



CHILDREN'S
HOME SOCIETY

of Washington

Fulfilling the Promise of Every Child

**Parenting Resource List
January 2015**

Parent Education Classes and Workshops:

Children's Home Society of Washington

-Attachment Vitamins—Class starts January 28th.

FREE class for parents of children ages 0-3. This program teaches parents about their newest family members and aims to increase skills that foster children's abilities to love and feel love. Parents will learn to speak "child" and understand their child's temperament and how to support them as individuals. Additionally families will learn how to overcome trauma and stress to increase resilience in the children – setting them up for a lifetime of success. The class is 90 minutes a week, for 10 weeks. Space is limited. If the class is full, a waitlist is available for the next session in March. Contact Mackenzie Dunham for more information mackenzied@chs-wa.org, 360-356-1326.

-Vancouver Parent Trust Group: Focused on parenting children 0-18 years. Drop-in, no registration required. **Free** children's program for children ages 0-12 of parents participating in group. No registration required for children's program. Thursdays, 6:45-8:15 PM, Children's Home Society of Washington (1112 Columbia Street) located on the corner of W 12th and Columbia Street, downtown Vancouver. Certificates awarded for 12 weeks participation. For more information call (360) 695-1325.

- Incredible Years Classes: The Incredible Years classes are available to families with open cases with the Division of Children and Family Services for free, as well as families with Medicaid engaged in counseling or for those who want to pay for the class, CHSW provides a sliding fee scale. Incredible Years is a fun interactive class designed for families with children up to 8 years of age. Incredible Years promotes children's social and academic successes and prevents the development of child problem behaviors. The parent enrichment component of the program emphasizes parenting skills designed to promote self-confidence and cooperation in children with respectful discipline and interactions to strengthen the parent-child relationship. A family meal is served and free childcare is provided. For more information and to register call Linda Williams (360) 334-5658.

-Coffee Talk- Parenting Support

"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 for a chat over coffee. Wednesdays, 10-11 AM, CHSW, 1112 Columbia Street.

-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! Workshop costs \$30.

-Next class is January 29th, from 6-9 PM at PeaceHealth Southwest Medical Center, 400 N.E. Mother Joseph Place, Birth Center Conference Room #5. Register by calling 514-2229.

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 281-2378.

ESD112 - Parent U is a new program designed especially for parents of children from birth through high school. Our mission is to connect parents with experts who can provide guidance and resources they need to help their children grow, learn and flourish.

Designed to accommodate a parent's busy schedule, Parent U will:

1. Guide parents through their child's developmental years;
2. Answer parents' questions about their children's school experiences; and
3. Support parents as they seek ways to keep their children safe and healthy.

Visit us today at www.parentu.net

www.TheLearningCommunity.us a non-profit parenting education website with information to help schools and families work together on behalf of children.

Partners in Parenting

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

Trauma in Life- Women's Support Group

A high percentage of women in the criminal justice system are impacted by past and current trauma. The Women's Support Group uses interactive journaling to help female clients build resilience and learn coping skills. This is a partnership between Clark County District Court – Corrections Division and Washington State Department of Corrections (DOC). Appropriate referrals must have past or current criminal history; however, they do not need to be on active supervision with one of these agencies to participate. The group currently meets on Tuesdays from 10am-noon at the DOC Community Justice Center, 9105-B NE Hwy 99, Vancouver, WA 98665.

Women who complete all 6 sessions will receive a special incentive gift basket, including a journal and other self-care items to help continue their progress Please see the attachment for group details, and contact the co-facilitators if you have any questions:

Bethany Mirau: (360) 397-6119 ext. 4158 or <mailto:bethany.mirau@clark.wa.gov>

Caroline Melhuish at (360) 571-4373 or <mailto:caroline.melhuish@doc.wa.gov>

YWCA of Clark County -Where we live: a parent involvement project-

The YWCA Clark County offers a 4-week series for adults who want to learn skills to help keep children safer. This program helps parents and caregivers of children ages 0-10yrs old learn skills that can help prevent abuse. Topics include learning warning signs of potential perpetrators and their tactics, effective ways to address suspicious adult behaviors and tools for comfortably discussing healthy relationships with children. For more information, call Traci Cole 360-906-9151

Pathways to Responsible Fatherhood-Next Workshop, January 24th

Northwest Marriage Institute is sponsoring a FREE workshop called Pathways to Responsible Fatherhood. Participants will receive a \$40 Fred Meyer Gift Card, plus lunch will be provided free to all attendees.

