

# Parenting Education Schedule of Events

## *Fall 2009*

### Parenting Now!

Location: Astoria Head Start (Gray School)  
Dates: To be announced  
Times: To be announced  
Contact: Julie Soderberg,  
LifeWorks NW, 503.338.6990x117  
Astoria Head Start, 503

This program helps parents build positive, enjoyable and healthy relationships with their young children, creating a solid, lifelong foundation as a family. The strength-based curriculum is preventive in focus and helps parents create a community support network.

### Haga de la Paternidad un Placer

Location: Emerald Heights (tentative)  
Dates: To be announced  
Times: To be announced  
Contact: Viviana Kondo,

This program for Spanish speaking parents of children 8 and younger helps alleviate the stress of isolation of parenting while building on family strengths and helping parents to develop a strong social support network. Emphasis is on preventative discipline methods.

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## Make Parenting a Pleasure

Location: Seaside Head Start  
Dates: To be announced  
Times: To be announced  
Contact: (before September 1, 2009)  
Jill Quackenbush, LifeWorks NW,  
503.338.6990x106  
(after September 1, 2009)  
Annie Cooke, Seaside Head Start, 503.738.0873

This program for parents of children 8 and younger helps alleviate the stress and isolation of parenting while building on family strengths and helping parents to develop a strong social support network. Emphasis is on preventative discipline methods.

## Strengthening Families 10-14

Location: Warrenton Grade School  
Dates: October start, days to be announced  
Times: 5:30 - 8:00 (dinner program included)  
Contact: Julie Soderberg, LifeWorks NW, 503.338.6990x117

This program is designed to help parents and caregivers learn nurturing, guidance, and discipline skills. Youth in grades 5-8 develop a healthy future orientation, an increased appreciation of their parents/caregivers, and learn skills for dealing with stress and peer pressure.