

Activities For Parents

HIGHLIGHTS

- ★ Keeping Your Child Safe
- ★ Fussy Baby Network
- ★ Healthy Nests Project

ANNOUNCEMENTS

Heirloom Birth Certificates for citizens born in Oregon. Hand calligraphed on heirloom quality paper bearing embossed official seal within a specially designed border; measures 9 in. wide and 20 in. long. \$40. Proceeds go to The Children's Trust Fund to fund programs such as Birth To Three to prevent child abuse and neglect before it starts. *For more information and/or an order form, write to: Children's Trust Fund; 1410 SW Morrison, Suite 502; Portland, OR 97205.*

Kohl's Lane County Child Passenger Safety Program, 5-7p, Eugene Fire Station #2, 2nd/Chambers, Eugene

No registration required for this **FREE** event, but donations are gratefully accepted. **Lines may close early due to high demand.**

- December 17

For more information, call 541-782-3294.

HEALTH/SAFETY

Keeping Your Child Safe, RiverBend 200C&D, 333 RiverBend Dr., Springfield. Spend an evening on safety issues relating to your newborn. Topics will include car seat safety, childproofing your home, baby product safety, preventing shaken baby syndrome, water safety, seasonal topics, and much more. Couples (partners) highly encouraged to attend as well as grandparents or others who will be caring for your baby. \$20. *Call 541-222-7074 to register and for more information.*

- January 21
- February 18
- March 18
- April 21
- May 20
- June 17

Community Health Centers of Lane County

- **South Eugene High School Health Center**, 400 East 19th Ave., Eugene (enter on the side of the building near the Amazon Parkway). Open M, T, Th, F, 8a-12:30p; 1:30-4p; W, 8a-1p; *follows 4J school calendar; closed on Federal holidays.* Provides comprehensive, quality health care services including immunizations, physical exams, treatment for acute/chronic illnesses and injuries, reproductive health care, etc. OHP, private insurance, and uninsured patients welcome; sliding scale and payment plans for services available. *Call 541-687-3209 to request an appointment or with questions.*

CAR SEAT QUESTIONS?

Please call

The Car Seat Safety Resource Center

1-800-772-1315

HEALTH/SAFETY, continued Community Health Centers of Lane County, continued

- **Springfield Schools Health Center**, 1050 10th St., Springfield. Open M-F, 8a-12:30p; 1:30-4:30p year round *except on Federal holidays and for week during summer for cleaning; call to confirm availability.* Full-time Family Nurse Practitioner at clinic. Offers expert, comprehensive health care to Springfield students and their families, with uninsured adult family members seen on a sliding fee scale (based on the Federal Poverty level). Services at low cost to uninsured students, such as well or sick child checks, immunizations, injury and wound care, family planning, medication, or contraceptive management and counseling. Fee of \$50 for sports physicals and a \$15 administration fee for vaccines; vaccines free to students, as needed). Assistance also available to sign up for Oregon Health Plan. *Must have an appointment; call 541-744-4130 to request an appointment or with questions.*

Activities for Parents at www.birthto3.org/parents/resources/activities 

UPDATED OCTOBER 23RD WITH NEW EVENTS!

HEALTH/SAFETY, continued Community Health Centers of Lane County, continued

• **Riverstone Health Clinic**, 1640 G St., Springfield. Open M, W, F, 8a-5p and T, Th, 10a-7p. Provides comprehensive, quality health care services including immunizations, physical exams, treatment for acute/chronic illnesses and injuries, reproductive health care, etc. OHP, private insurance, and uninsured patients welcome; sliding scale and payment plans for services available. *Must have an appointment; call 541-682-3550 to request an appointment or with questions.*

• **Volunteers In Medicine Clinic**, 3321 West 11th Ave., Eugene provides respectful, high quality medical and health care services to working people who are low income and uninsured. *Call 541-685-1800 for hours of operation, financial eligibility pre-screening, or to request an appointment.*

Early Childhood Coordination Agency for Referrals, Evaluations and Services (Early Childhood CARES). Do you have concerns about your child's development? Early Childhood CARES provides early intervention and special education services to all children in Lane County. Areas of concern may include: speech and language, motor, behavior, socialization, learning, vision, and hearing. **FREE** developmentally appropriate educational services to all children and families who qualify. Services can include: specially designed instruction, parent consultation/education, speech and language therapy, physical and occupational therapy, vision and hearing services, and assistive technology. *Call 541-345-2578 or 1-800-925-8694 for more information.*

HEALTH/SAFETY, continued FREE Health Insurance for Children (ages 0-18)

Do you want to know if your child(ren) qualify for the **FREE** Oregon Health Plan (OHP)? Call Jeanne Campos, OHP Outreach Specialist, if you need help determining eligibility and completing the application process. *Call 541-682-3558 for more information.*

McKenzie-Willamette Medical Center's Physician Referral Service, M-F, 9a-5p

Information on primary care physicians and specialists in the Eugene/Springfield area including their education and special medical interests. *Call 541-726-5565 for more information.*

Baby Boot Camp

Join us for 55- or 75-minute (depends on class format) Stroller Fitness Classes that combine strength and cardio training. Program designed for prenatal Moms or Moms with infants and children up to age 5 yrs.