This workshop covers Healthy Relationships, Responsible Fatherhood, and Parenting with Love & Logic. It is funded by a grant from the US Dept. of Health and Human Services, Administration for Children and Families.

After the workshop, participants will have the opportunity to set appointments to meet 1:1 with coaches to discuss workforce advancement, financial stability, and other resources to help them become better parents. Those who complete the post survey and coaching will receive an ADDITIONAL \$25 Fred Meyer gift card.

Register online at the Northwest Marriage Institute web site: www.northwestmarriage.org. You can also register by calling (360) 260-1100

City Harvest Church - Help & Hope for Single Parents

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

At a Single & Parenting group, you'll participate in video seminars that explain how to:

Wisely encourage your kids to obey, Help your hurting child, Eliminate debt, Deal with verbal onslaughts, Figure out what your emotions are telling you. Plus, you'll develop meaningful friendships with other single parents, who, like you, are tired of hectic mornings and chaotic evenings, the kids fighting, and a never-ending to-do list.

Take the guesswork out of parenting alone. Thursdays, 6:30- 8 PM. Free childcare and course materials. Register by calling Andy, 360-433-8656 or email singleparent@cityharvestchurch.com

Centerpoint Mediation, LLC– Reduce the Harmful Impact of Divorce on Children “Parents Forever” class for parents experiencing divorce

Learn how to reduce the harmful impact of divorce on your children by attending this 4-hour, single session class. Parents will learn specific ways they can increase the resilience of their children and help them more effectively cope with the trauma of divorce.

Saturday Classes: Every 3rd Saturday of each month, 10 AM-2:30 PM, (Nov 16.) Location: Peace Health Southwest Medical Center Campus, Cost: \$85; sliding fees based on income are available; inquire when you register. Court certificates are provided upon completion. Pre-registration is required. Registration and information: Centerpoint Mediation, LLC 360/892-2992 or online: www.centerpointmediation.net

NW Family Psychology is now offering a research based divorce education class to meet the requirements for a 4-hr court referred parenting class. The purpose of this course is to help parents minimize the amount of hurt their children experience and promote healthy development in divorce/separation. To meet this aim parents will be provided specific tools they can use to protect their children from the trauma of divorce. Parents who complete Parents

Forever™ will be provided skills and tools to help them reduce the effects of divorce on their children and themselves. Classes are held once a month on the second Tuesday of every month. The cost is \$75/person. Pre-registration is required. For more information on the class and how to register call (360) 910-1522 or visit <http://www.nwfamilypsychology.com/#!registration/cpau>

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

-Portland Class-every 2nd Saturday at Cascadia Wealth Management offices 8050 SW Pfaffle St Portland, OR 97223. To register: www.nwsecondsaturday.org \$45. For information, call Grace Antares 503-803-4057

SafeChoice Domestic Violence Class

The SafeChoice Domestic Violence class is 8 weeks in length. Participants attend class on Mondays 6:30-8:30pm. There is a \$15.00 materials fee due at sign-up. Class is limited to 12 participants. Childcare is provided. Please call 360 696 0167 for more information, sign-up and start dates. Pre-registration is required. This class is for victims and survivors of domestic violence. It is recommended that participants attend support groups and/or one-on-one advocacy appointments prior to attending this class. Topics covered in the class include: personal rights and the impact of abuse, family roles and abuse, dysfunctional childhood legacy, anger, boundary setting, grief, fear and guilt, goal setting, and healthy relationships.

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

HELP YOUR CHILD SUCCEED IN SCHOOL—AND IN LIFE! A strong parent-child relationship is the foundation for your child's future success. However, the demands of parenting often leave parents feeling frustrated, out of control, and with little time to focus on relationship quality. Heart Connections Counseling Center is again offering Child-Parent-Relationship (C-P-R) classes. Learn skills and techniques proven highly effective for helping parents communicate with and discipline their children more effectively. This play-based approach not only helps parents learn to manage their children's behavior successfully, it also provides parents with the keys to enhancing and strengthening the parent-child bond and having more fun with their children. To learn more about how this program can help you and your child, please call Lynne Smith, Heart Connections Counseling Center at 360-213-1801. CLASSES BEGIN soon and have limited enrollment. Call today to reserve your spot. Classes are \$20/week/person or \$25/couple/week, scholarships are available.

