CHILDREN'S HOME SOCIETY of Washington

Fulfilling the Promise of Every Child

Parenting Resource List
September 2019

Parent Education:

Children's Home Society of Washington

-Incredible Years Parenting Classes: new class starting in September 18th
The Incredible Years classes are available to families with an open case with the Department of Children, Youth and Families and are parenting children ages birth-8 years. 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 register call Linda Williams 360-334-5658. or Lindaw@chs-wa.org

-Child-Parent Psychotherapy (CPP) is a specialized treatment for children aged 0-5 who have experienced at least one traumatic event and exhibit emotional or behavioral problems. The intervention focuses on helping to strengthen the relationship between parent and child as a means of building resilience and overcoming whatever the event may be. This intervention is one that is being promoted by our Frontiers of Innovation work with Harvard University as a next step in the work being done around Adverse Childhood Experiences. Contact Mindy Davis 360-695-1325 or Mindyd@chs-wa.org

-Attachment Vitamins: new class starting in October 1st
Class is for parents of children ages 0-5. 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. Contact Mindy Davis for more information 360-356-1326 or MindyD@chs-wa.org

-Powerful Tools for Caregivers of Children with Special Needs, Sept 24th- Oct 29th
This a six-week workshop open to kinship families (families raising a relative child with special healthcare or behavioral needs) Classes provides tools and tips to learn to: reduce personal stress, communicate effectively with other family members/professionals, reduce

guilt/anger/depression, set goals/problem solve, make tough decisions and help to relax and take care of yourself. For information and to register call Sandy Hayes 360-334-5578.

-Conscious Fathering Workshops-Dads 101
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 October 10th from 6-9 PM at PeaceHealth Southwest Medical Center, 400 N.E. Mother Joseph Place, Register by calling 360-514-2229.

Guiding Good Choices-Empowered parents, healthy kids
Every parent/guardian knows communicating with your child can be a challenge. Guiding Good Choices is a FREE workshop that aims to equip parents with tools to keep connected with their preteens as they are encountering new challenges. Guiding Good Choices is a five session program for parents of children in grades 4-8. Childcare and a meal is provided!

Unite! Washougal Coalition is offering Guiding Good Choices in **Spanish**. **Next session starts Sept 9th** Register by contacting Andrea Levin 360-518-9925.

Unite! Washougal Coalition is offering Guiding Good Choices. **Next session starts Nov 4th** Register by contacting Deborah Conners 360-713-1232.

West Van for Youth Coalition is offering Guiding Good Choices.
Register by contacting Gloria Dominguez gloriasmemories@comcast.net or 360-314-6452

Area Agency on Aging and Disabilities of SW Washington
The Kinship Navigator Program provides support for grandparents and other relatives raising relative children with resources and navigating systems. Contact the Kinship Navigator (360) 759-4317

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 Dave Taub at 281-2378.

PARENTS 4 PARENTS PROGRAM
The Parents 4 Parents Program strives to help parents whose children have been removed from their care to become informed consumers of child welfare services by educating and supporting them and by helping them to appropriately advocate for themselves. We are parents who have successfully reunified with our children and we can offer other parents the benefit of our experience as they navigate the system.
Contact Rebecca Greiner 360-839-1823 or Rebecca@driveoutaddiction.com

Educational Service District 112: 1-2-3 Grow & Learn
1-2-3 Grow and Learn are groups that meet at neighborhood schools for families with children birth – 5 years of age. Parents and caregivers learn effective techniques for fostering school

readiness skills. Children experience structured group activities with focused parent-child time. Children and adults attending these groups gain valuable literacy and social skills as well as build positive relationships with school staff. These groups are offered weekly at multiple elementary schools, Monday-Friday at a variety of times. For more information go to www.esd112.org/ece or call (360) 952-3466

Educational Service District 112:
The Clark County Parent and Truancy Project provides proven strategies for parents raising today's children and teens. Proven results that have helped to reduce the most difficult adolescent problems including drug and alcohol use, improve school attendance and performance, stop family conflict and learn effective interventions for difficult children. With this program parents will learn new solutions and receive emotional and practical support. No cost for Clark County Parents. Dinner provided, to register, call: (360) 952-3455 or (360) 952-3453

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

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 meets once a week for 5 weeks. Please contact the group facilitators if you have any questions: Robin Trenda robin.trenda@clark.wa.gov or Caroline Melhuish at (360) 571-4373 or caroline.melhusih@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 0-10 yrs 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, contact YWCA Sexual Assault Program 360-696-0167

YWCA Clark County – Where We Grow
Where We Grow is a **FREE** multi-session group for youth ages 11-14 to build knowledge and skills around healthier relationships. Sessions include activities and discussions around setting boundaries, healthy communication, and recognizing unhealthy behaviors. Where We Grow is offered several times a year at the YWCA and can also be brought to community settings. For more information or to register for the next in-house group, contact Michelle Polek at 360-906-9146.

