

# Parenting in the Gorge Guide

## Hood River & Wasco Counties:

**Nancy Johanson Paul**  
Parenting Education Coordinator  
The Next Door  
(541) 436-0319  
1-855-308-2236 (toll free)  
nancyp@nextdoorinc.org  
www.nextdoorinc.org



## Skamania & Klickitat Counties Washington:

Johanna Roe  
Parent Education Coordinator  
1-866-631-1997 (toll free)  
[www.community.gorge.net/skcnparentsupport](http://www.community.gorge.net/skcnparentsupport)

**Hood River County Commission on Children and Families**  
[www.co.hood-river.or.us](http://www.co.hood-river.or.us) - see county depts.

**Wasco County Commission on Children and Families**  
[http://co.wasco.or.us/county/dept\\_commission\\_child\\_family.cfm](http://co.wasco.or.us/county/dept_commission_child_family.cfm)



**Hood River County & Wasco County  
Opportunities and Resources  
for Parents and Children  
Spring/Summer 2011  
NEW PARENTING CLASSES!**



(541) 436-0319  
Toll free: 1-855-308-2236  
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## Playgroups

Please join a growing group of moms and dads watching their children play and grow! Make friendships that will last a lifetime...share the joys and challenges of raising kids! **Free! All newcomers welcome!**

### Hood River County

**TUESDAYS**

**10:30-12:30 p.m.**

**Newborn to age 5, Cascade Locks, City Hall Gym**

**FRIDAYS**

**10:00-12:00 p.m.**

**Newborn to age 5, Parkdale, Mt. Hood Town Hall (6575 Hwy 35)**

**For more playgroup information, call Tami Russell at (541) 436-0323**

### Wasco County

**Mothers of Preschoolers - MOPS (faith-based group)**  
**First and Third Thursdays of Every Month through May**

**9:00-11:00 a.m.**

**The Dalles, Gateway Church (1111 Dry Hollow Rd)**  
**(541) 296-8531**



## Parenting Support Groups

### ♥ **Gorge Parents of Multiples:**

Meets 2nd Thursday of the Month

Contact Gayle Huwe for times and location at (541) 399-2719 or [gaylehuwe@hotmail.com](mailto:gaylehuwe@hotmail.com)

### ♥ **Oregon Family Support Network**

The Collaborative Problem Solving Book Club, **The Explosive Child**, is a book club designed for parents and other caregivers of children with challenging behaviors or mental health concerns. Contact Shannon Billings at (541) 300-9544 or [Shannbillings@yahoo.com](mailto:Shannbillings@yahoo.com)

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## Parenting Through Divorce

### “Children in the Middle Class”

~ *Helping families raise children between two homes* ~

A court connected, interactive, skills-based program for parents in a **transitional relationship** (usually divorce or separation). Parents discover new insights that will help themselves and their children cope with the difficulties of divorce or separation. The class focuses on healthy ways to deal with the most common and stressful scenarios that cause children to have loyalty conflicts. **Find out how to:** reduce stress, reduce conflict, problem-solve ways to deal with feelings, and communicate more effectively .

**Class cost: \$20 *Pre-registration Required***  
**Time: 6:00-8:00 p.m.**



**Hood River classes are the 4th Tuesday of each month**  
at The Next Door, 965 Tucker Rd., Hood River  
**Spanish classes are available as needed.**

**The Dalles classes are the 2nd Tuesday of each month**  
at The Next Door, 1005 W. 6th St., The Dalles

**\*Pre-registration through Circuit Court is required\***

### *Hood River*

*Chris Walls, Family Law Coordinator*  
**(541) 387-6908**

### *The Dalles*

*Kathy McLoughlin, Family Law Coordinator*  
**(541) 506-2707**

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Wasco Counties**



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**Skamania &  
Klickitat  
Counties  
Washington**

Johanna Roe  
Parent Education Coordinator  
Parenting Classes, Support Groups,  
Play Groups, and After School Programs  
Toll free: 1-866-631-1997  
www.community.gorge.net/skcnparentsupport