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

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

To get legal advice over the phone, call the CLEAR Hotline. The number is 1-888-201-1014 and they are open Monday thru Friday from 9:15 AM to 12:15 PM. It is a very busy number. You should hang up and redial over and over until you get through. Mondays are their busiest day. You could be on hold for 30 minutes. A landline is better than a cell phone.

They will give you legal advice and if further services are necessary they will refer you to one of the local programs. If they refer you to the VLP we will call you in 3 or 4 days. For legal information on the Internet go to www.washingtonlawhelp.org. They have legal information as well as forms and instructions for many areas of law.

Educational Opportunities for Children and Families Head Start, Early Head Start and ECEAP: Educational programs for pre-natal to 5 year olds

Looking for a comprehensive early childhood experience for your child? EOCF offers free pre-school programs (for 3-5 year olds) and home visiting programs (for pre-natal-5 years old) to qualifying families. EOCF also provides full day child care for families participating in the Working Connections Child Care subsidy program who have children ages 1 month - 5 years. Childcare is available in the 205 corridor area. EOCF accepts applications for all programs ongoing throughout the year.

Call us today at (360) 567-2720 for an eligibility appointment or look us up on line at www.eocfwa.org to see if your child qualifies!

ESD 112 Early Head Start

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

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

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

-Family to Family is a free 12-week course for family and caregivers of an adult with severe mental illnesses. The material covered discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively. The teachers are also family members who have been trained to teach the materials.

-NAMI Basics is a free 6-week education program for parents and other caregivers of children and adolescents living with mental illnesses. The material discusses illnesses and their potential treatments; resources for parents and care givers; and teaches the knowledge and skills that all family members can use to cope more effectively.

-Peer- to-Peer consists of ten two-hour classes led by mentors who are personally experienced at living well with mental illness. The material provides many tangible resources: an advance directive; a "relapse prevention plan" to help identify tell-tale feelings, thoughts, behavior, or events that may warn of impending relapse and to organize for intervention; mindfulness exercises to help focus and calm thinking; and survival skills for working with providers and the general public.

-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.

-Crisis Family Support group by NAMI / Clark County Crisis services. This is a group for individuals who support others who live with a mental illness. Whether that person is a family member, a friend, or acquaintance, you're not alone. Come get ideas and share your stories. It helps to hear from others who have been down that road before. Also get a chance to speak to a Crisis Peer support staff who can answer community resource questions. We meet at the NAMI office on the 4th Tuesday of the month 7:00 – 8:30 pm. 8019 NE 13th Ave, Vancouver WA 98665 feel free to call the group leader Kay Roberson Monday – Friday – 8 am – 4pm at Crisis 360-696-9560 if you have any questions.

To learn more about these NAMI classes, visit www.nami.org. **To sign up, call 360-695-2823 and leave your name and phone number and indicate which class you are interested in attending.** An instructor will call you back a before the class begins to verify your registration and interest.

Maternity Support Services (MSS) is a free program for any pregnant woman with Medicaid insurance. Our care team of a nurse, social worker, and community health worker provides support, education, and resources for moms throughout pregnancy and the immediate post-partum period. We also serve families meeting certain criteria through baby's first birthday. We can assist clients with resource needs, provide health education, connect them with community programs, and much more! Locations include Vancouver, Battle Ground, and Washougal. Contact Program Manager Luana Nery at (360) 852-9092 for more information or to refer eligible clients.

PeaceHealth Southwest Medical Center

All classes are also listed on our website www.peacehealth.org/baby

-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) 450-8997. Registration begins at 7:30, class 9am-1pm.

-Your Baby, Your Way – Southwest –New online resource for information about classes, support groups, and topics including pregnancy, childbirth, breastfeeding, safety, wellness, and more!

