



Fulfilling the Promise of Every Child

Parenting Resource List January 2010

If you have information to add please submit to
Cara Larson at 695-1325 ext. 4221 or caral@chs-wa.org

Are you having trouble navigating the list or not sure which offering is for you? Children's Home Society of Washington offers some immediate opportunities to have your questions answered. No appointment necessary, you simply drop in. All offerings are located at Children's Home Society's Vancouver Family Center at 1112 Columbia Street. (Located on the corner of 12th and Columbia downtown Vancouver.)

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

-Office Hours with Cara: Thursdays, 5-6 PM.

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

Save the Date and Register Today! **Second Annual Kinship Caregivers Resource Fair**, Saturday, February 27th, 8:30AM-4 PM, Clark County Center for Community Health. Register by calling Lauren at 695-1325 ext. 4224 or laurenh@chs-wa.org

Parent Education Classes and Workshops:

Children's Home Society of Washington

-Families Creating Change: A class specifically designed for families with open cases with the Division of Children and Family Services-Child Protective Services. Wednesdays, 12:30-3 PM, Children's Home Society of Washington, 1112 Columbia Street. 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 social worker or Peggy Hays at 993-7816.

-Welcome Baby @ Home: Every parent has questions about how to best support their baby's development and early learning. Welcome Baby @ Home provides free home visits for families with babies ages 0-12 months old. Visits are tailored to



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meet the needs of you and your baby. Information and referrals to local activities, programs, and services. Opportunities for fun and learning. Developmental Screenings. No eligibility requirement. Call 695-1325 ext. 4204 to schedule a visit. Spanish speaking families can call 695-1325 ext. 4224.

-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 scheduled for the 3rd Saturday of each month from 2:30-5:30 PM at Legacy Salmon Creek Hospital, 2211 NE 139th Street. \$30 fee per person. To register call Tristen at 695-1325 ext. 4215.

-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.

Winter Class: Wednesdays, January 13th-February 17th. 6-8 PM at Legacy Salmon Creek Hospital, 2211 NE 139th Street.

Spring Class: Wednesdays, April 14th-May 19th, 6-8 PM at Legacy Salmon Creek Hospital, 2211 NE 139th Street.

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, Vancouver Family Resource Center, 309 W 12th Street. For more information call Margaret at 695-1325 ext. 4233



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-Parents and Partners: The transition to parenthood is a journey that takes you from one point in your life to another with peaks and valleys along the way. 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 \$80 per couple. The fee includes all workshop materials including Couples Workbooks and Love Map Cards. 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.

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: 3rd Saturday every month, Saturday, January 16th from 10AM-2:30 PM. Cost: \$85, some scholarships are available, inquire when you register.

Court Certificates given upon completion.

Location: Children's Home Society of Washington, 1112 Columbia, downtown Vancouver. Pre-registration is required. Registration and information: Centerpoint Resolution Specialists, LLC 360/892-2992 or online: www.CenterpointResolution.net

Dads Forever-Helping Fathers Parent Through Difficult Divorce Transitions

(Court Approved Parenting through Divorce Curriculum- Court Certificates given for participation.) 6 weekly sessions meeting Tuesdays from 6-8 PM, \$20 per week. Starting January 5th 2010. Registration and information: Centerpoint Resolution Specialists, LLC 360/892-2992 or online: www.CenterpointResolution.net

Parenting Through Divorce Support Group

Six week Therapeutic Support Group combined with Parenting Education, Thursdays January 7th through February 11th, 6-8 PM. Cost is \$30 per week. Registration and information: Centerpoint Resolution Specialists, LLC 360/892-2992 or online: www.CenterpointResolution.net



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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 Parent Curriculum sponsored by DASA (Clark County's Division of Alcoholism and Substance Abuse). The ten-week class covers topics such as appropriate expectations, developing empathy, alternatives to corporal punishment, and empowering children to succeed. A light supper and childcare are provided. For more information please contact Teri Owen @ 360.891.3007

Volunteer Lawyers Program

Non-Parental Custody Seminar. It is for relatives raising relatives who want to understand the legal process to get legal non-parental custody. It is a 2-hour seminar given by an attorney. It is held once a month on the third Wednesday from 6-8 PM, at the YWCA on Main Street and free and open to the public. There is no pre registration. People can just show up. For more information contact Susan Arney at 360-823-0423.

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



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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.

Innovative Services NW

Parenting training for Substance Abuse Treatment and Recovery. The program is family focused, and operates under the principle of nurturing the parent. It specifically addresses substance abuse and recovery. The program takes a developmental approach, which provides opportunity for parents to enhance their understanding of themselves and their children. It is an 11-week training. There is no fee. Next session starts on January 13th and will be held on Wednesdays from 5-7 PM at Innovative Services NW 9414 NE Fourth Plain Road, Vancouver, WA 98604. For more information or to register for upcoming classes call Michi Gillingham at 360-823-5162.