Workouts focus on building core body strength for prenatal and postnatal fitness. Jump start weight loss, be with your child, combat baby blues, make new friends! All classes are drop in; first class is **FREE**. No membership fee.

For class days/times/fees and additional information, visit www.babybootcamp.com or contact Meredith Mills at 541-431-1675 or meredith.mills@babybootcamp.com for more information.

CHILDBIRTH

Family Birth Center Tour at RiverBend, 3333 RiverBend Dr., Springfield. Meet at the RiverBend Main Lobby Fire Place for a **FREE** guided tour of Family Birth Center. Offered several times mo. (daytime or evening). Visit maternity unit and learn about available birthing practices and options. **Just to be on the safe side—children 12 and under who are healthy are required to wear a mask covering their mouth and nose on the tours.** *Register several weeks in advance; call 541-222-7074 for dates, days, times, and more information.*

CHILDBIRTH, continued

Women's Health and Birth Center Tours, McKenzie-Willamette Medical Center, 1460 G St., Springfield. Offered four times/mo. (daytime or evening). *Call 541-741-4649 for dates, times, and more information.*

Childbirth Classes in Cottage Grove, Cottage Grove Community Hospital, 1515 Village Dr. Six-wk. series provides comprehensive childbirth preparation, including films and handouts, with information on labor and delivery options, infant care and feeding, and postpartum care of Mom.

- classes for first-time parents; \$48/series

- refresher courses by arrangement with instructor; \$12/hr.

Call instructor Sarah Turpin, R.N., (541) 541-942-6795 for dates, times, and more information.

Hypnobabies Childbirth Education Classes in Eugene.

Six three-hour classes for you and your birth partner. Learn everything you need to know for a comfortable natural birth, including self-hypnosis techniques that let you be awake and aware and able to move around freely, still very relaxed and comfortable while giving birth. *Call Certified Hypnobabies Instructors Phyllis Linn (541-514-3042) or Krystle Rodriguez (541-870-1984) for dates, times, and more information, or visit www.hypnobabies-eugene.com.*

Ongoing Sundays, 3-4:30p

Prenatal Yoga, Yoga West, Eugene, 3635 Hilyard St. (corner of 36th/Hilyard across from Tugman Park). Provides a warm, supportive environment that will promote your comfort during pregnancy and help develop skills for labor and for parenting. Includes warm ups, breath exercises, yoga and yogic teachings on pregnancy, deep relaxation and meditation. After class, time to visit/network with each other. Organic snacks and tea provided. Instructor specially certified in prenatal yoga instruction. *Call 541-686-0432 for more information and to register and/or visit yogawesteugene.com.*

CHILDBIRTH, continued**Thursdays, 5:05-6:30p**

Prenatal Yoga, Physicians & Surgeons-North, Suite 129, 1200 Hilyard St., Eugene. Prenatal yoga class designed to ease discomforts of pregnancy and help prepare body and mind for childbirth. Practice of yoga poses, breathing exercises, and relaxation increase flexibility, build strength, balance, and a mind/body connection. Opportunity to connect with other women who are pregnant. **When paying for this class, you are purchasing 4 credits that you can use at your convenience. Open enrollment—start any time.** \$40. Call 541-222-7074 to register and for more information.

Monday, 5:30-7:30 or Wednesday, 6:30-8:30p

Childbirth Preparation Prenatal Series, McKenzie-Willamette Medical Center, 1460 G St., Springfield. Five-wk. series for expectant mothers and support person will emphasize application of breathing and relaxation skills. Series will also cover stages of labor, common discomforts, vaginal birth vs. C-section, pain relief preferences, what to expect during hospital stay, and available community resources. Expectant mothers will gain information needed to make choices about their birth experience. Meets once/wk.; call for specific dates. Call 541-741-4649 for start dates, more information, and to enroll.

November 21, Saturday, 9a-5:30p

Prepared Childbirth Weekend Workshop, RiverBend 200C&D, 3333 RiverBend Dr., Springfield. Learn basics on labor and birth process, relaxation, breathing, comfort measures, and labor support skills. Briefly cover information on medications, medical interventions, and care of mom and baby immediately following birth. Both parents encouraged to attend. \$60. Call 541-222-7074 to register and for more information.