**For Hood River County families, check the  
Hood River County School District Community  
Education Program Catalog for classes and  
parent-child activities**

**For more information call  
(541) 386-2055 or visit  
www.hrcommunityed.org**



**For Wasco County families, check the  
Northern Wasco County Parks & Recreation  
District Program Guide**

**For more information call  
(541) 286-9533 or visit  
www.nwprd.org**

# Storytimes

*The Dalles Library, 722 Court St.  
All ages are welcome at each program*

**Tuesdays: 10:30 - 11:00 a.m.**

Toddler time ages birth through 3 with stories, songs, puppets, and rhymes

**Fridays: 10:30 - 11:00 a.m.**

Preschool storytime designed for ages 3 - 5 with stories, songs, puppets and crafts

**Tuesday March 22 at 11:00 a.m.**

Jason Roop from Dragon Puppet Theatre in Portland will be performing Rumpelstiltskin puppet show for all ages

**From 1:30 - 3:00 p.m.**

There will be an art and literature program for school age children

**Wednesday March 23**

Make paper airplanes and fly them off the mezzanine in the library



# Wonderworks Playstation

*Indoor Community Playroom, The Dalles*

**Wednesday - Saturday: 9:30 - 11:30a.m**

Newborn to age 4, United Congregational Church,  
111 E. 5th St. (541) 980-5922

(future Wonderworks location - 206 Madison St,  
call for more information)

# Parenting Classes for Parents of Children Ages 10-14

## Hood River County

- ◆ Strengthening Families -For info call 541 386-2500 ext. 3  
Hood River County Commission on Children and Families  
English series: Call Catherine Davis at (541) 386-2812 ext. 3  
[www.hoodriveralliance.org/youth](http://www.hoodriveralliance.org/youth)

## Wasco County

- ◆ Youth Think (541) 506-2673
  - ◆ The Parent Project

Contact Jean McKern at (541) 506-3449 x 4007



## Teen Parent Programs

### Hood River:

- ◆ Teen Parent Program at the  
Hood River Valley High School  
Contact Patti DeMartini at (541) 386-2770 or  
visit the Counseling Center

### The Dalles:

- ◆ Teen Nurturing Parents at  
Mid-Columbia Child & Family Center  
Contact Tess Fegel-Osborne at (541) 298-5104

## Parenting Resources New Parent Services Library 965 Tucker Rd. Hood River

(541) 436-0319

Toll free: 1-855-308-2236

- “Supporting Children in Resolving  
Conflicts-Preschool/Kindergarten”
- “It’s Mine Responding to Problems and  
Conflicts”-Infant-Toddler
- “The Happiest Baby on the Block”  
By Dr. Harvey Karp
- “The Happiest Toddler on the Block”  
By Dr. Harvey Karp

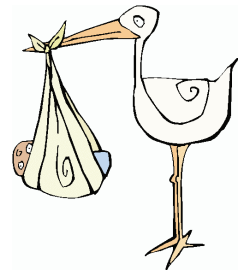


## Free Welcome Baby Packet

The Next Door offers all **Oregon first-time parents** a free Welcome Baby Packet of information about parenting, bonding with your baby, healthy infant growth and brain development, child care and other resources in the Gorge. Your Welcome Baby Packet may also include:

- Baby’s First Year Calendar
- Your baby’s first book
- A packet of newborn care information
- A local Resource Directory

Call Elisa Cartwright for more information at  
(541) 436-0320 in Hood River  
(541) 386-8118 x202 in The Dalles



# Online Parenting Resources



[www.GorgeKids.com](http://www.GorgeKids.com)

[www.GorgeBirthNetwork.com](http://www.GorgeBirthNetwork.com)

[www.nextdoorinc.org](http://www.nextdoorinc.org) - see Parenting in the Gorge Guide

[www.zerotothree.org](http://www.zerotothree.org)

