Also offered: day shelter, nutritious meals, basic support, showers, laundry, clothing, life skills, HIV testing, education, GED preparation, and job assistance. Individual tutoring for youth 14 - 20 years who have dropped out of school or are struggling in school. For Information call 503-391-6428.

HOST Youth and Family Program

Operating 24 hours a day, the HOST Youth and Family Program is a program of Northwest Human Services offering crisis intervention through safe sheltering, counseling, and , also offers parenting classes and Support Groups, 1143 Liberty St., NE, Salem OR 97301. For more information call 503-588-5825.

Immunizations (18 & under)

To schedule an immunization appointment, call the Health Department at 503-588-5342. Please bring your child's immunization record to your appointment.

Respite and Recreation Program

An evening recreational program for children with disabilities and special needs and their siblings. Parents get respite from care giving and time to rest, thus benefiting the entire family.

Youth and Children

Children ages 8 months to 18 years may attend. Easter Seals Children's Therapy Center, 290 Moyer Lane, PO Box 5193, West Salem. For more information and cost call 503-370-8990. Sept.-- June, every 2nd Friday of each month, 6:30 – 10:30 PM, \$12 per child, \$8 for 2nd & 3rd child, \$4 for each additional child, Scholarships available.

Youth Activity Center

Located inside the YMCA Facility, the Youth Activity Center is a place for kids age 6 – 12 to call their own while parents and older siblings are off doing their own Y-thing. The YAC is supervised at all times by caring adult mentors. Fun and interesting activities such as arts and crafts, board games, table games will be available. Free for YMCA members.

Youth Empowerment Alliance (YEA): A continuum of pre-employment educational and supportive services for out-of-school, homeless and at-risk youth, ages 16 – 21 years. 625 Union NE, Salem, Oregon 97301. For more information on services provided, call 503-391-6428. Free.

Youth Mentoring

Youth Impact offers mentoring to children, age 4-18 yrs. in Marion, Polk & Yamhill Counties. We serve at risk youth and children of incarcerated parents. The mentor, a kind of big "brother" or "sister", offers friendship, encouragement and support. For more information visit our website www.youthimpactmentors.com or call 503 584-4865 or email mcwilson@co.marion.or.us.

Adult and Family Support

Alzheimer's Caregiver Support Group

This group is designed to aid and support people who care for a person who suffers from Alzheimer's. Presenters inform the group about new medical advances as well as ideas on how the caregiver can care for themselves while continuing to be loving and gentle caregivers. Tuckwila Center, 693 Glatt Circle, Woodburn. Every third Monday of each month from 2-3 PM; every first Monday, 2-3 PM at Mt. Angels Tower, Mt. Angel. For more information call Joyce Burkhart at 503-873-1561.

Alzheimer's Support Group

This group has several different meeting places, meets on different days and different times. To get more information for Salem Area, please call Sally Pagen at 503 581-8254.

A Time for Healing

A free, safe, confidential, support group for 50+ women who have in the past or are currently experiencing a painful relationship. Starting March 4th 2009, on the 1st. & 3rd. Wednesday of each month, 1:30 – 3:00 PM, Northwest Senior & Disability Services Office, 3410 Cherry Ave. NE, Salem. For more information call 503 304-3414 or 1-800-469-8772.

Breast Cancer Support Group

This group, for women who have been diagnosed with breast cancer or have had breast surgery is facilitated by women who have been through it themselves. There will be information and learning, fun and support for everyone, plus usually one speaker per month on topics of interest to the group. A lending library of books and tapes is also available. Meetings are every second and fourth Wednesday of each month at 5:30 PM – 7 PM at the YWCA, 1255 Broadway St. NE. For more information call 503-581-9922. Free

Better Breathers Club

This is a free education and support group for people who are living with breathing difficulties. All are welcomed including family members and caregivers. No registration required. First Tuesday of every month, 2 – 3 PM, Santiam Memorial Hospital Auditorium. For more information call 503-769-9274..

Breast Cancer Support Group – Silverton

Join a group to share understanding, support and hope from the diagnosis of breast cancer throughout the time that breast cancer is a personal concern. For information call Joyce Burkhart at 503-873-1561. Third Monday of each month at 6:30 – 8 PM, Silverton Hospital Room DE, Free.