Stepcoupling Workshops

Attend an upcoming Stepcoupling workshop and learn how to thrive in your stepfamily. For more information check out www.stepcoupling.com or call (503) 227-4166.

Excellent Renting: 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. Winter Class starts Tuesdays, noon to 2 PM, January 12 - Feb. 16, 2010.

For more information or to register call Victoria Clevenger at 360-993-5301 x. 122 or vclevenger@secondstephousing.org We're sorry -- childcare is not 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:



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www.secondsaturday.com; click the Portland or Vancouver link on the right hand column.

-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.

-NEW!! Now in Vancouver-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 who qualify for it, and arrange for it in advance by calling Dana Greyson at (360) 448-8833.

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

Visions for Tomorrow 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.

ESD 112

Through the Parents as Teachers Program, parents with children under the age of five are eligible for individual parenting support in the form of home visits. A knowledgeable parent educator meets with the family once or twice a month depending on the need. The educator brings out activities to do with the parent and child as a way of encouraging and promoting attachment and parent involvement. High needs families may be eligible for on-going services while other families may benefit from short-term consultative home visits designed to address a specific issue. If you have questions or would like more information, please call the Parents as Teachers Program at 750-7500.

SW Washington Medical Center

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

FREE Car Seat Class and Clinic: 3rd 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.

-January 16th, 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

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

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 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 12th and Columbia Street, downtown Vancouver. For more information call Cara at 695-1325 ext. 4221. 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.

-Dads for Dads Group: meets on the 1st Thursday of each month, 6:45-8:15 PM, Children's Home Society of Washington (1112 Columbia Street) located on the Parenting Resource List January 2010



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corner of W 12th 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) For more information contact: Vi Hansel at 695-1325 ext. 4230.

Regular monthly coffee and conversation groups. For January we'll be reflecting on 2009 and planning for 2010, please join us Friday, January 8th at Human Service Council, 201 NE 73rd Street from Noon-1:30 and Tuesday, January 12th, 6-7:30 PM at Jim Parsley Community Center, corner Plomondon & Caples. Swim pool will be open from 6:30-8 PM. Children age 7 and older can swim without adult accompanying. Call Vi at 695-1325 x 4230 for more info.

-Teen Girls Sexual Abuse Support Group

Drop-in support group for girls ages 13-18 years that are recovering from sexual abuse. Group meets on Mondays, 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.

Community Justice Center:

Women's Support Group. Are you finding it difficult to manage the conflicting demands of your busy life? Would you like to access community resources that are available to help you? Do you have background issues that are standing in the way of your success? Is past trauma still impacting your present ... and future? Could you just use a little support sometimes? OUR WOMEN'S SUPPORT GROUP CAN



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HELP! We meet the 1st and 3rd Thursday of each month from 10-Noon at the Community Justice Center (CJC), 9105-B NE Highway 99, Vancouver, WA 98665. (Easily accessible by C-Tran bus route #37.) For more information, call Beth Robinson at (360) 397-6119 x1807.

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.

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 1st and 3rd Tuesday at 6:15. Call Rhonda for more information and to RSVP, 798-7803.

-Families of Inmates with Mental Health Issues

(FIMHI) Do you have a loved one who has a mental health issue and is incarcerated? Are you having a hard time navigating the system? Are you looking for support to help you support your loved one? Come share your knowledge and experience with others who are in similar situations. This is a mutual support group facilitated by 2 mothers who have been there. Carol Murch, MSW and Janet



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Bentley-Jones, CADC-II. The 2nd Monday of the month from 7-8:30 PM, NAMI office, 2801 Ft. Vancouver Way. For more information call (360) 695-2823.

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.

Post-Adoption Resource Center (PARC) at Children's Center

Parent/Caregiver Support Group. Support group for all parents of adopted, guardianship or kinship families held the first Thursday of each month. Contact information: Barbara Fullman, can be reached by email at barbaraf@thechildrenscenter.org or by phone at 699-2244. PARC office hours are Thursdays 11 AM - 6 PM. For more information about the Post-Adoption Resource Center, go to www.thechildrenscenter.org/PARC.php.

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 58th 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



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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.

Positive Change Mediation: Would having a productive discussion with your ex in a safe environment with a skilled facilitator help your relationship with your children? Positive Change Mediation Services offers income-qualified parents up to 8 hours of family mediation services at no charge for parenting plans and parenting plan modifications. Parent-teen mediations, Step-family mediations and Separation Coaching services (i.e, you want to co-parent better but the other parent won't mediate) are offered on a sliding scale. Flexible days, hours. FYI - families with civil restraining orders are only eligible to mediate if the person who requested the restraining order requests the mediation and asks the courts grant an exception for mediation. Mediation is not a replacement for legal assistance. Call 448-8833 or check www.PositiveChangeMediation.com for more info.

