

# WINTER TERM 2021

**YOU ARE NOT ALONE.** LBCC Parenting Education remains committed to you and your family during these challenging times when traditional classes aren't possible because of safety precautions.

## **Virtual Workshops & Targeted Partnership classes**

Parenting Education workshops and classes geared toward targeted populations are offered through grants and/or partnering organizations. Most of these are offered free of charge to parents. The workshops are one night classes on a specific topic. We also offer series classes that vary in length from 9 to 11 weeks for clients of partnering agencies. See our listings in this packet for more info. Contact us at 541-971-4899 or para preguntas y registro llame al Juana, 541-917-4892 to see if you meet the requirements to attend. You must be approved prior to registration for these classes.



### **Registration Information:**

The fastest way to register for the Live and Learn Parent Child classes is to click the "Registration Form" link found in each class listing or use WebRunner through the LBCC Website. The Parenting Education Tuition Grant is included in the Registration Form. For more information/help in registering email [connect@linnbenton.edu](mailto:connect@linnbenton.edu) or call 541-917-4899. Pollywog families call 541-917-4884.

## Remote Targeted Partnership Classes

The Parenting Education Department has funding through grants and/or partner agencies to provide the following free classes for parents in Linn, Benton and Lincoln Counties. Contact us at 541-917-4899 or para preguntas y registro llame al Juana, 541-917-4892 to see if you meet the requirements to attend. You must be approved prior to registration for these classes.

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### **THE INCREDIBLE YEARS - Wednesdays, 6:00-7:30 p.m. for 11 weeks beginning Jan. 6 through Mar. 18**

Instructor: Joy Keiser

Cost: FREE

**Targeted population:** *People in recovery or at risk for child abuse or neglect; Linn A&D referrals; DHS/CW referrals; CHANCE referrals. Caregivers of children 2-12*

For families with children ages 2-10 years old. 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. This is a "remote" learning course available to anyone with access to an internet device with a camera and microphone. In partnership with C.H.A.N.C.E., Linn Alcohol & Drug, and DHS. Free materials and incentives for participation. For information and to register email [connect@linnbenton.edu](mailto:connect@linnbenton.edu) or call 541-917-4884.

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### **MAKE PARENTING A PLEASURE - Thurs., 6:00-7:30 p.m. for 10 weeks beginning Jan. 7 through Mar. 11**

Instructor: PK McCoy

Cost: FREE

**Targeted population:** *Parents of children 0-10 and which may have higher stress. Residents of Linn, Benton, or Lincoln Counties.*

Do you want to stress less and have more fun as a parent? In this 10-week class, local families of children ages 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. This is a "remote" learning course available to anyone with access to an internet device with a camera and microphone. Free materials and incentives for participation. For information and to register email [connect@linnbenton.edu](mailto:connect@linnbenton.edu) or call 541-917-4884.

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### **NURTURING PARENTING PROGRAM: FOR PARENTS AND ADOLESCENTS AGES 13-19 YEARS - Tuesdays, 6:30-8:30 p.m. for 12 weeks beginning January 5th through March 23rd**

Instructors: PK McCoy and Brian MacInnes

Cost: FREE

**Targeted Population:** *Parents/Caregivers and Teens ages 13-19 (Both parent/caregiver and teen must attend)*

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, problem solving, and current issues impacting teens and families. Must have access to an internet device - camera and microphone needed. Free materials and incentives for participation. Email Lucy Poe at [poel@linnbenton.edu](mailto:poel@linnbenton.edu) to register or get more information.

**HAZ DE LA CRIANZA UN PLACER (SPANISH MPAP) - martes, 6:00-8 p.m. durante 10 semanas.**

**La clase comienza el 5 el enero.**

**Instructora: Rosa Plascencia**

**Gratis**

***Targeted Population: Spanish language families with children birth to 8 years of age***

***Población objetivo: familias de habla hispana con niños desde el nacimiento hasta los 8 años de edad***

¿Quieres enfatizar menos y divertirte 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 cómo hablar e interactuar con tus hijos. Aprende técnicas para disciplinar a tus hijos de una manera positiva.

Esta clase será ofrecida gratuitamente en línea vía Zoom. Para participar necesitará tener acceso a internet y algún aparato como una computadora o teléfono con cámara y micrófono Ofreceremos materiales gratuitos y premios por su participación. Para preguntas y registro llame al Juana: (541) 917-4892.