Compassionate Friends

A self-help support group for families who have experienced the death of a child. Compassionate Friends serves Salem and the surrounding area with regular monthly meetings held at The Salvation Army Activity Center at 1230 Winter St. NE at 7 PM. For information call 503-743-3930 or e-mail us at TCFSalemOR@AOL.com. S.A.F.E – Survivors and Friends exchange – meets every 3rd Monday of each month at 231 Commercial NE. For more information and times call Janie at 503-931-1748. A bimonthly newsletter is available at no cost to bereaved parents.

Dallas Resource Center

The Dallas Resource Center, 326 Main St., Dallas, provides a single point of contact for anyone wanting Polk County resource information. The DRC is often asked for information about social service programs, support groups, educational and volunteer opportunities. One of the main goals of the DRC is to connect individuals and families to resources that best fit their needs. For more information call 503-623-8429. We also have an office in Independence with bilingual staff, Main Street Center, Phone 503-838-0531.

DisABILITIES-R-US Support Group

This group serves the disabled community in the Woodburn area through encouragement, discussion of issues, social activities and professional speakers. First Monday every month, 10 AM – 12 PM at Wellspring Medical Center, 1475 Mt. Hood Ave., Woodburn. For more information call Grace Bubetz at 503-981-0702.

Foster Parent Program

If you have ever considered opening up your home to provide a safe and nurturing environment for children who are currently in Foster care in Marion County or simply have questions on how to get started, please call Anita Gonzales, Recruiter at 503-378-6800 x2272.

Hispanas Unidas

A group for Spanish speaking women and families. Fun and educational activities and presentations. Meets the first Thursday of month from 6 – 8 PM at United Methodist Church, 203 W. Main St., Silverton, free to join. For more information call Susana or Fernando at 503-873-7114.

Huntington's Disease Support Group

A mutual aid group for anyone affected and interested in Huntington's Disease. Held on the 1st. & 3rd. Wednesday of each month, 6 – 7:30 PM, Café Today, 4600 NE 25th. Ave. Salem. For more information call Jeff Lukehart at 503 304-

3414 or jeff.lukehart@state.or.us or Marion Mowell at 503 551-1763 or mowellm@msn.com

Lifespan Respite Care Network in Marion, Polk, Yamhill and Tillamook Counties; Catholic Community Services

Provides a referral service for respite relief for caregivers from the intensive demands of providing on-going care. Lifespan Respite serves all ages and all needs. Lifespan can also connect people to other county Lifespan Respite Network around the State of Oregon. The county-wide program is administered by the Department of Human Services. For more information call 503 393-0657 or toll free 1-888-393-0657. Website: <http://www.ccsww.org/lifespanrespite.html>

Looking Forward

A support group for seniors dealing with life transitions. Held on the 1st. & 3rd. Tuesday each month, 1:30 – 2:15 PM, McMinnville Senior Center, McMinnville. For more information call the Senior Center at 503 435-0407.

National Alliance on Mental Illness (NAMI) Marion-Polk

Support group for people with a mental health diagnosis as well as for their friends and family: 1st. Wednesday of the month at 5:30 PM in the plaza level lobby at Salem Library. Call Ann Heath at 503-585-3261 for more information. NAMI Helpline 503-391-1511.

Oregon Family Support Group

A family support group for families with children who have behavioral, emotional, and mental health challenges. Last Tuesday of each month at 6-8 PM at Capital Park Wesleyan Community Center (corner of 19th. and Mill St.) For more information call Laura Rose Misaras at 541 513-2021 or 1-800-590-7599. Free childcare and youth activities available.

Polk County Commission for Children and Families (PCCCF)

Committed to strengthening our kids and families and provides support to a wide variety of programs. PCCCF has information on many issues currently affecting our communities. For more information call 503-623-9664. For information on parenting classes see www.co.polk.or.us/HumanServices/PCCCF.

Polk County MDT and Family Violence Task Force

This group is looking at the issue of family violence in Polk County and is committed to reduce violence in the community. The group meets monthly to discuss current, local situations and improve on standards and practices surrounding the issue of domestic violence. For information on meeting times and places call 503-623-9268.