<http://blog.oregonlive.com/themombeat/index.html>

[www.hrfamilies.com](http://www.hrfamilies.com) (Columbia Gorge resources)

Parenting Wisely Online Course - \$30

[www.familyworksinc.com](http://www.familyworksinc.com)

National Center for Fathering

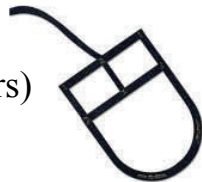
[www.fathers.com](http://www.fathers.com)

[www.bornlearning.org](http://www.bornlearning.org) (also in Spanish)

[www.projectabcla.org](http://www.projectabcla.org)

[www.about.com](http://www.about.com) (about preschoolers)

[www.thegotomom.com](http://www.thegotomom.com)



# Ongoing Parenting Classes

## Open - Enrollment Parenting Classes

These ongoing classes are open to anyone who wants to strengthen their parenting skills and learn more about their children's needs and development. The parenting skills taught are useful for all children including preteens. Gift card of \$25 and class certificate will be awarded after completing 11 out of 15 sessions. **This 15 week series may be joined at anytime, after registering.**

**Cost:** \$25 per family (help with financial aid available)

\*Refreshments will be served

\*Childcare and meals are not provided, but you may bring food.

### Hood River

Location: The Next Door, 965 Tucker Rd.

Time: Every Wednesday from 10:00 a.m. - 12:00

### The Dalles

Location: The Next Door, 1005 W. 6th St.

Time: Every Wednesday from 5:30 - 7:30 p.m.

To register contact  
**Nancy Johanson Paul**  
at **The Next Door**  
(541) 436-0319

[nancyp@nextdoorinc.org](mailto:nancyp@nextdoorinc.org)

## Parenting Classes by Jane Rekas( Turtle Dove Counseling)

**Class: Parenting ODD & ADHD** - For parents of children diagnosed with Oppositional Defiant Disorder or Disruptive Behavior Disorder.

Dates: April 4 & May 16 from 6:30 - 8:00 p.m.

**Class: The Inflexible Explosive Child** - Children don't choose to be explosive and non-compliant rather they have a delay in developing skills critical to being flexible and tolerating frustration.

Dates: April 11 & May 23, from 6:30 - 8:00 p.m.

**Class: Parenting Alternatives to Control:** Learn about the body/mind connection as it relates to stress for children, particularly for any children that have experienced trauma.

Dates: April 18 & May 9 from 6:30 - 8:00 p.m.

All classes are by Jane Rekas, LCSW

Turtle Dove Counseling, 205 Oak St., Hood River

Class Fee: \$10 for each class

Call 541 386-4298 or (971) 285-5679(cell) email: [janerekas@hotmail.com](mailto:janerekas@hotmail.com)

# Parenting Classes in The Gorge Hood River County Classes

# Parenting Classes in The Gorge Wasco County Classes

## “Make Parenting a Pleasure” (for parents of newborns to 8 years)

Learning to motivate their children, set limits, reduce stress, learn positive approaches to discipline, and improve family relationships. Share the joys and challenges they are experiencing, as well as learn the most current information about parenting. The group meetings are for parents, grandparents, and child caregivers of children ages 0 - 8 years.

**Place:** May St. Elementary School

**Dates:** Wednesdays, March 2 - May 11

**Time:** 5:45 - 8:00p.m.

**Session:** 10 weeks

**Dinner:** Free light dinner for family

**Child care:** Free child care for children 6 mos. - 9 years (must register!)

**Limit:** 20 adults (minimum of 10 adults)

**Register:** By February 28th - limited spaces

**Fee:** \$25 per family (help with registration fee available)

**Gift Certificate:** \$25 for each adult who attends a minimum of 7 out of 10 sessions

**For more information/register call:**

**Toni Casey**

**(541) 436-4222**

**tonicasey@gmail.com**

Class information at:

[www.nextdoorinc.org](http://www.nextdoorinc.org)

See “Parenting in the Gorge Guide”



## “Haga de la Paternidad un Placer”

“Make Parenting a Pleasure”  
(para padres de hijos recién nacidos a 8 años)

Las mamás y los papás disfrutarán aprendiendo como motivar a sus niños, fijar límites, reducir el estrés, aprender acerca de los aspectos positivos a la disciplina, y mejorar sus relaciones familiares. También tendrán la oportunidad de compartir los desafíos y alegrías que están experimentando.