New Service: "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



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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>

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, followed by a nutritious snack, and then a group story time.

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.

-Children's Home Society, 1112 Columbia Street in the basement, **bilingual, bicultural** Play and Learn group designed for **Spanish speaking families**. 2nd and 4th Wednesdays of each month from 5:30-7:30. For more information call Lauren at 695-1325 ext. 4224.

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.



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ESD 112 and the Fort Vancouver Regional Library District

Read and Play family story times for children ages birth to five and their parents/caregivers. Group activities include a 20-30 minute librarian-led story time followed by free play/activity. The last $\frac{1}{2}$ hour includes a parent education discussion. These free groups are offered on an on-going basis. There is no pre-registration required for these groups which are a great way to meet other families and familiarize children with the idea of coming to school.

Fall Schedule:

Eisenhower on Mondays at 10.

Sacajawea on Tuesdays at 10.

Image on Tuesdays at 10.

Silver Star Elementary on Wednesdays at 10.

Orchards on Thursdays at 10.

Fruit Valley on 1st and 3rd Thursdays at 10.

For further information contact Johanna Bateman at 759-4812 or jbateman@fvrl.org

Contacts are these: Johanna Bateman at Fort Vancouver Regional Library District, 360 759-4812 for all sites, Brenda Starr, ESD112 Parents as Teachers for Eisenhower, Image, Orchards, Silver Star, 360 750-7500, and Lisa Sarver for Sacajawea and Fruit Valley, also 360 750-7500.

Play Groups:

Vancouver-Clark Parks and Recreation:

-Indoor Playgroup. Ages 6 mos-4 years. Stay and play with your child. Children socialize and gain self-confidence through play. Run, climb, jump and explore on safe toys. This is a drop-in program; no pre-registration is required. Punch cards available. Marshall Center Gym, 1009 E. McLoughlin Blvd, Vancouver, WA Mondays 9/14-12/14 9:30-11 AM. 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



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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

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

Or visit www.nwdsa.org

Para comunicarse en español llame a Sheyla Hirshon al 503.239.1509

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

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



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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: Sarah J. Anderson, Eleanor Roosevelt, Fir Grove, Sifton, Silver Star, Ellsworth, Maple Grove and Jemtejaard. In order to be eligible for the tutoring you must be on free or reduced lunch. To sign up please contact Jeanie Hartlaub at 360-980-2422.

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. 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 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. Awareness of transitions can help youth understand behavior that frustrates them, and help caregivers and social workers feel empathy instead of frustration and anger. 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. We will be starting a new group in January 2009. For further information, please call 750-5836 or 750-5828.

Support Services for Families Living with Disabilities

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 or pick up a current catalog at any one of our facilities.

Vancouver-Clark Parks and Recreation:

- Yoga for All , 18 and older, T/Th 9:30-10:15 am, classes start 1/5/2010
- Special Abilities Gymnastics Class, all ages W 6:45-8:15 PM, starts 1/6/2010
- Bit-A-Movement, 18-36 mos. T 11-Noon, classes start 1/5/2010
- Exploramotion, 4-6 years, T 3:30-4:30 pm, classes start 1/5/2010
- Play and Learn Inclusive Playgroup, 6 mos.-36 mos. M 9-10 am, classes start 1/4, Th 4-5 pm starting 1/7/2010



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For details or more information please call 360-487-7058 or visit our website at www.vanclarkparks-rec.org

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 Tammy Bedlion, Parent to Parent Coordinator 759-4917 Ext. 104.

-ARC Family Coffee Social

Families are encouraged to meet for coffee and conversation at the ARC Family Center the second Thursday of the month, 9:30-11:30 AM, 6511 E 18 Street, Building A, Vancouver.

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) 759-4917 x 109 or (360) 907-3287.

Family Educator Partnership Project: ESD 112

The Family Educator Partnership is a statewide project that encourages families, educators, and community agencies to work together in supporting children and youth who need special education services. For more information contact Jo Ann Richardson at mjkjmk@comcast.net



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Special Education PTSA 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. To get on our e-mail list, e-mail 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, 317 E. 39th Street, 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, 317 E. 39th Street, 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 2nd Wednesday each month



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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 1st and 3rd Tuesday at 6:15. Call Rhonda for more information and to RSVP, 798-7803.

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 or Jamie Burch @ 503.704.3883 or

butterflyburch@yahoo.com or visit 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 3rd Thursday of each month, 5-7 PM, Church of the Good Shephard, 805 SE Ellsworth Road.

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

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



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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

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, Parenting Resource List January 2010



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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



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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 or call 695-1325 ext. 4221.