Polk County Service Integration Teams

Six Service Integration Teams (SIT) meet regularly in each school district. These are community and school-based teams responding to local needs and goals. Differing slightly, teams generally include school counselors and administrators, representatives from Polk County, including Mental Health, Youth Services, Alcohol and Drug Prevention, Public Health, and the Juvenile Department. Other member of the teams represent Department of Human Services (DHS), Child Welfare Services (CWS), Self Sufficiency Programs (SSP) City or County Law Enforcement, Mid Willamette Valley Community Action Agency, SABLE House, Willamette ESD, and in Grand Ronde, several Tribe members. Teams also have community and local city representatives. Teams provide coordinated community resources, age appropriate prevention programs and school/community activities to fill unmet (and/or under-

met) needs. Teams collaborate at the local level and form partnerships that support preventative services. Teams are co-facilitated by the Service Integration Coordinator: Debbie McMillian, 503-623-9664 x2115, mcmillian.debra@co.polk.or.us

Postpartum Depression Prevention Program

English speaking: This program offers classes during pregnancy to learn about life after a baby. All mothers are welcome. Those who have experienced previous depression or postpartum depression are encouraged to attend. Spanish speaking: This program includes classes and one-on-one support for mothers with Postpartum Depression and is offered during pregnancy and up to a child's second birthday. Both programs are free and voluntary. The classes are a service of Easter Seals Children's Therapy Center. For more information call 503-370-8990 or visit our facility at 290 Moyer Lane NW, Salem, 97304.

Postpartum Depression Support Group

Second Friday of each month. Call to join: 503-362-9659.

Resource Assistance Program

Case management services such as problem solving, advocacy, interpreting, and referrals are provided. Assistance in locating permanent housing is a priority. Availability of services is based on client's financial need and geographic location. For more information call YWCA of Salem at 503-581-9922.

Recovery, Intl..

Stress, anxiety, panics, fears, angers, phobias, depression or mood swings? Weekly trainings meetings will help you find the way out. We meet every Tuesday at 5:30 PM – 7 PM. Salem City Library, Plaza Room, 585 Liberty SE. For more information call Lois at 503-999-7525. Free, however a free-will offering is taken at the meeting.

Resource Connection of Oregon

RCO provides community services for adults (customers) with Developmental Disabilities. We are an Oregon non-profit corporation. RCO currently provides services to customers in Linn, Marion, and Yamhill Counties. Our customers are referred to us through the Developmental Disabilities Services Department in each County. For more information call us at 503-485-2510 x31 or e-mail to info@resourceconnections.org.

Sharecare

An informal support group open to the public for primary caregivers of older family members. Held on the 1st. & 3rd. Monday of each month, 10 – 11 AM, Marion Estates, 390 Church St., Sublimity. For more information call Jeff Lukehart at 503 304-3414.

Silverton Together

To receive a Silverton Calendar of Events, call 503-873-0405.

Support Group for Women

These group is for women who are survivors of domestic violence or sexual assault. Group topics include safety planning, red flags of abuse, understanding the differences between healthy and unhealthy relationships, parenting children who have witnessed abuse, building self-empowerment skills and many more. Groups are ongoing and meet once a week, Tuesday evenings 5:30 – 7 PM, 289 E.Ellendale Ave. #701 Dallas. If childcare is needed call prior

to 3 PM on the day of attendance. For more information, call Sable House at 503-623-6703.

Grupo de Apoyo para Mujeres

Estos grupos son para mujeres que son sobrevivientes de la violencia domestica o el asalto sexual. Los temas de grupo incluyen la planificacion de la seguridad, las banderas rojas del abuso, entendiendo las diferencias entre relaciones sanas y poco sano, criando a ninos que han presenciado el abuso, construyendo las habilidades de auto-autorizacion y muchas mas. Para encontrar los horarios o mas informacion, llama Sable House en 503-623-6703.

Willamette Valley Down Syndrome Association

We are loving and caring parents of children with Down syndrome who want to ensure that our children have everything they need to reach their full potential. We provide information and try to answer all your questions. Please call or email us to be added to our mailing list and for information about our monthly meetings. Website: www.wvdsa.com
Salem Area- Cory Harrington 503-463-9788, wvdsacaory@yahoo.com
McMinnville Area— Keri Prince 503-835-06421, keriprince@gmail.com
Lebanon Area – Gretchen Davey 541 451-5215
wvdsa@ookla.com

Willamette Valley Hospice Grief Groups

Salem: Tuesdays, 2-3:30 PM, May 19,26, June 2,9,16,23.
Tuesdays, 6-7:30 PM, June 16,23,30, July 7,14,21. Adults only, must pre-register, free.
Silverton: Thursday Evenings, 6-7:30 PM, May 7,14,21,28, June 4,11, 2009. Adults only, must pre-register, free.
2009. Adults only, must pre-register, free.
Stayton: Thursdays, 6-7:30 PM, April 2,9,16,23,30, May 7.
Woodburn: Mondays, 1-2:30 PM, April 13,20, 27, May 4,11,18.