**Facilitador:** Maria Ledesma

**Lugar:** Parkdale Elementary School

**Fechas:** Los miércoles, 9 de Marzo - 18 de Mayo

**Horario:** 5:30 - 8:00p.m.

**Sesiones:** 10 semanas

**Cena:** Cena ligera gratis para su familia

**Cuidado de niños:** Disponible para niños de 6 meses a 9 años (¡debe registrarse!)

**Límite:** 20 adultos

**Registración:** Antes del 7 de Marzo

**Cuota:** \$25 por familia (ayuda con la cuota de inscripción está disponible)

**Certificado de regalo:** Certificado de \$25 será regalado a cada adulto que asista a 7 de las 10 sesiones

**Para más información/  
registrarse, llame a:**

**Vicky Solis**

**(541) 352-7242**

Para información sobre la clase visite:

[www.nextdoorinc.org](http://www.nextdoorinc.org)

Mire el “Parenting in the Gorge Guide”

## “Make Parenting a Pleasure” (for parents of newborns to 8 years)

Learning to motivate their children, set limits, reduce stress, learn positive approaches to discipline, and improve family relationships. Share the joys and challenges they are experiencing, as well as learn the most current information about parenting. The group meetings are for parents, grandparents, and child caregivers of children ages 0 - 8 years.

**Instructor:** Jennifer Markman &

Jessica Gehrig

**Place:** Chenoweth Elementary School

**Dates:** Tuesdays, March 1st - May 10th

**Time:** 5:00 - 7:30p.m.

**Session:** 10 weeks

**Dinner:** Free light dinner for the family

**Child care:** Free child care for children 6 mos. - 9 years (must register!)

**Limit:** 20 (minimum of 10 to start class)

**Register:** By February 25th - limited spaces

**Fee:** \$25 per family (help with registration fee available)

**Gift Card:** \$25 for each adult who attends a minimum of 7 out of 10 sessions

**For more information/register call:**

**Carla Webber**

**(541) 980-5940**

**carlaw@nextdoorinc.org**

Class information at:

[www.nextdoorinc.org](http://www.nextdoorinc.org)

See “Parenting in the Gorge Guide”

## “Crecer con Nuestros Hijos” (para padres de hijos recién nacidos a 8 años)

¡Aumenta el éxito de su hijo en la escuela, aprenda las herramientas de disciplina positiva, y se el mejor padre que puede ser! Venga a esta informativa, agradable, y gratificante serie de clases para aprender sobre el desarrollo del niño y el comportamiento, enseñanza de la responsabilidad, la cooperación, aprender herramientas de disciplina positiva, y resolución de conflictos.

**Facilitador:** Elena Franco

**Lugar:** Discovery High School, 3601 W 10th, The Dalles

**Fechas:** Los jueves, 31 de Marzo - 12 de Mayo

**Horario:** 5:00 - 7:30 p.m.

**Sesiones:** 7 semanas

**Comida:** Cena ligera gratis para su familia

**Cuidado de niños:** Disponible para niños de 6 meses a 9 años (necesita registrarse)

**Límite:** 20 adultos

**Registración:** Antes del 28 de Marzo

**Cuota:** \$25 por familia (ayuda con la cuota de inscripción está disponible)

**Certificado de regalo:** Un certificado de regalo de \$20 será regalado a cada adulto que atienda a 5 de las 7 sesiones

**Para más información/para registrarse llame a:**

**Antonia Hernández**

**(541) 296-4582**

