



## LBCC FREE PARENTING EDUCATION CLASSES IN LINN & BENTON COUNTIES

### The Incredible Years

For families with children ages 2–10. Raise responsible children! Use play and praise to build a more cooperative relationship with your children. Learn how to make clear family rules. Prevent and reduce behavior problems. Improve your children's social skills.

#### **Albany:**

**Wednesday:** 6:00-8:00 pm, Start Date: 1/10 – 3/21 (11 weeks)

Location: DHS, 118 2<sup>nd</sup> Avenue, Albany (enter though door on Lyon Street)

Instructor: Joy Keiser

*This class is in partnership with C.H.A.N.C.E. Linn A&D and DHS*

Cost: Free with on-site child care and free dinner at 5:30 pm. Gift cards for regular participation!

Call: 541-917-4884 to sign up and reserve child care



### Make Parenting a Pleasure

For parents of children birth to eight: do you want to stress less and have more fun as a parent? Learn how to take care of yourself during stresses and demands of parenting and how to talk and interact better with your kids. You will learn techniques for self-care and parenting tools for disciplining your kids in a positive way.

#### **Corvallis:**

**Tuesday:** 6:00 – 8:00 pm, Date: 1/9-3/13 (10 weeks)

Location: Corvallis Montessori, 2730 NW Greeley Ave.

Instructor: Al Krug

Cost: Free class, includes free on-site child care. Free children's book. Free dinner at 5:30 pm!

Call: 541-917-4884 to sign up and reserve child care.

### Nurturing Parenting

The instructor chooses lessons to meet the group's needs. Topics include developing expectations based on your child's age, building empathy and positive communication, understanding, discipline, rewards and punishments. Alternatives to spanking, deciding when parents should be in charge and when to support your child's growing independence, and more.

#### **Sweet Home:**

**Wednesday:** 6:00-8:00 pm, Date: 1/3-3/21 (12 weeks)

Location: Boys and Girls Club of Greater Santiam, 890 18<sup>th</sup> Ave., Sweet Home

Instructor: Mandy Prestenbach

*This class is in partnership with C.H.A.N.C.E. Boys and Girls Club of Greater Santiam*

Cost: Free with on-site child care and free dinner at 5:30 pm. Gift cards for regular participation!

Call: 541-917-4884 to sign up and reserve child care.

### Nurturing Parenting ABC

Parents learn about Nurturing Parenting skills and ways to promote their children's success in school and beyond.

Discipline, communication, helping children express their feelings, strategies for building self-worth and personal power are included in the program.

**Thursday:** 6:00-8:00 pm, Date: 1/4-2/22 (8 weeks)

Location: Mill City Christian Church, 233 SW 3<sup>rd</sup> Ave.

Instructor: Debbie Scott *This class is in partnership with Family Building Block, Mill City Christian Church & Santiam Canyon School District.*

**Mill City:**

Cost: Free with on-site child care. Free children's books. Free Dinner at 5:30 pm!

Call: 503-769-1120 for more information and to sign up

## **Parent & Professional Workshops 2017-18**

Parents, caregivers and professionals working with children are invited to attend a series of workshops lead by Aoife Rose Magee, PhD, Master Trainer/Parenting Educator. Participants must sign up prior to class by calling Family Connections at (541) 917-4884 to register and reserve Child Care. Parents and caregivers can attend any workshop, no pre-requisites required. Workshops are offered in partnership with Noah's Ark, LBCC Family Connections and Parenting Success Network.

### **Cultivating Positive Social Relationships**

Participants will explore common challenges in negative relationship dynamics and the skills and prosocial behaviors needed to create healthier social exchanges through problem solving, communication and connection. Strategies based upon theories and research related to psycho-social stages, attachment, parenting/teaching styles and relationship dynamics will be examined to promote healthy development and relationships from early childhood to adulthood.

**Wednesday, February 7<sup>nd</sup> @ 6-8 PM**

Location: Suburban Christian Church @ Noah's Ark Preschool, 2760 SW 53<sup>rd</sup> St., Corvallis

**Corvallis:**

Cost: Free with free on-site child care.

*This class is offered in partnership with Noah's Ark and PSN.*

Call: Family Connections at (541) 917-4884 to sign up and reserve child care.

### **Emotion Coaching for Young Children**

Participants will examine Meta-Emotions, the Four Parenting Styles, and the five steps to Emotion Coaching based on the work of the Talaris Institute and John Gottman, Ph.D. The purpose is to help parents and early childhood practitioners understand the importance of valuing emotions, both in children and in themselves.

**Wednesday, March 7<sup>th</sup> @ 6-8 PM**

Location: Suburban Christian Church @ Noah's Ark Preschool, 2760 SW 53<sup>rd</sup> St., Corvallis

**Corvallis:**

Cost: Free with free on-site child care.

*This class is offered in partnership with Noah's Ark and PSN.*

Call: Family Connections at (541) 917-4884 to sign up and reserve child care.

To request a copy of this class list on a regular basis, e-mail Darleen Van Why at [darleen.vanwhy@linnbenton.edu](mailto:darleen.vanwhy@linnbenton.edu) or call 541-917-4907. Please include your e-mail address and name and phone number. For information about registration and fees, see our most up-to-date schedule @ [www.parentingsuccessnetwork.org/events/](http://www.parentingsuccessnetwork.org/events/). Call 541-917-4884 or go to our website at: <http://www.linnbenton.edu/parenting-education>. Financial assistance available, call Jerri Wolfe at 541-917-4897.