Dallas: Thursdays, 2-3:30 PM, May 7,14,21,28, Jun2 4,11.
Salem: Tuesdays, 6-7:30 PM, April 7,14,28, May 5 &12. This group is for children, families and adults, must pre-register. Free

Drop-in Grief workshops for adults only:

Salem: 2nd. Thursday of every month starting April 9, 1-2:15 PM: Creatively Expressing Grief

4th. Thursday of every month starting April 23, 12:15-1:30 PM: Drop-in Discussion Group.

Thursday, May 28, 3-5 PM: Spring Memorial Gathering
For more information call Willamette Valley Hospice at 503-588-3600 or e-mail to jeffc@wvh.org or LoriE@wvh.org, visit on the website www.wvh.org

Women's Support Group

For survivors of domestic violence all services are free.
Domestic Violence: Mondays, 6:30 PM – 8:30 PM, childcare provided, age 7 and under. Wednesday, 6:30 PM – 8:30 PM, no childcare;
Adult Rape and Sexual Assault Group, Tuesday, 6:30 PM – 8:30 PM, Women's Crisis Center, 795 Winter St. NE, Contact Delia Martinez at 503-399-7722. Free.

Women's Support Group

Para sobrevivientes da la violencia domestica y abuso sexual. Todos servicios son Gratis. Lunes, 9:30 AM – 11:30 AM, Cuidamos Los Niños. Reúnen en: 795 (calle) Winter St NE, Teléfono 503-399-7722.

Woodburn: Mujeres Unidas, 1036 E. Lincoln, Teléfono 503-378-1572, Marty Flores, Wed. 6:30 – 8:30 PM.

Support group for women living in or escaping from domestic violence.

Russian Old Believers: Monday night 6:15 – 7:45 PM at the Woodburn High School, Childcare not always provided. For more information call 503-951-3783

Activities for Families

A.C. Gilbert's Discovery Village

In addition to the outdoor displays, A.C. Gilbert's Discovery Village offers some of the finest children's exhibits in the Pacific Northwest. The museum is located at 116 Marion St NE, on the banks of the Willamette River, adjacent to Salem's Riverfront Park.

Free admission days:

Saturday, April 18, 10:00 AM-5:00 PM: Community Free Day
We celebrate the opening of the new pedestrian bridge across the Willamette River with free admission all day and fun bridge-building activities for all.

Sunday, May 10, 12 – 5 PM: Mother's Day

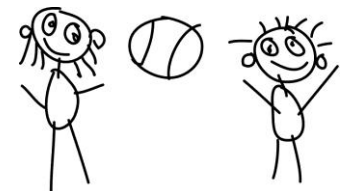
Moms get in free with a paid child admission.

Sunday, May 17, 12 – 5 PM: Foster Family Free Day

All members of foster families receive free admission in honor of National Foster Care Month.

Featured events:

Friday, April 10. 5:30- 7:00 PM: Family Health Discovery Night
Family members of all ages can participate in a fast food fat fling, make a model lung and stick their hands in a germ box. Over 25 activities in both Spanish and English.



Friday, May 8, 5:30 – 7:00 PM: Family Math Discovery Night
Parents and Kids learn together how fun math can be. Special activities that are free with paid admission:
Monday, March 23 – Friday, March 27: Spring Break workshops, topics include magic, dinosaurs, a journey to China and more. Prices start at \$10 for members and \$15 for nonmembers. Registration is required for spring break workshops.

Museum Hours: Monday – Saturday, 10 AM – 5 PM. Sunday, 12 – 5 PM. Admission is \$5.50 per person, ages 1 & 2 are \$2.50 and seniors (60 and older) are \$4. Village members are free; cost for anyone on public assistance is \$2.50. For more information on events, registration and cost for workshops or featured events call 503-371-3631 or info@acgilbert.org. To volunteer please call Amy Vandegrift, Director of Volunteers and special events at 503-371-3631 or email:

volunteers@acgilbert.org

Creative Discoveries Preschool

We offer three educational opportunities for parents to choose from for children 18 months to 5 years of age.