-Bright Beginnings (Breastfeeding & Baby Care Accelerated) What expectant parents need and want to know about their babies' first months. Explore your newborn's talents, needs, development, & breastfeeding for optimal health. Includes tools for nurturing & bonding with a newborn, and support resources for new families. If you are signing up for this class, you will not need to sign up for Breastfeeding 101 or Life with Your Newborn. We recommend you attend by your 30th-34th week of pregnancy. Support person encouraged to attend. Registration required.

-New Grandparents 101: How-t o Be Helpful

Are you becoming a new grandparent? Attend this fun and informative class to discover how things have changed since your babies were born. You will learn the latest information about effective communications between you and the parents-to-be, newborn care, current guidelines for car seats and safety in the home, vaccines, the 5 8's to calm a fussy baby and much more. Most of all you will gain insight about establishing a positive relationship with your new grandchild! 2 hrs, Free

-Baby Care-

Learn about the unique and wonderful world of living with a newborn. Learn about physical care, emotional care, when to call for the doctor and safety issues. Registration required.

-Breastfeeding Support: Every Thursday at Family Birth Center

Birth to 1 month: Noon-1:15 pm

1 month and up: 1:30-2:30 pm

For the breastfeeding mom and her new baby; facilitated by lactation specialists. Due to space limitations, no siblings please.

-Infant CPR for friends and family- Learn the basics about CPR for infants up to one year of age. Acquire the skills needed to perform CPR and how to clear an obstructed airway. For this class only, it is advised not to bring babies due to the need to practice on mannequins. This class can be taken before or after baby is born.

-DAD 101: New Dad Workshop

Are you a new or expectant Dad? Then this workshop is for you! More than just basic baby care, the New Dads Workshop offers men insight into preparing for those precious first few months of baby's life. This program is for men and taught by a man it provides a "hands on" overview of baby's basic needs, the "things every Dad needs to know," and how to build a solid relationship with your child from the very first day. *Register for these classes on-line at <http://www.swmedicalcenter.org/baby-care-classes> or call 360-514-BABY ext 2229.*

Legacy Salmon Creek Hospital

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

-Baby Care and Breastfeeding – a 7 hour class that combines the information taught in both the Baby Care Essentials and Breastfeeding classes. Salmon Creek Medical Center, Main Hospital Bldg, 3rd Floor. Conference Room C & D. 2211 NE 139th St. Cost: \$35 For more information or to pre-register call 487-5498.

-Come to Baby and Me for your first outing with baby! This is a great place to meet other parents, share and ask questions. We welcome diaper changing, infant feeding and everything else! For more information call: 360-487-3500 (WA) or 503-335-3500 (OR)

Happy or sad, good day or bad, bring your baby and join us at any of the following locations for Snugglers and Giggles.

Legacy Emanuel Medical Center-- Wednesdays

Legacy Good Samaritan Medical Center –Tuesdays

Legacy Meridian Park Medical Center – Tuesdays

Legacy Salmon Creek Medical Center – Thursdays

GROUP MEETING TIMES

Snugglers: Newborn to 6 months 2:00- 3:30pm

Giggles: 6 months and beyond 12:00-1:30pm

Advanced Pediatric Therapies

On the 2nd Thursday of each month from 7-9 there is a support group and lecture series for parents of children with Sensor Processing Disorders called "Sensory Seminars." The location varies. The flier with the list of topics can be viewed at www.advancedpediatrictherapies.com

Public Health

-Nurse Family Partnership: a free intensive program where our nurses can meet up to once/week with a first time mom of any age and provide services until the baby's 2nd birthday. Mom must enroll before her 28th week of pregnancy. Contact (360) 397-8440.

-The Children with Special Health Care Needs (CSHCN) program provides public health nurse support and linkage to community resources for families who have children, birth to 18 years, with a chronic health condition. Contact (360) 397-8440

-Prescription Assistance Service: Clark County Prescription Discount Program

Service Phones: (360) 397-8214 Main phone, (360) 397-8407 TTY/TTD

Service description: The Clark County Prescription Discount Card is a free discount card that provides an average savings of 20% off of the retail price of common prescription drugs. The range of savings is from 14%-35% depending on if the medication is generic or brand name. A mail-in pharmacy option is also available that offers up to 50% off generics. The card can be used by all county residents. Individuals who have insurance can use the card for medicines not covered by their plan. One card is good for the whole family and is ready to use by presenting it at a participating pharmacy. 92% of area pharmacies are participating.