CHILDBIRTH, continued**November 24-December 15, Tuesday, 7-9p**

Childbirth Essentials, RiverBend 200C&D, 3333 RiverBend Dr., Springfield. Four-wk. series covers basics on labor and birth process, relaxations, breathing, comfort measures, and labor support skills. Includes brief information on medications, medical interventions, and care of mom and baby immediately following birth. Both parents encouraged to attend. \$60. Call 541-222-7074 to register and for more information.

December 2, Wednesday, 6-9p

Childbirth Refresher, McKenzie-Willamette Medical Center, 1460 G St., Springfield. Reviews breathing and relaxation, labor coaching techniques, and sibling adjustment. Bring pillows! \$25/couple. Call 541-741-4649 to pre-register, and for more information.

December 3, Thursday, 7-9p

Baby Basics, RiverBend 200C&D, 3333 RiverBend Dr., Springfield. Build your confidence as a parent in caring for your baby. Learn about fascinating abilities and behavior patterns of newborns, and ways to meet their physical and emotional needs. Address feeding and sleep issues, become skilled at soothing and calming techniques, and “practice” bathing, diapering, and dressing your baby. Both parents encouraged to attend, as well as grandparents or others who will be caring for your baby. Bring a couple pillows and wear comfortable clothing. \$20. Call 541-222-7074 to register and for more information such as special situations like adoption or any other.

December 5, Saturday, 10:30-11:30a

Sibling Preparation, McKenzie-Willamette Medical Center, Umpqua Room, 1460 G St., Springfield. Helps big brothers and sisters (ages 3–7 yrs.) prepare for the arrival of “their” new baby: discuss feelings, frustrations, family adjustments; create artwork for crib; tour Birth Center. \$10 (1 child); \$15 (2+ children). Call 541-741-4649 to pre-register and for more information.

CHILDBIRTH, continued**December 10, Thursday, 6:30-9p**

Preparing For Breast-feeding, RiverBend 200C&D, 3333 RiverBend Dr., Springfield. Review benefits of breast-feeding and learn about proper latching and positioning of baby to ensure good milk supply and maximum comfort for mother. Identify and know ways to manage common challenges of early days of nursing and when to get help. Learn tips on pumping, storing, and feeding. Both parents encouraged to attend as well as grandparents or others who will be caring for your baby. Bring a couple pillows and wear comfortable clothing to class. \$20. Call 541-222-7074 to register and for more information such as special situations like adoption or any other.

December 12, Saturday, 9-10a

Expectant Siblings Tour at RiverBend (ages 3-10 yrs. and parents), RiverBend 200G, 3333 RiverBend Dr., Springfield. Visit the Family Birth Center to help children for the arrival of the new baby. Talk about being a big brother/big sister, tour the Family Birth Center, and practice holding the new baby. Register several months in advance of your delivery; please enter a registration per child. \$10/child; \$20 maximum/family. Call 541-222-7074 to register and for more information.

December 12, Saturday, 9a-5:30p

Prepared Childbirth Weekend Workshop, RiverBend 200C&D, 3333 RiverBend Dr., Springfield. See November 21 listing for class details.

December 12, Saturday, 9a-5:30p

Saturday Prenatal Retreat, McKenzie-Willamette Medical Center, 1460 G St., Springfield. No time for a six-wk. prenatal series? A one-day, comprehensive review of labor and delivery, relaxation, and breathing techniques designed for either first-time parents or those who have delivered previously but have never taken a childbirth class. Lunch break and morning/afternoon snacks provided. Bring pillows. \$65/couple. Call 541-741-4649 to pre-register or for more information.

CHILDBIRTH, continued

☞ **4 y 11 y 18 de enero, lunes, de 6 a 9p**

Esenciales sobre el parto, la lactancia y cuidado del recién nacido en Eugene, RiverBend 200F&A, 3333 RiverBend Dr., Springfield. Esta clase, compuesta de dos sesiones, está diseñada para toda madre, padre, abuelos o persona(s) de apoyo que esté(n) interesada(s) en aprender y/o actualizarse en lo que respecta a la experiencia del parto, medidas para hacer la experiencia más placentera, manejo natural del dolor, medicamentos para el mismo, primeras señas de trabajo de parto, relajación, técnicas de respiración y posiciones eficaces para el parto. Se incluyen temas tales como el cuidado del recién nacido, técnicas y consejos para amamantar exitosamente a su bebé. También tendrá la oportunidad de tomar un tour de las dos áreas de maternidad (Labor & Delivery and Mother Baby Units) y se hablará sobre consejos acerca de qué traer al hospital, cuándo venir al hospital y cómo ingresar al mismo a diferentes horas del día. (Traiga un par de almohadas y ropa cómoda para la clase). \$30. *Si quiere pagar de alguna otra manera que no sea con tarjeta de crédito, por favor llame al 541-222-7074.*

January 4-25, Monday, 7-9p

Childbirth Essentials, RiverBend 200C&D, 3333 RiverBend Dr., Springfield. See November 24-December 15 listing for class details.