The Clark County Crime Victim's Service Center mission is to work in a restorative way within our community to help stabilize victims of crime through empowerment, education, and support in order to help people move forward with their life in a positive and healthy way. We work to help all victims regain their sense of dignity, safety, and personal power. We offer educational crime prevention workshops and support groups for victims of crime. We also facilitate victim-offender meetings if desired by the victim. If you need help, call our toll free number 1-888-425-1176 or (360) 694-5624!

Free and Confidential Services Include

- 24 hour crisis phone line that provides real person advocacy, information, and referral.
- Support in identifying and prioritizing the emergency needs.
- Assistance and referral in obtaining services to enhance healing and recovery.
- Education and Assistance for victims navigating the civil and criminal justice system.
- Assistance in obtaining criminal or civil orders.
- Support during the investigative and legal processes.
- Advocacy for victim's choices and rights with service providers and individuals.
- Safety Planning.
- Community education.
- Support to secondary victims/survivors.

Centerpoint Mediation, LLC– "Parents Forever" class in English and Spanish. Reduce the Harmful Impact of Divorce on Children; "Parents Forever" class for parents experiencing divorce or separation. 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, 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: Centerpointmediation.net email: admin@centerpointmediation.net

Woman's Divorce Workshop: What Women need to know about Divorce. The Second Saturday workshop explains dispute resolution models that are typically used to resolve divorce issues, such as property and debt, child custody and child support, and spousal maintenance. Register for the monthly class at: www.swwashingtonsecondsaturday.com For information, call 360-694-9550

Affordable Parenting Plan Mediation services

Are you seeking ways to promote the best for your child even though you aren't living with the other parent? Community Mediation Services (CMS) partners with Innovative Services NW to provide affordable parenting plan mediation services to income-eligible parents.

When parents separate or divorce, their children can suffer lasting ill effects. Even the best of parents may feel overwhelmed as they try to figure out how to successfully co-parent. A carefully worked out child-centered parenting plan can be priceless in reducing stress for the children and their parents. Mediation is a confidential and voluntary process facilitated by professionally trained neutral mediators. Parents get the opportunity to design a parenting plan together that reflects the unique needs of their own children and family. Most parenting plans can be completed in 1-2 sessions. Community Mediation Services also offers a sliding fee scale for parents that do not fit within the poverty guidelines.

For more information, contact CMS at (360) 334-5862, or info@mediationclarkcounty.org www.mediationclarkcounty.org

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.

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: 360-952-3369

Early Support for Infants and Toddlers Educational Services District 112, 2500 NE 65th Ave., Vancouver, WA 360-750-7507
Early Support for Infants and Toddlers (ESIT) offers FREE developmental screenings for all children 0-3 years along with an informational meeting for parents to discuss their concerns with a Family Resources Coordinator. If referred to Early Intervention (EI), families choose an EI Provider to work with to develop an Individualized Family Service Plan (IFSP). All services are designed to enhance the child's development in natural settings. Find us on Facebook **–** Early Support for Infants and Toddlers-Clark County

Innovative Services NW Early Learning & ECEAP Program - ECEAP offers a comprehensive preschool program (extended 10 hours a day and 3 hours a day with

wraparound subsidy care), that provides FREE services and support to eligible children, age 3 to 5, and their families. Also providing full day child care for families participating in the Working Connections Child Care subsidy program who have children ages 18 months - 5 years. For more information or to enroll, call us today at (360) 823-5144.

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.

To learn more about these NAMI classes, visit **www.namiswwa.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 nurses, social workers, and community health workers 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, Salmon Creek, Battle Ground, and Washougal. Contact us at (360) 852-9092 for more information, to set up an enrollment appointment or to refer eligible clients. For more information, you can also contact Program Manager Connie Head, at (360) 397-4366

Pregnant and Parenting Women's Residential Program
This program allows mothers to keep children birth to five with them while receiving substance use treatment. Includes therapeutic childcare for children living on site, and life skills and parenting classes for mothers in the program. For more information please call 360-690-3069 or email info@lifelineconnecitons.org.