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/>

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 (360) 695-1325. Certificates awarded for 12 weeks participation.

-Parents Again: A support group for relatives raising relative children. (Grandparents Raising Grandchildren) – meeting time 11-1 pm. For more information call Sandy at 334-5578

1st Friday-Human Services Council

201 NE 73rd St.

2nd Friday-Round Table Pizza

5016 NE Thurston Way

3rd Friday-Beautiful Savior Lutheran Church

12513 SE Mill Plain Blvd

4th Friday-Cascade Park Library

600 NE 136th Ave

-Triple Point Support Group

A support group for Lesbian, Gay, Bi, Trans and Questioning youth ages 11-17. Like-minded youth, coming together to talk about today's issues, tomorrow's solutions and a future without limitations. Tuesdays Drop-In 4:30-7:30 pm. Children's Home Society, 1112 Columbia Street, downtown Vancouver. Group is free. For more information drop-in on Tuesday nights or call direct line - (360) 334-5563 or (360) 334-5560.

Trauma in Life- Women's Support Group Focus will be on interactive journaling techniques using a variety of media. This is a closed group for women with criminal history and attendance at all 6 sessions is expected. We meet Tuesday's from 10 to noon at the Community Justice Center, 9105-B NE Highway 99, Vancouver. Let us know if you need assistance with transportation. For more information call Beth Robinson at 360.397.6119 x4291 or Caroline Melhuish at 360.571.4373.

Youth Impact Program provides one-on-one coaching and employment support for current and former foster youth ages 15-24 and homeless youth ages 16-21. For more information, contact Travis Blankenship at tblankenship@innovativeservicesnw.org or 360-601-8854.

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. Call 360-835-1066 with questions. See <http://familiesanonymous.org/> for on-line resources including free e-meetings.

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 (arrive no later than 11:45 for childcare). No registration required. Thursdays, Noon-2 PM, YWCA, 3609 Main Street in Vancouver. For more information contact Irma Magaña 906-9118.

YWCA of Clark County

Support group for non-offending parents and caregivers of children who have been sexually assaulted. The YWCA Clark County offers a closed support group for non-offending parents and caregivers of children who have been sexually assaulted. This 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 behaviors after a sexual assault, and the grooming process used by abusers. This group meets for 5 weeks and offers parents a chance to connect with other parents and gain support from each other as well as opportunity to acquire knowledge about sexual assault issues to better help themselves and their families and children. Please contact Kai Hill at 360-906-9156 to learn when the next group starts; preregistration required.

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 Don Greenwood at 695-2823.

Autism Empowerment SW WA Men's ASD Support Group: Support for Dads, Grandfathers & Male Caregivers

Autism Empowerment facilitates a support group for men living or working in the Southwest Washington area. Open to dads, grandfathers and male caregivers who are supporting children,

teens and adults of all ages with Autism, Asperger's or other neurological differences. Group meets monthly with quarterly family events.

- **When:** 3rd Friday of each month from 7:00 p.m. – 9:00 p.m.
- ARC Family Center located at 6511 NE 18th, St. Vancouver, WA 98661.
- **Bring:** Yourself and any resources you might like to share
- Contact John Krejcha at Autism Empowerment for more details at john@autismempowerment.org, or visit: www.AutismEmpowerment.org

SW WA Adults on the Autism Spectrum Support Group

Are you an adult on the autism spectrum looking for support and the opportunity to connect with others who may be traveling a similar journey? Come join us! Autism Empowerment has launched a new support group open to adults of all ages with **Autism / Asperger's** or who believe they may be on the autism spectrum. This will start as a monthly coed support group that is peer led. We may have breakout sessions by gender based upon interest.

If there is demand, we may do occasional service volunteer projects or connect for social activities. Part of the support group is also providing you with meaningful resources that you can take home and connect with. The goal is a support group where people feel included, accepted and respected and become enriched and empowered along the way. If this sounds like something of interest to you, please feel free to check us out and know upfront that it is okay to be anxious. (Chances are, many of us in the room will feel that way too!)