January 5-February 2, Monday, 6:30-8:30p

Birthing Naturally, RiverBend 200C&D, 3333 RiverBend Dr., Springfield. Five-wk. class fosters positive beliefs and attitudes and provides variety of tried-and-true tools for pain management. Fathers/birth partners learn skills and techniques to stay involved and confident as labor support companion. Pain medications, complications, and medical interventions covered briefly. Immediate postpartum care of mother and baby included. \$60. *Call 541-222-7074 to register and for more information such as special situations like adoption or any other.*

CHILDBIRTH, continued

January 6-27, Monday, 7-9p

Childbirth Essentials, RiverBend 200C&D, 3333 RiverBend Dr., Springfield. See November 24-December 15 listing for class details.

January 9 Saturday, 9a-5:30p

Prepared Childbirth Weekend Workshop, RiverBend 200C&D, 3333 RiverBend Dr., Springfield. See November 21 listing for class details.

January 14, Thursday, 7-9p

Baby Basics, RiverBend 200C&D, 3333 RiverBend Dr., Springfield. See December 3 listing for class details.

January 16, Saturday, 9a-5:30p

Saturday Prenatal Retreat, McKenzie-Willamette Medical Center, 1460 G St., Springfield. See December 12 listing for class details.

January 19, Tuesday, 6:30-8p

Successful Breast-feeding, McKenzie-Willamette Medical Center, 1460 G St., Springfield. Learn how breast-feeding maximizes your baby's health and facilitates bonding; how to prepare, what to expect, how to overcome common problems. Individual sessions also available for consultation on concerns. \$15. *Call 541-741-4649 to pre-register and for more information.*

January 21, Thursday, 7-9p

Keeping Your Child Safe, RiverBend 200C&D, 3333 RiverBend Dr., Springfield. Spend an evening on safety issues relating to your newborn. Topics will include car seat safety, childproofing your home, baby product safety, preventing shaken baby syndrome, water safety, seasonal topics, and much more. Couples (partners) highly encouraged to attend as well as grandparents or others who will be caring for your baby. \$20. *Call 541-222-7074 to register and for more information*

January 23, Saturday, 9-10a

Expectant Siblings Tour at RiverBend (ages 3-10 yrs. and parents), RiverBend 200C&D, 3333 RiverBend Dr., Springfield. See December 12 listing for class details.

CHILDBIRTH, continued

☞ **1 y 8 y 15 de febrero, lunes, de 6 a 9p**

Esenciales sobre el parto, la lactancia y cuidado del recién nacido en Eugene, RiverBend 200F&A, 3333 RiverBend Dr., Springfield. Ver 4 y 11 y 18 listas de enero para detalles sobre la clase.

February 18, Thursday, 7-9p

Keeping Your Child Safe, RiverBend 200C&D, 3333 RiverBend Dr., Springfield. See January 21 listing for class details.

February 20, Saturday, 10:30-11:30a

Sibling Preparation, McKenzie-Willamette Medical Center, Umpqua Room, 1460 G St., Springfield. See December 5 listing for class details.

EARLY LITERACY**Read for Joy**

Eugene Downtown Library. Reading readiness program for families of newborns living in Eugene. Talking, singing, reading, and playing with baby from day one are key to baby's development. By participating in Read for Joy, parents will:

- Receive a visit from a trained volunteer who will share book tips on creating a home environment that fosters reading and learning. Nurturing language skills increases the chances of her or his academic and social success.
 - Receive two sturdy board books for baby's own book collection
 - Learn ways to share language with baby through books, songs, and games.
 - Meet other parents of infants.
- Call 541-682-8316 for more information.*

Sign Sing Play

Baby sign language workshops and classes for parents and caregivers. Participants will learn signs as well as how to incorporate them into day to day life with games, song, and play. *For more information, call Maj Hutchinson, Baby Sign Language Specialist, Certified Sign2me Instructor, at 541-844-9487, or e-mail maj@signsingplay.com or visit www.signsingplay.com.*

PARENTING

Every Wednesday, 11a-noon *Welcome Baby Connection*, Birth To Three, 86 Centennial Loop, Eugene. A comfortable place to learn about feeding your baby and the opportunity to speak with feeding experts in private. Also, a time to weigh your baby, learn new information, meet other parents and connect with local resources. **FREE.** *Please provide your own English translator if needed.* Call 541-485-5211, Su-F, 9a-4p, for more information.

1st Wednesday/month, 10:30-11:30a or 6:30-7:30p

Welcome Baby Open House, Birth To Three, 86 Centennial Loop, Eugene. In conjunction with Lane County Healthy Start, all expectant parents and parents of newborns are invited to an open house offering friendly support, information about parenting, community resources, infant development, and a place to weigh baby. **FREE.** Call 541-485-5211, M-F, 9a-noon, to confirm date or for more information.