Toddler Time is a class offered to children of age 18-36 months to participate in with a parent or caregiver. Activities : include art, music, circle time and games; we meet Mondays, Tuesdays or Wednesdays, 9-11 AM. Discovery Time is a class for 3 years olds; we meet Tuesdays & Thursdays 9-11:30 AM. Pre-K Explorers is a class for 4-5 years old, meeting Mondays, Wednesdays & Fridays, 9-11:30 AM. To register or for more information call 503-362-3938 or visit our website at www.creativediscoveriespreschool.com.

Dallas Indoor Play Park

The Indoor Play facility is for children from birth to five years of age. The Park offers a safe, dry and unstructured playtime environment. Children are supervised by their own parents or a caregiver. This is a non-profit, co-op group with parents participating and paying a small fee of \$15 per semester. Scholarships are available. First visit is free. Fall Semester: September thru December, starting Wednesday, September 5th. The park is operated at the First Presbyterian Church at 879 SW Levens St., Dallas. Hours: M,W & F 9:30-11:30 AM. For more information call Shari Walker at 503-623-5570.

Dallas Public Library

Infant/Toddler Storytime (birth to 3 yrs.): Tuesdays 10:30 AM, 20 min. of stories, rhymes, songs etc. Preschool Storytime (3 – 5 yrs.): Thursday 10:30 AM, 30 min. of stories, songs, fingerplays, etc.

Keizer Indoor Park

Indoor play facility for parents and children ages birth – 5. Parent interactive. Open from Sept -- May, Mon.-Thurs. 9 AM – 12 PM, Keizer Christian Church, 6945 Wheatland Rd, Keizer. For more information call Marie at 503-393-5933.

Kids and Music

Kindermusik classes at Kids & Music for infants, toddlers, preschoolers and K-2 students. Interactive developmental music and play-program features whole-child development, socialization and parent education through musical activities. Based on the philosophy that the parent is the child's most important teacher and home is the most important environment, highly qualified educators lead families through multiples activities that encourages bonding, increase attentions span and fosters a life-long love of music. For more information call 503-508-3505.

kidsandmusic@integrity.com , www.kidsandmusic.info

Monmouth/Independence Family YMCA

The Monmouth/Independence YMCA provides a number of programs for children and families. Childcare: For children 6 weeks through 5th grade. Youth Sports: Gymnastics and Y-Rookies. Teen programs: Nite Court. Summer programs: Aquatics and Enrichment Day Camps. For more information call 503-838-4042.

Mothers of Preschoolers: MOPS

MOPS is an international non-denominational program designed specifically for "Mothers of Preschoolers." MOPS gives mothers of children age birth through kindergarten the chance to meet with other moms in the same season of life. Breakfast, Speaker, Friendships, Quality Children's Program, Creative Activity, Moms Night Out and More. Every 2nd & 4th. Tuesday from September to May, from 8:45 – 11 AM. Evangelical Bible Church, 1175 SE Howe Street, Dallas. (On the corner of Miller and Howe – near the High School). For

more information call 503-623-2332 or dallasmops.blogspot.com. Summer events are free and open to the public.

Preschool Programs

Elementary Education Preschools for Salem-Keizer School District offer children a variety of exciting learning activities in language, art, music, science, and more. It is an opportunity to make new friends, practice socialization skills, have great fun, and develop confident, positive attitudes toward school and learning. For more information and registration please call 503-399-3121.

Salem Public Library: Story Time

In Children's Activity Room. Infant/Toddler (0-30 months): Wednesdays, 10:15 or 11 AM, Fridays 10:30 AM; Preschool (2 1/2–6 yrs.): Tuesdays and Saturdays, 10:30–11 AM; Family Bedtime: Tuesdays, 7–7:30 PM Spanish Family Bedtime: Wednesdays, 6:30 PM For more information on all the activities call 503-588-6088. Lots of special summer programs for school-age kids. Free.

Salem Public Library: Discovery Room

Discovery Room hours: Tues-Sat: 10 AM –12 Noon, 3–5 PM, Thurs and Fri mornings reserved for class visits. Tues, Wed & Thurs evenings: 6:30 – 8:30 PM, Sunday 2-4 PM.

Salem Family YMCA Aquatics Program

A variety of youth and family programs are available in both a shallow warm water pool and the Main pool. Open and Family Swims are available to the public for a nominal fee. Parent Tot, Preschool, and School Age swimming lessons emphasizing water safety and stroke instruction are taught throughout the day.