- **When:** 2nd Friday of each month from 7:00 p.m. – 9:00 p.m.
- **Where:** ARC Family Center located at 6511 NE 18th, St. Vancouver, WA 98661.
- **Cost:** Free
- Snacks, beverages and sponsorship provided by Autism Empowerment
- Contact: Karen Krejcha at Autism Empowerment, support@autismempowerment.org or (888) 699-2967

-Autism Empowerment Radio (podcast) - We've hosted over 125 shows since June 2012 with topics of interest to self-advocates and families impacted by Autism and Asperger's. Our main podcast station is **Autism Empowerment Radio** and our sister station is **Autism and Scouting Radio**. Shows can be heard live or downloaded for free at iTunes or BlogTalkRadio - <http://www.autismempowerment.org/autism-empowerment-radio-network/>

Autism Empowerment upcoming events

Special Needs Trust Workshop-Plan for your child's future

Thursday, Sept 25th 6:00-7:30 pm, Cascade Park Community Library 600 NE 136th Ave. to RSVP contact Elissa Bosley, 503-542-9477 or ebosley@financialguide.com

Mothers Share

A support group for new moms and their babies newborn up to one year of age. Offering new moms support education and friendship. This group is held on Mondays, 10:30 am to noon in the PeaceHealth Southwest Medical Center Family Birth Center classroom.

Multiples Support Group

A support group for mothers of twins or more. This group is held in the PeaceHealth Southwest Health Education Center and is facilitated by other local moms who have twins. To find out meeting times please go to www.peacehealth.org/baby

M.O.M.S

A support group for mothers 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 Karen Faust 503-358-2526 or Rhonda Oathes 360-909-6275.

MOMS Club of Vancouver

Weekly support groups for stay at home moms of children birth-preschool age. 4 Chapters in Clark County. \$30 annual fee that includes monthly newsletter. General information available at www.momsclub.org

Baby Blues Connection - MamaCare Group: A mom-to-mom support group

Our MamaCare groups address common concerns many new mamas face including depression, anxiety, birth trauma and stress related to becoming new parents. We'll discuss your new role, your symptoms and your fears. Group is also appropriate for pregnant women and post-adoptive mamas struggling with depression or anxiety as well. All information shared at meetings is kept confidential in our judgment free, safe space. We are LGTBQ friendly too!

Please call [800-557-8375](tel:800-557-8375) (toll-free) prior to attending (if possible). For more information call, visit our website babybluesconnection.org or email us at info@babybluesconnection.org.

Groups meet in Vancouver, SE & NE Portland, Gresham and Portland West-side.

Support for Relatives Raising Relative Children

Children's Home Society of Washington

CHSW Kinship Navigator

Are you a grandparent or other relative raising children? Do you need help navigating the system of services for children in your care? Contact the Kinship Navigator Tammy Bedlion direct line – (360) 360-334-5559 or 695-1325 ext. 4214 to receive the supports you need to embrace the unique challenges of becoming a parent again.

Parents Again: A support group for relatives raising relatives. (Grandparents Raising Grandchildren) For more information call Sandy at direct line – 360-334-5578

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 www.fvrl.org

Children's Home Society of Washington: Play and Learn

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

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

-East County Family Resource Center, 1702 C St. Washougal, every Tuesday from 10-12.
For more information contact Renee at 835-7802.

Rise and Stars Community Center: Play and Learn

Play and Learn groups provide activities and fun for families with children birth–5 years. Families are invited to participate for fun, support and education centered on young children and their families. Weekly groups typically offer a “Free Learning” and hands-on literacy related activity hour, followed by a nutritious snack, and then a group story time.

-Wednesdays from 1:15 - 2:30, 500 Omaha Way, Vancouver. For more information contact Sharon Linn at 992-0205 or slinn@vhaus.com.

Play Groups:

Vancouver-Clark Parks and Recreation:

- Indoor Playgroup

Drop in for some playgroup fun with your little one! Kids run, play, jump, climb, and explore safe, fun and clean toys while parents can get to know other parents. Children develop social skills, gain independence and build self-confidence. Punch cards are available. Once the punch card is filled, you will receive one additional punch free of charge for paying for a card up front.