Adolescent Treatment Services
Adolescent Treatment Services at Lifeline Connections offers a full range of clinical and supportive services from Walk-in Assessments, outpatient and intensive outpatient treatment services, school based treatment, including suspension mitigation, coordination and prevention, and intervention services. Lifeline also offers court approved juvenile offender treatment and coordination through the Clark County Juvenile Recovery Court. Contact Dave Helgeson at 360-397-8246 x 30437 or e-mail DHelgeson@lifelineconnections.org for more information.

Camp Mariposa
Camp Mariposa is a free, weekend camp program for children ages 9-12 who are affected by the substance use of a loved one. Youth participate in fun, traditional camp activities such as hiking and games, combined with education and support sessions led by mental health professionals and trained adult mentors. Camp is held six times a year from Friday evening to Sunday with daytime activities provided between each camping weekend. All program activities are offered free of charge to families. Camp Mariposa provides a safe, fun and supportive environment critical to helping break the cycle of addiction. Contact Trista Wolles at (360) 605-7628 or TWolles@lifelineconnections.org for more information.

PeaceHealth Southwest Medical Center
All classes are also listed on our website www.peacehealth.org/baby

-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. Cost $20 for qualifying low income attendees. 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-to 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

To register for the following: go to https://www.eventsvc.com/legacyhealth/ choose Pregnacy and Newborn Education, then filter by class type and location to complete the registration. For questions, call 360 487-3500

-Newborn Essentials- 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, Cost: $35

-Newborn Essentials and Breastfeeding – a day long class that combines the information taught in both the Newborn Essentials and Breastfeeding classes. Salmon Creek Medical Center, Cost: $75

-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! $35 for continued attendance
Happy or sad, good day or bad, bring your baby and join us at any of the following locations for Snugglers and Gigglers.
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 Gigglers: 6 months and beyond 12:00-1:30pm

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

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 509-426-4813 to learn about offerings.

SUPPORT GROUPS:

Children's Home Society of Washington:

-Parents Again: A support group for relatives raising relative children. (Grandparents Raising Grandchildren) – For more information call Sandy at 334-5578
1st Friday-**Hazel Dell Round Table Pizza, 11:00-1:00 pm**
616 NE 81st St.
3rd Friday- **Round Table Pizza, 11:00- 1:00 pm**
13503 SE Mill Plain Blvd
2nd Wednesday, Grandpa/Men's group meets 8:00-10:00 am at Breakfast at Valerie's, 516 SE Chkalov Dr, 98683

-Powerful Tools for Caregivers of Children with Special Needs, Sept 24th- Oct 29th
This a six-week workshop open to kinship families (families raising a relative child with special healthcare or behavioral needs) Classes provides tools and tips to learn to: reduce personal stress, communicate effectively with other family members/professionals, reduce guilt/anger/depression, set goals/problem solve, make tough decisions and help to relax and take care of yourself. For information and to register call Sandy Hayes 360-334-5578.

Triple Point Support Group
A support group for Lesbian, Gay, Bi, Trans* and Questioning youth ages 11-18. Like-minded youth, coming together to talk about today's issues, tomorrow's solutions and a future without limitations. Mondays High school group 4:30--6:00 pm (ages 14-18 yrs), Tuesdays Drop-In 4:30-7:30 pm, dinner served (ages 13-18 yrs) Wednesdays Gender Blender (Trans* support group 14-18 yrs.) 4:30—6:00 pm. and Thursday Middle school group 4:30-6 pm (ages 11-14 yrs). Groups meet at the Children's Home Society, 1112 Columbia Street, downtown Vancouver. Group is free snacks provided. Open year round. For more information drop-in to our group or call Stephen (360) 334-5560.

PFLAG Southwest Washington-Parents and Friends of Lesbian, Gay and Transgender/Gender non-conforming Family members:
We are a supportive and educational group of family members, friends and allies of people who are lesbian, gay, bisexual, transgender, queer and or questioning (LGBTQ). We provide support and education for families including peer-to-peer support, educating people on the issues that are important to the LGBTQ community, and advocate for inclusive policies and laws. Group meets 2nd Tuesday of each month, 7:00-8:30 PM at the Children's Home Society, 1112 Columbia St. For more information call 360-562-0491 or email pflagswwa@gmail.com

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 though 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.

Spanish Speaking support group for parents who share the unique experience of raising children who experience special needs. During the school year we meet on 1st and 3rd Wednesday from 10am – 12:00pm. Once a month we have a guest speaker join the group to present on various topics. Group held 9414 NE Fourth Plain Rd, inside Innovative Services NW, 3rd floor training room. for more information contact Tanya English, 360-823-2247, ext 103

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 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/

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** (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.