"Parent/Child Swimming Lessons" for youngsters 6 months to 3 years and their parents. Instructors are caring and enthusiastic placing emphasis on safety, water adjustments, movement, exploration, songs, games and fun. An adult accompanies each child into the warm small pool. Please call 503-399-2792 for class, swimming times and fees.

Santiam Family YMCA

The Santiam YMCA provides youth and family programs in the Stayton area. Youth sports for children of various ages. Teen programs provided with Middle School youth in mind. Family activities for the whole family. For more information call 503-769-2963.

Silverton Together Indoor Park

A place for children age 0-5 to run and play even on rainy days and a place for parents to meet and share. Open Monday through Thursday from 9:30 - 11:30 AM throughout the school year. Cost: \$35 per 5-month sessions (Sept.-Jan. or Jan.-May) plus co-op duties, scholarships available. May join at any time. Scholarships available. Location: Silverton United Methodist Church, 203 W. Main St. For more information call Silverton Together at 503-873-0405. First visits are free.

South Salem Tot Indoor Park

We are a Co-Op for families. We are located at 1140 Baxter Rd., in the South Salem Friends Church Gym, Monday-Fridays 9:30 – 11:30 AM, from Sept.-Jan. and Feb.-May. Cost: \$30 per term. For more information call Kate Bailey at 503-409-6646 or come by and check us out.

Woodburn Public Library

Infant/Toddler Storytime, Tuesdays, 10:30-11 AM for infants and toddlers to 30 months.

Library Storytime, Wednesdays, 10:30–11 AM, stories, finger plays and crafts for families.
Cuentos en español: Tuesdays, 5:30-6:30 PM
Kids Book Club, Mondays, 3:30-4:30 PM, read and discuss chapter books for ages 10-12; book related snacks & crafts.
Third Thursday Teens, 6:30-7:30 PM, the 3rd. Thursday of each month a different activity for teens.
Saturdays at the Library, 1:30-2:30 PM, every Saturday a different activity of special performer for the whole family.

Lowther, 503-393-4256

Special Olympics

Coastal Valley, Sue Hill Phone 503-362-8408

Technology Access for Life Needs (TALN), Oregon Paralyzed Veteran's of America (OPVA) (also available for non-veterans)

Buddy McNaught, V/TTY: 503-399-4950

Wheelchair Tennis

William Hoar, 503-391-4246

Special Recreation Activities

H.O.R.S.E.S.

For the physically challenged a.k.a. the Adaptive Riding Institute offers Recreational and Therapeutic horseback riding for people with special needs. Volunteers are also needed for this special program. For more information call 503-873-3890. E-mail: info@AdaptiveRidingInstitute.org web-site: www.AdaptiveRidingInstitute.org

Oregon Disability Sports

Challenge Games, Equestrian Referral, Jr. Wheelchair Sports, Resource Directory & Calendar, Swim Meets, Phone: 1-800-869-8180, Fax: 503-224-2216
Email: orgames@open.org
New website: www.oregondisabilitysports.net
2125 N Flint, Portland, OR 97227

Silver Spinners Wheelchair (square & round dancing) Janet

ywca programs 503-581-9922 www.ywcasalem.org

YWCA Women's Health Program

A program focused on breast & cervical cancer awareness, education, and community outreach. Partners with the Marion County Breast & Cervical Cancer Screening Program to provide a no cost mammogram to eligible women.

Breast Cancer Support Group

Meets at the YWCA the 2nd and 4th Wed. of every month 5:30-7 PM. Free wigs, prosthetics, hats, scarves, reference guides, and library books.

Youth & Teen Programs

Da Vinci Girls is an informal after school educational program for 3rd to 5th grade girls. The goal is to stimulate girls' interest in science, math and technology.

Salem Outreach Shelter

A transitional housing program for homeless families in Marion and Polk Counties. Ten families reside at the shelter at one time for an average of three months. During this time families must strive for a successful future with permanent housing, stable income, and resources to obtain stability.

Resource Assistance

Assisting families in overcoming barriers to self-sufficiency. Case management services such as problem solving, advocacy, interpreting, and referrals are provided.

Divorce Education Programs

Cope is a seminar for parents who are divorcing or separated. We also have an eight week workshop for the children of divorce called Rollercoasters.

Teen Parent Program Childcare Center

Assists pregnant and parenting students in earning credits toward their high school diploma. Provides childcare from ages 6 weeks to 6 years, at the Chemeketa Community College site.

**eliminating racism
empowering women**

ywca