For more information on Firstenburg Community Center programs call 487-7001 or see our website at <http://www.cityofvancouver.us/parks-recreation/centers/fcc/index.asp>

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. 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, www.cwindoorplaypark.org

Noah’s Ark Play Park for parents and children birth to age 4. Play Park provides families with infants and toddlers a safe, stimulating and caring environment for gross motor play and socialization. Participating parents or caregivers meet, socialize and share ideas, struggles and joys with others who are experiencing the same things. Children and their parents or caregivers form nurturing bonds through special activities.

First Presbyterian Church, 4300 Main Street.

New sessions start each quarter and fees are prorated. For more information call Beth Brady at 694-9016 or see our website at <http://www.noahsarkprograms.org/play-park.html>.

“**First Friends/ Primeros Amiguitos**” is a cross disability, **Spanish** and **English** speaking group serving children ages 0-5 who experience a developmental disability. Sibling are encouraged to come. This free play group is every 1st and 3rd Wednesday of the month from 10 to 12pm at The Arc at 6511 NE 18th St. in Vancouver. This is an open play time for the children to practice their social skills and for parents to support one another. Please contact Brenda Tyrrell from Parent to Parent at 953-1597 or Maria Rangel (English and Spanish speaking) from Parent Coalition at 823-2247 if you have questions.

St Andrew Christian Preschool is offering a free drop-in community playgroup on 2nd & 4th Thursdays September-May from noon-1:30 pm for parents and children birth to six. 5607 NE Gher Rd. Contact Beth Femling, 360-892-7210

NW Down Syndrome Association empowers and supports families and individuals who have been touched by Down syndrome. They provide general support for families, resources for new parents around lifespan, and IEP and medical support at their Resourcefulness Center at 1611 NE Ainsworth Circle Portland, OR 97220. For information drop by from 12 to 2p on a weekday,

call, (503) 238-0522, or check out the website at <http://www.nwdsa.org/>

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. A school aged open gym is also available. For more information contact: Abby Braithwaite @ 971-998-8744 or abraithwaite@nwdsa.org or visit www.nwdsa.org Para comunicarse en español llame a Ises Sanchez al 503.442-5817.

-Open Arms Playgroup-Vancouver meets on the 1st Sunday of each month, 3:30-5:30 PM, Central Park Child Care, 211 S.E. Mcloughlin Blvd., Vancouver

Club Upside is an all age event where adults can share day to day life, challenges and triumphs; children can play and develop lifelong friendships; and siblings can share their feelings and know they are not alone on this journey. Play equipment and baby toys are included, snacks are provided and there is no cost to families.

Join us on the second Saturday of every month, 2 – 4p, St. Andrew Lutheran Church 5607 NE Gher Road, Vancouver WA 98662 Contact: Abby Braithwaite · (971) 998-8744 · captainb@plasnewydd.org

NW Down Syndrome Association also provides general support for families. They offer resources for new parents, around lifespan development, and IEP and medical support.

Youth Programs

The ARK Program - Silver Buckle Ranch offers equine assisted activities to youth ranging from 8 to 17 years of age. The standard price of ARK classes is \$30 each week. The ARK Program is a 10 week course and allows 10 participants to attend a weekly 2 hour session. During this ten week period, the horse is used as a tool to teach values such as trust, teamwork, communication, confidence and accountability. Participants develop these life skills through a progressive set of classroom, ranch and horsemanship activities; and then take them outside of the ranch to use in their everyday environment. For more information please call (360) 260-8932 or robby@silverbuckleranch.org

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?

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.

Innovative Services NW Adult Day Health Center

Adult Day Health Center provides a structured day program that promotes socialization and delivers skilled services to support disabled adults and senior citizens. Families can rest assured their loved one is receiving skilled care and supervision in a supportive and active environment. Many of our clients receive funding from state and federal programs. For more information on funding sources and fees, or to schedule a tour, please contact Matthew Herring, VP of Client Services, at (360) 823-4203 or email at mherring@innovativeservicesnw.org.

ARC of SW WA

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.
- * Current information on disabilities, medical conditions and community resources.
- * Training for parents who would like to become Volunteer Helping Parents.

For more information call 953-1597

Amazing Moms is for moms with children experiencing special needs. They are a faith-based group of wonderful women with children of all ages and abilities. They meet every Thursday from 10am to 12:00 noon. Please call Roberta Bernhardt 360-253-5209 for questions and details.