Ongoing, 6-7:30p

Incredible INFANTS, Birth To Three, 86 Centennial Loop, Eugene. When baby is 2-4 mos. old, parents form a group to meet every other week for 10 sessions to share experiences and feelings; learn about their baby and themselves; and give and receive support. Facilitated by a professional Parent Educator. Tuition \$145; scholarships available. Groups start monthly. Call 541-485-5211, Su-F, 9a-4p for more information.

PARENTING, continued

Ongoing, 6-8p

Wonderful ONEs, Birth To Three, 86 Centennial Loop, Eugene. Parenting program for families with children (ages 13-17 mos.). Meets every week for 10 two-hr. sessions with a professional Parent Educator. A flexible Children's Program is provided when parents meet with Parent Educator. Discuss and share information about ONEs brain, language, emotional, physical, social development. Learn effective, "in the moment" discipline approaches. Tuition \$195; scholarships available. Call 541-485-5211, Su-F, 9a-4p for more information.

Ongoing, 6-8p

Terrific TWOs, Birth To Three, 86 Centennial Loop, Eugene. Parenting program for families with children (ages 24-36 mos.). Meets every week for 10 two-hr. sessions with a professional Parent Educator. A flexible Children's Program is provided when parents meet with Parent Educator. Discuss what it is like to be a TWO and the developmental tasks, needs, and motivations of TWOs. Address your concerns about discipline, setting limits, and dealing with emotional upsets—yours and your TWO's. Tuition \$195; scholarships available. Call 541-485-5211, Su-F, 9a-4p for more information.

Ongoing, 6-8p

Parents Again, Birth To Three, 86 Centennial Loop, Eugene. Receive the support and practical information you'll need to feel confident as a parent of siblings. For families with an infant and an older child. Facilitated by a professional Parent Educator. Five weekly sessions / \$95. Call 541-485-5211, Su-F, 9a-4p for more information.

PARENTING, continued

Ongoing, 6-8p

Make Parenting A Pleasure, meetings off site in Eugene and Springfield. Parenting program for families with children (ages birth-8 yrs.) dealing with high levels of stress. Meets every week for 12 two-hr. sessions with a professional Parent Educator. Learn to manage stress in healthy ways and to develop realistic expectations for yourself and your children. Child care included. Free to qualified applicants. Call 541-485-5211, Su-F, 9a-4p for more information.

Ongoing, meeting time varies

Program For Young Parents, meetings off site in Eugene and Springfield. Parenting program for 12- to 21-year-olds who are expecting or parenting. Partners involved with the young parent are encouraged to attend. Meets every week for two-hr. sessions with a professional Parent Educator. Uses *Make Parenting A Pleasure* curriculum. Discuss and share information about parenting strategies, child development, communication skills, anger management, and stress management. Child care included. Free to qualified applicants. Call 541-485-5211, Su-F, 9a-4p for more information.

Ongoing, days/times vary

☞ *Creecer...to grow up*, Birth To Three, 86 Centennial Lp., Eugene. Parenting groups for families with children (ages birth-8 yrs.) who speak Spanish. Meets every week for two-hr. sessions with a professional Parent Educator. Uses *Make Parenting A Pleasure* curriculum. Discuss and share information about parenting strategies, child development, communication skills, anger management, and stress management. Child care included. Free to qualified applicants. Call 541-485-5211, Su-F, 9a-4p for more information.

PARENTING, continued**Ongoing, four weekly sessions, 10-11:30a**

Squishtivities, Birth To Three, 86 Centennial Loop, Eugene. Collaborative play for parents and children (ages 2¹/₂-5 yrs.). Encourages development through music, games, arts, crafts, and messy play! It's fun for everyone! \$35. Call 541-485-5211, Su-F, 9a-4p for more information.

Young Fathers Program of Catholic Community Services, 945 West 7th

Ave., Eugene. Serves disadvantaged fathers (ages 28 yrs. and younger). Focus on parenting education for men; variety of other services also offered. Uses "strengths-based" model to build on and expand participants' existing base of skills and knowledge. Call 541-345-3628, ext. 308 for more information.

Focus on Children, 777 High St.,

Eugene. A 3¹/₂-hr. program conducted by qualified professionals employed by Lane County. Designed to help parents focus on and respond well to children's needs during divorce or separation. *Pre-registration required.* Call 541-682-2070 for a registration form, fee reduction application, and class dates and times.

SUPPORT

Maternity Case Coordinators available at no additional cost to McKenzie-Willamette Hospital prenatal patients. Call 541-741-4649 (M-F, 8a-4p) for more information.

Lane County Birth Companion Network (LCBN).

