

Parent Resource Guide

Directory of Parenting Classes/Support Groups

Summer 2003

Parenting Skills

COUNTY-WIDE

Ages & Stages

Three session class deals with basic understanding of parenting issues and skills related to the stages of child development. Sites, days and times vary. Compass Health (425) 349-8200.

Blended Families

This class deals with joys and stresses of combining families. Covers definition of family, expectations and comparisons of expectations for each family member, child development, parenting stages, grief, transition, support systems, "mom's house, dad's house," communication, redefining birth order, dealing with siblings, etc. Sites, days and times vary. Compass Health (425) 349-8200.

CADA Parenting Class

Quarterny

Free parenting class to victims of domestic violence and/or sexual abuse. CADA Community Resource Center Mandy Staley (360) 675-2232.

Couples Communication

This class covers learning effective skills and tools in communicating with your partner. Sites, days and times vary. Compass Health (425) 349-8200.

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Graduation Reality Dual - Role Skills (GRADS),

Mon. - Fri. 8:00 a.m. - 2:30 p.m.

High School Continuation program for pregnant and parenting teens between 14 and 21 years. Covers parenting skills, relationships, life skills, prenatal education, nutrition, and economic independence. On - site licensed child care.

Edmonds School District:

Donna Fish (425) 670-7270

Everett School District:

Diane Kinch (425) 339-4320

Lake Stevens School District:

Rietta Hitchcock (425) 335-1540

Marysville School District:

Judy Whitman (360) 653-0628

Monroe School District:

Robin Russell (360) 794-3888

Mukilteo School District:

Kim Nacke(425) 356-1300

Help! There's a Teenager Living in My Home!"

Class deals with special parenting issues that arise from dealing with children as they become adolescents and teens. Sites, days and times vary. Compass Health (425) 349-8200.

IMPACT

Parenting classes for parents and their children birth to five years of age. Call for times and a location near you.

Sheila Smith at Deaconess Children's Services (425) 259-0146.

Parent Talk

The 2.5 - 3 hour session discusses normal sexual development and ways to effectively transmit parental attitudes and values about sexuality education to their children. Workshops for groups of 5 - 30 parents can be held at your site. Planned Parent-

hood, Education/Training Manager (425) 339-2616

Parent Education, Infant, Toddler & Preschool Groups

Parent participation infant, toddler and preschool programs located at multiple locations and times. Please call Janice at Edmonds Community College, (425) 640-1665 or Carole at Everett Community College (425) 388-9300.

Parenting in Recovery: The Next Step

Mon or Tues evenings

Fridays 10 am - noon

This 12-week series offers parents in recovery an opportunity to learn positive discipline strategies, how to apply recovery principles to child rearing and family life, and how to reverse the impact of substance abuse on children and family dynamics. Classes are offered at three different times and locations. Sponsored by Snohomish County Human Services, contact Leona Moran at (425) 486-2655.

Teen Parent Advocacy

Offers weekly home visits and weekly support group to pregnant and parenting teens (ages 13-20). Assist with parenting skills, life skills, relationship issues, family planning and referrals to community resources. Deaconess Children's Services. Call Carla at (425) 259-0146.

Transitions and Stress

Coping with life stress or change can best be dealt with viewed on how we handle these transitions and the stress they cause. Sites, days and times vary. Compass Health (425) 349-8200.

PARENT RESOURCE GUIDE

You may print and copy for distribution.

Parenting Skills

Parent Resource Guide

Updated regularly by Compass Health, the Guide is a listing of ongoing parent support groups and scheduled parenting education opportunities, including a separate category for classes and support groups concerning pregnancy and infants in Snohomish County. The Guide is for parents, school districts, school counselors, health care providers, early childhood educators, child care providers, businesses and corporations, and service organizations.

Please feel free to print this Guide and distribute it to your parents, clients, patients or employees. Also, if you have a class or program you would like in this guide, please send the following information:

Name of Class
Times and/or dates
Short description
Contact name and phone, including organization

by fax at 425-349-8496
or e-mail to
srivilai.mcelhaney@compassh.org

If you have an emergency, please call 911 or Care Crisis at 425-258-4357.

VOA Community Resources

Childcare Resource Line
(425) 258-4213
Parent Provider Resource Line
(425) 259-2973

CENTRAL

Grandparents As Parents

Are you raising your children's children? Are you a relative raising someone's children? Do you think you are alone? Do you think no one understands? Talking to others in the same situation can be very helpful. Jerry or Carol (425) 353-6680.

Infant Toddler Program of Snohomish County

We assist families with children between birth to three years with concerns regarding their child's development. Most services free. 800-927-9308. TTY 339 - 4850. (425) 339-1965

Parenting for Attention Deficit Disorder

Tuesday 6:30 - 8:00 p.m.
This 4 week class series will help parents understand ADD and learn new skills for interaction with their child. The Everett Clinic, Jeanne Bourget (425) 493-6002

Systematic Training for Effective Parenting

7:00-9:00 p.m.
Parenting classes for children following official STEP curriculum. Prov. Everett Medical Center (425) 261-3247.

Systemic Training for Effective Parenting of Teens

Tuesday 7:00-9:00 p.m.
Focuses on developing positive parent-teen relationships, helping teens build responsibility, resolving conflicts and improving communication between parents and adolescents. Providence Everett Medical Center (425) 261-3247.

NORTH

Lakewood Parent Education

Parenting classes, free child care. Call (360) 654-2135, for information on dates and times.