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 823-2247.

Special Education PTSA (SEPTSA) is a PTA open to anyone with an interest in supporting special education. Parents, teachers, administrators, students work together to learn and support one another. Variety of topics with speakers over the school year. Meetings are held the first Monday of each month, 6 to 7 PM. at media center of Eleanor Roosevelt Elementary School 2921 Falk Road, Vancouver. To get on our e-mail list, e-mail growingwize@msn.com. If questions, call Mona at (360) 693-7013 or email septsainfo@gmail.com.

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.

-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 7-8:30 PM The family group offers support to help family members in a safe, friendly and empathetic environment.

-Parent Support group meets each Wednesday from 10:30 am – 12:30 pm

-Connections weekly peer to peer support group for those affected with mental illness. Group meets each Thursday from 4:30-6:00 pm

Support groups meet at the NAMI-Clark County office, 8019 NE 13th Ave For more information, call the NAMI office at 695-2823

-Informational Family Support Group especially appropriate for those supporting others through a crisis involving mental illness. Group meets every 4th Tuesday of the month 7:00-8:30 pm. Group meets at NAMI office 8019 NE 13th Ave. For more information call, Kay 696-9560. This program is put on by Clark County Crisis services in cooperation with NAMI

NW Down Syndrome Association

NW Down Syndrome Association empowers and supports families and individuals who have been touched by Down syndrome. They provide resources and support for new parents, as well as education workshops around wellness, development and IEP support at their Resourcefulness Center at 1611 NE Ainsworth Circle Portland, OR 97220. Open Drop-in hours are every Thursday, from 12-2:00 pm. Call (503) 238-0522, or check out the website at <http://www.nwdsa.org/> for more information. Para comunicarse en español llame a Isis Sanchez al 503.442-5817.

Open Arms is a parent driven play group for children birth through five with Down syndrome and their families. 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. A school aged open gym is also available. For more information contact: Abby Braithwaite @ 971-998-8744 or abraithwaite@nwdsa.org or visit www.nwdsa.org..

Spectrum Training Systems Inc

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

United Cerebral Palsy of Oregon and SW Washington

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

for childcare (503) 777-4166 ext. 332

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

Innovative Services NW Employment Services

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 Sue Gassner at 360-892-5142 X316.

Innovative Services NW Youth Impact Program

Youth Impact (formerly Transitions) provides employment support and 1-on-1 coaching to current and former foster youth, ages 15-24. Youth Impact can help youth with life planning, social emotional skill building, education, employment and support their transition to self-sufficiency. Youth Impact provides individual and group support based on the Bridges Transitions model of change management to help youth make informed decisions for their future. Partners with local community service providers to connect youth with everything they need to create financial independence as they transition out of the foster care system. For further information, please call Travis Blankenship at (360) 892-5142 ext 315 or email at tblankenship@innovativeservicesnw.org.

Clark College

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

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

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

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

- On-line Job Referral Service: eRecruiting
- Local and Statewide Job listings for full and part-time jobs
- Internship Information/Cooperative Education Work Experience Information
- Temporary and Seasonal Jobs

- On-Campus Interviews with Local Companies
- Computer Use for Resume Writing, Cover Letters and Internet access for Job Search
- Job Coaching and Job Development
- Assistance in Uploading Resumes onto Internet
- Hand-outs to help with Interviewing and Resume Writing
- Occupational and Labor Market Information
- Counselors and Staff to Provide Assistance with Job Search Efforts
- Free Telephone usage for Job Search

Cowlitz Indian Tribe Vocational Rehabilitation Program

Program serves enrolled Native Americans/Alaska Natives with a disability to overcome barriers to employment. Service area includes Clark, Cowlitz, Lewis, Pacific, Skamania and Wahkiakum counties.

Services include:

- Mental & physical evaluations
- Vocational counseling
- Employment seeking skills
- Resume development
- Job readiness skills
- Educational assistance/GED
- Job placement & retention
- Personalized Services

For information contact Kristi Akers at (360) 397-8228 or check out our website at <http://www.cowlitz.org>

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 Linda Williams at lindaw@chs-wa.org or call direct line – (360) 360-334-5658.