A group of professionally trained birth and postpartum doulas who practice in the Eugene/Springfield area. Doulas work within evidence-based standards of practice to enhance the physical, emotional, and spiritual health of mothers, babies, and families through education and support during pregnancy, childbirth, and early parenthood. Call 541-485-9430, e-mail info@birthcompanion.org, or visit www.birthcompanion.org for more information.

SUPPORT, continued**WellMama Pregnancy and Postpartum Support Group, T, 10:30a-noon,**

Birth To Three, 86 Centennial Loop, Eugene. Safe, supportive environment for sharing your feelings and concerns. Learn skills to help you cope, reduce anxiety, set realistic expectations and ask for what you need. **Please check www.WellMama.org for the most recent updates on day, times, and locations of group.** Call Parent HelpLine, 541-485-5211, for more information.

WellMama Pregnancy and Postpartum Support Group, 1st and 3rd

Th/mo., 6:15-7:45p, 1034 Lawrence St., Eugene. Safe, supportive environment for sharing your feelings and concerns. Learn skills to help you cope, reduce anxiety, set realistic expectations and ask for what you need. **Please check www.WellMama.org for the most recent updates on day, times, and locations of group.** Call Parent HelpLine, 541-485-5211, for more information.

Postpartum Support International (PSI)

FREE "Open Forum" Sessions on Wednesdays. Talk with a PSI expert about resources, symptoms, opinions, and general information about perinatal mood disorders from the privacy of your own home. No need to pre-register or give your name. Sessions are informational only and open to anyone with questions and concerns about herself, a loved one, friend or family member. **Limited to the first 15 callers.** Visit www.postpartum.net for call schedule and access codes or call PSI's main office at 1-800-944-4773 for more information.

BabyLoss Support Group.

For those who have experienced pregnancy loss or the loss of an infant or toddler. No registration necessary; no fee. Meets at University of Oregon Many Nations Longhouse, 1630 Columbia Street, on campus behind the Law School. Call 541-870-8367 or e-mail babyloss.eugene@gmail.com or visit www.wix.com/babylosseugene/BabyLoss-Eugene for more information.

SUPPORT, continued**Pregnancy and Parenting After Loss Support Group.**

For parents who are considering becoming pregnant, are currently pregnant, or have had a baby after a loss. No registration necessary; no fee. Call 541-870-8367 or e-mail babyloss.eugene@gmail.com or visit www.wix.com/babylosseugene/BabyLoss-Eugene for more information.

Lactation Support Services.

M-F, 8a-5p, 3333 RiverBend Dr., Springfield. Lactation bedside support for in-hospital (RiverBend) patients. Also, telephone consultation and outpatient lactation support by appointment. Call 541-222-3922 for more information.

Breast-feeding Support.

T, noon-2p, Nurse Midwifery Birth Center, 511 East 12th Ave., Eugene. Call 541-484-5796 for more information.

Women's Care Lactation Services.

Breast-feeding in-office consultations with Registered Nurses with advanced training as well as phone support. Electric breast pump rentals/equipment sales available. Oregon Health Plan accepted. Services available by appointment, M-F, 9a-noon. Call 541-686-2922 for more information.

Lactation Consultation Services.

A certified lactation consultant provides breast-feeding education support. Phone or personal consultation available. Intensive support for babies having medical problems due to breast-feeding difficulties. Breast-feeding classes offered monthly. A service of McKenzie-Willamette Medical Center. Call 541-726-4471 for more information.

Fussy Baby Network

offers support to families with a baby who is fussy, crying excessively, or has difficulties with sleeping or feeding. If you have questions or concerns or are exhausted and overwhelmed by chronic crying, call *The Fussy Baby Warmline* at 1-888-431-2229 or visit information www.erikson.edu/fbn.aspx. The Fussy Baby Team will help you and your family find more ways to soothe, care for, and enjoy your baby.

SUPPORT, continued

Tuesday Diaper Day, 9:30a-4:30p.

Stop by Lane Pregnancy Support Center, 142 East 13th Ave., Eugene for **FREE** disposable diapers (1 dozen newborn or 10 diapers, sizes 3-6) *while supplies last*—call for availability. Eugene, 541-345-0400; Springfield, 819 A St., 541-744-3303; Cottage Grove, 1238 South 6th, 541-942-2333; Junction City, 245 West 6th, 541-998-7920. *Please call respective office to confirm business hours.*

Mother's Helper, 1509 Willamette St., Eugene. Personalized care to aid mothers with all their household needs. Assists prenatal and postnatal mothers with child(ren), post partum depression, sibling care, household care, shopping, laundry, meals, and more. Licensed, bonded; passed all criminal background checks. Call 541-344-3273 for more information.

Lane Family Connections of Douglas and Lane Counties.

Childcare provider referrals, childcare resources and consultations, childcare financial assistance information for parents with low incomes, and enhanced services for employers; supports and trains childcare providers; works with child advocates and policy-makers. Call 541-726-3954/1-800-222-3290 for more information or visit website: www.lanec.edu/lfc.