## Remote Parenting Education Workshops

The Parenting Education Department is offering one time workshops. These workshops are free of charge for parents. Child care providers earning credit pay a small fee of \$20 to attend. See below for descriptions and contact information. You need to have access to the internet and a device with a camera to attend.

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## Nurturing Series Workshops

The following workshops are part of the "Nurturing Series" Workshops which will be offered Fall, Winter, and Spring terms. You can choose to take just one, or take them all. All are led by Aoife Magee, PhD, Director of the Parenting Success Network and a Master Trainer through the Oregon Registry. She has been supporting families and teachers for more than 30 years. Parents attend free of charge. Practitioners pay a small fee of \$20 to cover costs of registry and credit.

### **NURTURING CONNECTION**

**Wednesday, February 3rd, 6:30-8:30 p.m.**

Aoife Magee

**Cost: FREE to Parents; \$20 for Practitioners**

***Targeted population: Universal - Parents (all ages) and child care providers***

Participants in this workshop will 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. Must have access to an internet device - camera and microphone needed. Free to parents and \$20 for providers for Set 2 Credit. To sign up or for more information contact Lucy Poe, [poel@linnbenton.edu](mailto:poel@linnbenton.edu) or 541-917-4899.

### **NURTURING EMOTIONS**

**Wednesday, March 3rd, 6:30 p.m. to 8:30 p.m.**

**Instructor: Aoife Magee**

**Cost: FREE to Parents; \$20 for Practitioners**

***Targeted population: Universal - Parents (all ages) and child care providers***

In this workshop, participants will examine how "meta-emotions" shape the way we handle feelings, effective strategies to teach children about emotions, and apply the five basic steps of Emotional Coaching. Must have access to an internet device – camera and microphone needed. Free to Parents and \$20 for providers for Set 2 Credit. Email Lucy Poe at [poel@linnbenton.edu](mailto:poel@linnbenton.edu) or call 541-917-4899 to register or get more information.

## Remote Parenting Coaching

**FREE REMOTE PARENTING COACHING - BY APPOINTMENT** [calendly.com/coach4parentscall](https://calendly.com/coach4parentscall)

Coach: Richard Halpern, M.A. [Click here for bio](#)

Cost: FREE

**Targeted population:** *Available to all parents residing in Linn, Benton, and Lincoln Counties*

One-on-one parenting support! Parenting Coaching can help promote positive parent-child relationships, find your own best way to parent, and improve communication and problem solving. Build on your family's strengths by supporting new ideas and helpful strategies. Identify skill building opportunities for children based on their age and stage of development. Parenting Success Network is working in collaboration with Coach4Parents.com to offer these FREE sessions to help families who want Parenting Coaching through phone or video conferencing. Make your appointment today at [calendly.com/coach4parentscall](https://calendly.com/coach4parentscall). Tell Richard from coach4parents.com that the Parenting Success Network sent you!

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## Request for Special Needs or Accommodations

Direct questions about or requests for special needs or accommodations to the LBCC Disability Coordinator, RCH-105, 6500 Pacific Blvd. SW, Albany, Oregon 97321, Phone 541-917-4789 or via Oregon Telecommunications Relay TTD at 1-800-735-2900 or 1-800-735-1232. Make sign language interpreting or real-time transcribing requests 2-4 weeks in advance. Make all other requests at least 72 hours prior to the event. LBCC will make every effort to honor requests. LBCC is an equal opportunity educator and employer.

## LBCC Comprehensive Statement of Nondiscrimination

LBCC prohibits unlawful discrimination based on race, color, religion, ethnicity, use of native language, national origin, sex, sexual orientation, gender, gender identity, marital status, disability, veteran status, age, or any other status protected under applicable federal, state, or local laws. For further information see Board Policy P1015 in our [Board Policies and Administrative Rules](#). Title II, IX, & Section 504: Scott Rolen, CC-108, 541-917-4425; Lynne Cox, T-107B, 541-917-4806, LBCC, Albany, Oregon. To report: [linnbenton-advocate.symplicity.com/public\\_report](https://linnbenton-advocate.symplicity.com/public_report)