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

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.

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 11611 NE Ainsworth Circle, suite 321 Portland, OR 97220. Drop in hours are Thursdays from 12 to 2p or call for an appointment, (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 experiencing any disability.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. Open Arms is free of charge and snacks are provided. For more information contact: Pamela Dye (503) 238-0522 or pdye@nwdsa.org 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
-Portland Open Arms Cross-disabilities Play Group. 2nd Wednesday of each month from 10:00 am-12:00 noon. Eastside Free Methodist Church 650 SE 139th Ave. (just south of Stark) Portland, OR 97223 Portland Open Arms also is doing a swap so bring and share baby and children's clothes, toys, books and items to share with others while also finding some things to take home.

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. Contact PEACE 360-823-2247

Join us on the second Saturday of every month, 2 – 4p, St. Andrew Lutheran Church
5607 NE Gher Road, Vancouver WA 98662 Contact: Brenda Tyrrell 360-823-2247 ext 106·

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 robbi@silverbuckleranch.org

SpiritHorse Therapeutic Center of SW Washington We are a new local Equine Assisted Therapy center in Ridgefield WA providing one on one lessons to children with mental and physical disabilities **FREE OF CHARGE.** We currently offer two 12-week sessions per year, with clients receiving a one-hour lesson per week progressing through the 88 step riding program which includes fetching the horse, grooming, and tacking up. All lessons include; one certified instructor, one trained side-walker and a guardian providing a 3 to 1 supervised ratio per student.

Visit us at: www.spirithorseswwa.org Like us on Facebook/spirithorseswwa.org
Email: info@spirithorseswwa.org Phone: (360) 887-3452

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 li mit 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.

PEACE

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 360-823-2247 ext 109

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 families who have loved ones struggling with behavioral health issues. Group meets every Thursday 3:00 – 4:30 PM. Group meets at NAMI office 5411 E Mill Plain, suite 4. For more information call, 360-695-2823. Co-facilitated by staff from NAMI and Clark County Crisis.

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.

The Reciprocal Learning Community (RLC) is a network of families, educators and health professionals who help parents of young children with Down syndrome become informed, empowered experts on their children's development and wellness. Topics are identified by parent volunteers and led by parents and professionals, covering issues such as nutrition, positive behavior support, literacy, person-centered planning, preparing for meetings with school personnel, sensory processing, child development and more. Many feature panels with parents of older children. There is no cost for this session and we always welcome new families. The session is held on a Saturday morning from 8:30 -1:00 pm. We provide a light breakfast and family lunch. Childcare and Spanish translation is available. (other translations available upon request). Next sessions, October 17th and January 16th, 2016.Contact Pamela Dye with questions or go to nwdsa.org to get registered.

NW Down Syndrome Association also provides general support for families. They offer resources for new parents, around lifespan development, and IEP and medical support. Contact Pamela Dye (503) 238-0522

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

Autism Empowerment Community Support Network

*** Schedules subject to change. Please check our website to confirm group meetings each month.**
Youth, adults and families living in Washington and Oregon are welcome to participate in all our activities.

Support Group for Adults on the Autism Spectrum (18+) - Portland metro/SW WA

For: Adults 18+ who identify Autistic / Asperger's or on the autism spectrum. Peer-to-peer support.
When: 2nd Friday from 6:30 - 8:30 pm *

Where: Stephen's Place - 501 SE Ellsworth Rd, Vancouver, WA 98664
Lead: Andy Humber - 360-852-8369 or (971) 409-2709 (text) - andyh@autismempowerment.org

AWEtism We Embrace (AWE) - Portland

For: Support group for neurotypical and neurodiverse parents, partners, and adults on the autism spectrum wanting to open new avenues
to thinking about autism. Parents attending have sons/daughters of all ages and ability levels.
When: 3rd Thursday from 6:30 - 8:30 pm *
Where: Providence Medical Center, Room HCC 6, 830 NE 47th Ave., Portland, OR 97213
Lead: Shasti McLaughlin - 503-781-2461 - shastim@autismempowerment.org

Autism/Asperger Parent Support Group (Tweens and Teens) - SW WA

For: Parents with children on the autism spectrum in middle school or high school
When: 3rd Saturday from 6:30 - 8:30 pm (during the Tween and Teen Social Club - see below) *
Where: Northwest Gospel Church, 305 NE 192nd Ave, Vancouver, 98684
Lead: Aaron Blackwelder - 360-852-8369 - aaronb@autismempowerment.org
Lead: Kay Richardson - Kayr@autismempowerment.org