University of Oregon Healthy Nests Project,

a **FREE** service for expecting couples and new parents (with a child up to two years of age) is offering three **FREE** consultation meetings designed to enhance the health of your couple relationship and strengthen your friendship and partnership. Receive a comprehensive assessment of your relationship's strengths and challenges. Prevent conflict by learning new skills to address common couples issues, such as parenting, intimacy, and communication. *To schedule a meeting, please contact Dr. Jeff Todahl (541-346-0919) or Dr. Deanna Linville (541-346-0921). For more information, please go to <http://education.uoregon.edu/couples>.*

SUPPORT, continued

Family Support & Connections.

A collaborative group of community agencies and individuals provides supportive information and services for families living in Cottage Grove, Eugene, Fern Ridge, Florence, Junction City, McKenzie River Valley, Oakridge, Pleasant Hill, and Springfield. Assists families and helps them eliminate risk factors and improve their situations. Call 541-465-1334 for more information.

MOMS Club. Join the largest organization for at-home moms. Friendship, socialization, and support for Moms and their children. Three chapters currently serving Eugene/Springfield and surrounding communities. *To find a chapter serving your zip code, visit www.freezebs.com/mcofeugene for more information, or call Nicole, 541-736-0374 (Eugene); Amariah, 541-505-1167 (Eugene-West); Westside Indoor Playground Co-op, Corrina, 541-302-8069. You may also refer to page 9 in *Activities For Children* for specific group details.*

Websites for Dads. The following websites for fathers were recommended by Prevent Child Abuse America. They provide a wide range of information and services for fathers (and mothers, too). Prevent Child Abuse America takes no responsibility for content of these sites. However, if you would like to comment on any of them or encounter problems through them, please e-mail info@preventchildabuse.org and let them know.

- **Newdads.com.** This online "boot camp for new dads" is a great resource for first-time fathers with specific advice on taking care of your baby or toddler.
- **Keepkidshealthy.com.** This website supplies you with resources that will assist you from birth to adolescence, including parenting tips on hot topics such as bed-wetting, discipline, potty training, and sleeping habits.
- **Slowlane.com.** If you're one of the growing number of stay-at-home dads, then this site is chock full of online references, resources, and networking opportunities.

SUPPORT, continued

Websites for Dads, continued

- **Sportsparenting.org.** This site is perfect for Dads looking to get involved with their children's youth sports activities, addressing both athletic development and character development.
- **Itsmylife.com.** This site allows you to create a legal will online for a nominal fee.

Online Resources for Parents

- **Public Broadcasting Service (PBS) Parents Guide to Raising Girls.** Girls today face challenges their parents never knew. Visit pbs.org/parents to explore new ways you can help your daughters grow up to be powerful, confident, and self-aware. This new site connects you with experts who offer useful tips, strategies, and advice on a wide range of issues and topics, including girls' brains and gender differences; body image and eating disorders; making and sustaining friendships; surviving middle school; media messages and aggressive marketing; the world of the Internet and much more.

- **Oregon Public Broadcasting (OPB) Kids & Family Web Site.** Visit opb.org/kidsfamily to find downloadable handouts on media literacy; an online guide to TV movie and video game ratings; links to lesson plans, activity ideas, teacher professional development courses and blogs about teaching; a family events calendar; an interactive coloring page for kids—and that's just the beginning!

Twins and Beyond. Moral support for parents of multiples, monthly support meetings, club library material, family social events, and monthly newsletter. Call 541-463-8252 for more information.

Adoption Connections of Oregon (ACO).

Non-profit organization of families and individuals (formerly Adoptive Families of Lane County) offering support, education, multicultural activities, and friendship for anyone touched by or interested in adoption. Call 541-345-4209 or 541-342-1134 for more information or if you'd like to become more involved in ACO.

SUPPORT, continued

ADD/ADHD Support Groups. Families of children with ADD/ADHD are welcome to come and meet others with the same diagnosis to support and share stories of encouragement. Child care provided at some groups. Children and youth accompanying parents who attend the Eugene group meeting at River Road Park and Recreation must be able to be in pool alone or with an accompanying adult. They can swim during the meeting in an open session for \$3/family. Call 541-342-2876 to confirm meeting dates and for more information or see Oregon Family Support Network individual group listings below.

November 20, Friday, 6:30-8:30p

Oregon Family Support Network: Eugene group, River Road Pool, 1400 Lake Dr., Eugene. A group for families supporting other families that have children/adolescents with mental, emotional, behavioral, and related disorders. Kids swim **FREE** from 6:30-8:30p; parents can join swimming after meeting for a cost; swimming ends at 9p. Light snacks and beverages provided. Call 541-342-2876 **NOW** to RSVP to arrange child care or for more information.

