

**Parenting Series  
Winter 2021**

**\*FREE\***  
**And Remote for  
ALL Families!**

**The Incredible Years-** Raise responsible children! Use play and praise to build a more cooperative relationship with your children. Create a more pleasant and enjoyable home life. Learn how to make clear family rules. Prevent and reduce behavior problems. Improve your children's social skills.

- ✓ January 6- March 17, 2021 6-7:30pm (11 weeks)
- ✓ For ages 2-10 years old
- ✓ Remote and Free
- ✓ Registration: (541) 917-4884 or Email [connect@linnbenton.edu](mailto:connect@linnbenton.edu)

**Los Años Increíbles-** ¡Críe hijos responsables! Use el juego y los elogios para construir una relación más cooperativa con sus hijos. Crea una vida agradable y más amable en su hogar. Aprenda a establecer reglas familiares y claras. Prevenga y reduzca problemas de comportamiento. Mejora las habilidades sociales de sus hijos.

- ✓ 6 de enero al 17 de marzo, de 2021 6-7:30pm (11 semanas)
- ✓ Para familias con niños 2 a 10 años
- ✓ Remoto and gratuita \*Esta clase será enseñada en inglés
- ✓ Registrarce: (541) 917-4884 or Email [connect@linnbenton.edu](mailto:connect@linnbenton.edu)

**Circle of Security-** Circle of Security enhances parents' awareness and understanding of children's needs, and how their own responses meet those needs. COS parenting is engaging, understandable, and firmly based in current developmental neuroscience and attachment theory.

- ✓ January 5- March 2, 2021 6-7:30pm (9 weeks)
- ✓ For ages 0-10 years old
- ✓ Remote and Free
- ✓ Registration: (541) 917-4884 or Email [connect@linnbenton.edu](mailto:connect@linnbenton.edu)

**Círculo de Seguridad-** Círculo de Seguridad mejora la conciencia y la comprensión de los padres sobre las necesidades de los niños y como sus propias respuestas satisfacen esas necesidades. La crianza COS es interesante, comprensible, y esta firmemente basada en la neurociencia del desarrollo actual y la teoría del apego.

- ✓ 5 de enero al 2 de marzo, de 2021 6-7:30pm (9 semanas)
- ✓ Para padres con niños de 0-10 años
- ✓ Remoto and gratuita \*Esta clase será enseñada en inglés
- ✓ Registrarce: (541) 917-4884 or Email [connect@linnbenton.edu](mailto:connect@linnbenton.edu)

**Nurturing Parenting: For Parents and Adolescents-** Explore topics as a family in a remote learning parenting class where parents and adolescents spend time together on Zoom. Families will have the opportunity to explore topics such as: family fun, adolescent development, communication and problem solving, and current issues impacting teens and families.

- ✓ January 5- March 23, 2021 6:30-8:30pm (12 weeks)
- ✓ For ages 13-19 years
- ✓ Remote and Free
- ✓ Registration: (541) 917-4899 or Email Lucy Poe at [poel@linnbenton.edu](mailto:poel@linnbenton.edu)

**Programa de Crianza: Para Padres y Adolescentes-** Los padres y adolescentes pasan tiempo juntos y también en clases separadas. Usted tendrán la oportunidad de explorar temas como: el desarrollo de su adolescente y la función de un cerebro joven, comunicación y resolución de conflictos, comprender y apoyar el comportamiento de los adolescentes, imagen de su cuerpo, depression y autolesiones

- ✓ 5 de enero al 23 de marzo, de 2021 6:30-8:30pm (12 sesiones)
- ✓ Para adolescentes entre 13-19 años
- ✓ Remoto and gratuita \*Esta clase será enseñada en inglés
- ✓ Registration: (541) 917-4899 or Email Lucy Poe at [poel@linnbenton.edu](mailto:poel@linnbenton.edu)

**Make Parenting a Pleasure-** Do you want to stress less and have more fun as a parent? In this 10-week class, local families of children birth to 10-years will explore ways to Make Parenting a Pleasure. Learn how to take care of yourself during the demands of parenting and ways to talk and interact better with your family. Learn techniques for disciplining and guiding your young children in a positive way.

- ✓ January 7- March 11, 2021 6-7:30pm (10 weeks)
- ✓ For ages 0-10 years
- ✓ Remote and Free
- ✓ Registration: (541) 917-4884 or Email [connect@linnbenton.edu](mailto:connect@linnbenton.edu)

**Haz de la Crianza un Placer-** ¿Quieres enfatizar menos y divertirse más como padre? Esta es una clase de 10 semanas para padres con niños recién nacidos hasta los 8 años. En esta clase exploraremos formas de cómo hacer de la crianza un placer. Aprende cómo cuidarte a ti mismo en las tareas de ser padre y como hablar e interactuar con tus hijos. Aprende técnicas para disciplinar a tus hijos de una manera positiva.

- ✓ 5 de enero al 9 de marzo, de 2021 6:00-7:30pm (10 semanas)
- ✓ Para padres con niños recién nacidos hasta los 8 años
- ✓ Esta clase será ofrecida gratuitamente en línea via Zoom
- ✓ Para preguntas y registro llame a Juana: (541) 917-4892

All classes and workshops are virtual!

**Early Years are Learning Years-** Parenting is an important job and parents deserve encouragement and respect for doing their best. This introductory workshop will help parents clarify goals for their families and how to incorporate their values while parenting through everyday activities and routines. Each family that registers for this workshop will receive a *My Child's Suitcase* magnet set to start “packing” values and goals for their children.

- ✓ January 19, 2021 6-7:30pm
- ✓ For ages 0-35 months
- ✓ Remote and Free
- ✓ Registration: (541) 574-7636

**Nurturing Connection-** Examine how our early relationships and environments shape the way we relate to others, effective strategies to teach children connection, and a strength-based approach for supporting diverse families in our communities. (2 hrs FCS/Set 2)

**Nurturing Emotions-** Examine how “meta-emotions” shape the way we handle feelings, effective strategies to teach children about emotions, and apply the 5 steps of Emotional Coaching. (2 hrs UGB/Set 2)

- ✓ February 3, 2021 6:30-8:30pm and March 3, 2021 6:30-8:30pm
- ✓ For families with infant/toddlers, preschool, and school-aged children
- ✓ Remote and Free for families
- ✓ Registration: (541) 917-4899 or Email Lucy Poe at [poel@linnbenton.edu](mailto:poel@linnbenton.edu)

**All Children have Special Needs-** How as parents can we practice and model a philosophy which emphasizes that ALL children are special in their own way? We will explore how to talk with our children about disability awareness, empathy, learning from individual differences, and building friendships (at home or at school).

- ✓ February 25, 2021 6-7:00pm
- ✓ For ages 5-12 years old
- ✓ Remote and Free
- ✓ Registration: Email Sommer McLeish at [smcleish@samhealth.org](mailto:smcleish@samhealth.org)

**LGBTQIA2S+-** Discussion with Beck Johnson from Olalla Center's Bravery Center about basic language used in the community, challenges that individuals face, strategies on how to be an ally, and supports/resources for families.

- ✓ March 8, 2021 6:30-7:30pm
- ✓ For families with all ages
- ✓ Remote and Free
- ✓ Registration: Email Sommer McLeish at [smcleish@samhealth.org](mailto:smcleish@samhealth.org)