Tween and Teen Social Club (Ages 11 - 19) - SW WA

For: Youth ages 11 - 19 who are on the autism spectrum + siblings & peer mentors.
Youth should be at a maturity and ability level where they require limited supervision and support. (Parents stay in a separate room.)
When: 3rd Saturday from 6:00 - 9:00 pm * (Optional Book Club takes place from 6:30 - 7:30 pm)
Where: Northwest Gospel Church (formerly known as LIfepoint Church), 305 NE 192nd Ave, Vancouver, 98684
Lead: John Krejcha - 360-601-4678 - SocialClub@autismempowerment.org

G.I.R.L.S. Tweens and Teen Group - SW WA

For: Adolescent girls on the autism spectrum (ages 12+) - involves sharing, writing and movement
Group is facilitated by Joanna Blanchard, OT and is held monthly on the last Monday at Stephen's Place in Vancouver, WA
Please email info@autismempowerment.org for more details.

Autism Serves Kids Care Club (Ages 10 - 18) - Meets in various locations

For: Volunteer Service Club for youth on the autism spectrum to volunteer with families & peers (Elementary - high school)
When: 2nd Sunday from 2:00 - 4:00 p.m. + optional service projects on different dates in the community *
Where: Stephen's Place - 501 SE Ellsworth Rd, Vancouver, WA 98664 (project locations vary)
Lead: John Krejcha - 360-852-8369 - kidscareclub@autismempowerment.org

Autism Rocks (All Ages) - Washington, Oregon, Everywhere!

For: Anyone who enjoys spreading Autism Acceptance around the city and the world.
Where: From the comfort of your own home or through select community events/
When: Anytime! Contact ImaniC@autismempowerment.org . Visit us at Facebook @autismrockcreation to share your creations.
Visit us at: **www.AutismEmpowerment.org or www.facebook.com/autismempowerment**
or call 360-852-8369

Spectrum Life's online resource directory has directly listings of over 1200 autism-friendly service providers in dozens of categories that support youth and adults on the autism spectrum and their families. Additionally, visitors can read the current issue of Spectrum Life Magazine as well as all past issues dating from 2013 - the present. Featured areas include: Advocacy, Lifespan, Recreation, Education, Health and Wellness and Therapy. All of this can be accessed at www.spectrumlife.org

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 Vancouver
Workshops are open to anyone who would like to attend. These classes are designed to prepare and help job seekers with the tools they need to find employment. Class topics include; Applications, Skills & Abilities, Resume & Cover Letters, Interviewing, Job Search Strategies, and Beginning Computer Skills. We offer a Veteran's orientation, training information orientations and employer job fairs. Visit us at www.WorkSourceWA.com for a complete list of Workshops and times and for other job search information. WorkSource Vancouver is located at 204 SE Stonemill Drive Suite 215 Vancouver, WA 98684. We are open Monday – Thursday 8 am to 5 pm and Friday 9:30 am to 5 pm. Questions? Contact us at 360-735-5000.

Innovative Services NW Employment Services
Participants work with Job Developers to explore the world of world, 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.

Clark College
Clark College Career Services, a Worksource Affiliate site, is located in Penguin Union Building, Room 002, 360-992-2902, Career Center 360-992-2155 www.clark.edu/campus-life/careers
8:00 a.m. - 6:00 p.m. Monday-Thursday
8:00 a.m. – 1:00 p.m. Friday

Summer Hours-through Sept 2nd
Monday & Tuesday: 8:00 am-6 pm
Wednesday & Thursday 8:00 am-5 pm
Friday 8:00 am – 12 pm

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

Education Support Services
Val Ogden Center
10201 NE Fourth Plain Road
Vancouver, WA 98662
360-253-4036
www.cvabonline.com
Tours: Tuesdays @ 11a & Thursdays @ 2p
The Val Ogden Center (VOC) is a program of Consumer Voices are Born (CVAB). We offer people in mental and substance abuse recovery the opportunity to become involved in a community of peers who truly believe in recovery. Our Education team assists our participants in furthering their educational goals by helping them to take advantage of adult education opportunities in the community. We help individuals to explore local GED programs, technical schools, colleges and universities. The VOC provides assistance in obtaining financial aid, completing admission applications, degree program selection, and class scheduling. Once enrolled as a student, individuals receive support with homework and test preparation. If necessary, VOC staff will collaborate with school disability access counselors to arrange special accommodations. For further information please join us for a tour or call 360-253-4036 and ask to speak to an Education Specialist.

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 360-334-5658.