November 27, Friday, 7-9p

Oregon Family Support Network Family Fun, Skateworld, 3188 Gateway Lp., Springfield. A group for families supporting other families that have children/adolescents with mental, emotional, behavioral, and related disorders. Families may skate after event until 10p on their own. Cost is \$1/person, any age. **FREE** child care provided. Dates, times, and locations are subject to change. Call 541-342-2876 to RSVP or for scholarship information

December 4, Friday, 6-8p

Oregon Family Support Network: Cottage Grove Support Group, 1515 Village Dr., Cottage Grove. A group for families supporting other families that have children/adolescents with mental, emotional, behavioral, and related disorders. Light dinner provided. **FREE** child care. Call 541-342-2876 to RSVP and to confirm date/time of this group.

SUPPORT, continued**December 11, Friday, 6-8p**

Oregon Family Support Network: East Springfield Marcola Area, Child Center, 3995 Marcola Rd., Springfield. A group for families supporting other families that have children/adolescents with mental, emotional, behavioral, and related disorders. Light snacks and beverages provided. **FREE** child care provided. Call 541-342-2876 to confirm date/time of this group.

December 18, Friday, 6:30-8:30p

Oregon Family Support Network: Eugene group, River Road Pool, 1400 Lake Dr., Eugene. See November 20 listing for group information.

December 18, Friday, 7-9p

Oregon Family Support Network Family Fun, Skateworld, 3188 Gateway Lp., Springfield. See November 27 listing for group information.

Domestic Violence/Abuse Support Group /Workshop) - on hiatus until spring 2010.

FREE support group co-led by two trained facilitators every Tuesday, from 7-8:30p. Provides safe environment for victims to understand and cope with dynamics of domestic violence, share their experiences and strengths, and look more clearly at and make decisions about their abusive relationships, redevelop feelings of self-worth, personal strengths, and move toward being survivors. Group helps break down isolation and offers support and skills as well as a safe place to verbalize feelings. Open to all women in any phase of life. Domestic violence need not be physical and includes verbal, nonverbal, emotional, psychological, sexual, economic, financial, and spiritual abuse. Drop-ins welcome; please arrive a few minutes early if you are new to the group. Child care provided. Call Terri Carlson, 541-682-4165 for more information.

SUPPORT, continued

Women's Support Group for women currently or recently in an intimate relationship where physical, sexual, or emotional abuse is or was a problem. Experienced facilitators from Womenspace Shelter assist women in finding help. Day and evening groups available in Eugene, Cottage Grove, Junction City, Oakridge, and Sweet Home. Day Latina groups available in Eugene. Lesbian group available by arrangement. **FREE.** Call Womenspace, 541-485-6513, for meeting sites or more information.

Sexual Assault Support Services

(SASS). Services for survivors of sexual abuse/assault, their friends and family. Call 541-484-9791 (business office); 541-343-SASS (7277) or 1-800-788-4727 (crisis) for more information.

(SASS) Monday Night Drop-In Support Group.

Open to any woman (ages 18 yrs. and older) who is a sexual assault survivor. Meets 7-8:30p at SASS office, 591 West 19th, Eugene. **FREE** and confidential. Contact Shanta, 541-484-9791, x306 for more information.

Counseling. Individual, couple, family, group therapy by licensed psychologist for various issues. Call Center for Healthy Living, 541-726-4544, for more information.

LA LECHE LEAGUE

Topics discussed during meetings include the advantages of breast-feeding to mother and baby, the birth of your baby and baby's first weeks, the "how-tos" of breast-feeding, becoming a parent, needs as baby grows, and nutrition and weaning.

Lending library and extensive materials for the breast-feeding family available in each group.

Call a group leader before attending a meeting to confirm date, time, and place in the event that changes have occurred.

Day Group: meets 2nd Monday/month, 10a. Call leaders for meeting location and additional information.

Leaders: Wendi, 541-654-0154 and Hattie, 541-689-3070.

Evening Group: meets the 4th Tuesday/month at the Friends Church, 3495 West 18th, Eugene, 7p. Fathers and other guests also welcome at this meeting. Call leaders for additional meeting information.

Leaders: Melanie N., 541-484-9843; Sue S., 741-0187; and Flint, 541-915-5482.

Toddler Group: meets the 1st Tuesday/month at 10a. Call for location.

Leaders: Shauna, 541-505-8289 and Melanie T., 541-343-8628.

Other Eugene Leaders:

Lynne, 541-345-5235 and Selene, 541-255-0691.

Cottage Grove/Creswell Group:

meets 3rd Tuesday/month, 10a. Call leaders for meeting location and additional information.

Leaders: Flint, 541-915-5482 and Shauna, 541-505-8289.

Eugene Help Line: 541-744-6055 for breast-feeding concerns.

Website: www.lalecheleague.org.