SOUTH

Early Learning & Brain Development Resource Library

Wednesdays
9:00 - 11:00 am
The Center is hosting a time for parents with children, ages birth to five, to come in and have a cup of tea while you explore the latest information on early childhood trends. Books and videos are available to check out. Space is available for children to play. Please call (425) 355-6005 in advance.

Family Strengths Parenting Class

10 week class builds on existing skills; positive discipline; self-esteem; developmental stages and communication. Day and evening classes in Lynnwood and Everett. Child care available with reservations. Pathways for Women YWCA (425) 774-9843, Ext. 223 or (877) 773-9843 Toll free number.

Family Support Certificate Program

The Family Support Program provides the skills and knowledge that family support personnel need to help families stay healthy. The focus is in empowering families to promote their own healthy development and prevent future problems. The certificate is awarded upon completion of 45 credits. Edmonds Community College Janice (425) 640-1665

Parenting Skills

Gay & Lesbian Bisexual Playgroup

Mondays 10:00 - 11:30 am

For parents and children.

North Seattle Family Works

Call (206) 694-6727

Woodinville Family Preschool

A parent/child education program affiliated with Shoreline Community College. Providing enriched, age appropriate, multi-sensory environment for birth - Pre K. Through art, music, stories, cooking, science, dramatic play, etc, the child develops concepts in a way that is most comfortable to the child. Call (425) 481-9707.

Children's Classes

COUNTY-WIDE

Cooperative Preschool

Parents attend with children to practice developmentally appropriate activities, parent selected topics, participate in running preschool. Edmonds CC (425) 640-1665 or Everett CC (425) 388-9300.

Early Childhood Education

Neurodevelopmental center that provides early childhood education services and therapy services to children birth to 14 years. PEMC Pacific Clinic, Everett. (425) 258-7311

ECEAP

Parent - participation preschool program, income eligible three and four year olds. Arlington, Everett, Darrington, Granite Falls, Lakewood, Lake Stevens, Marysville, Mukilteo, Sedro Woolley, Anacortes, Snohomish, Stanwood/Camano Island, Tulalip Tribes. Snohomish County Human Services (425) 388-7251

Growing Up Male/ Growing Up Female

Workshops for children 8 - 12 years, and their parent(s). Provides information on puberty, reproductive development and health, and encourages family communication about sexuality issues. Planned Parenthood, Education Dept (425) 339-2616

Head Start

Preschool - parent education program for income - eligible three and four year olds in the Edmonds, Everett, Monroe, Sultan, and Index School Districts. (425) 290-6899

MOPS

Mothers of Preschoolers; education and support, children's activities, childcare, multiple locations. CCRRN (425) 259-2973

Parent Toddler Classes

Toddlers attend each week with parents. Enjoy discussion groups plus interactive play with children. Edmonds CC (425) 640-1665 or Everett CC (425) 388-9300.

Sherwood's Excel Program

Home based therapy for children 0 - 3 with developmental delays. Location: child's home, daycare or therapy center. Sherwood Learning Center, Pattie Urie (425) 334-4071

Washington Elks Therapy Program for Children

In - home occupational therapy for children (0 - 21 years) lacking other resources. Sarah Junkin, OTR/L at (425) 210-9221 or 1 - 800-TAL ELKS.

CENTRAL

Alcohol/Drug Information School for Adolescents

3rd Saturday 9:00 am - 1:00 pm
Education for adolescents about effects of alcohol and drug use. Meets all legal requirements. NW Alternatives (425) 774-4333.

"Girlspeak"

Girls develop leadership skills, share concerns and learn how to become involved in their community. Location: Evergreen Middle School. South Everett Neighborhood Center (425) 355-6005

Sibshops

A program for brothers and sisters of kids with special health or developmental needs. The ARC of Snoh. Co. (425) 258-2459.

Therapeutic Child Care

Parent/Child early intervention program, birth to six, high risk, CPS/CWS referral. Sherwood Learning Center, Marlene Maier (425) 334-4071

EAST

AM Playtime

Wednesdays 10:00-12:00
Parents with young children play, trade tips, and plan activities together. Lake Stevens Family Center (425) 397-7433

Campfire

Thurs. 2:30-5:00 pm
Informal educational program for youth (K - 2) to realize their potential and function effectively as caring self-directed individuals. Sky Valley Community Resource Center. VOA (360) 793-2400

C.O.R.E. Teen Seminars

Fri. - Mon. 9:00am - 9:00pm
Powerful and personal four day self-growth seminars for teens 8th through 12th grade. Lake Stevens. Gail A. Manahan, MA (425) 397-6872

Kreative Kids

Tuesdays 3:30 - 5:00 pm
Beginning 9/30/03
Free program for children ages 7-11. Designed to give an introduction to art techniques and mediums. Junior artists can try their hands at a variety of different creative styles in this weekly program. Program is held at the Lake Stevens Family Center. For more information, call (425) 397-7433.

The Family Resource Center

Tues. 9:30-11:00 a.m.
FREE program serves infant and toddlers residing in the Monroe, Sultan, Index, and Skykomish School Districts with suspected and/or diagnosed delays in their development. (360) 863-4233

Safe Stop

Saturday 8:00 - 11:00 pm
Teens evening out, chaperoned activities. Sky Valley Community Center. Call (360) 793-2400

Children's Classes

WHIMSY

Designed for elementary school-aged children in partnership with the Frontier Heights Homes Association. Whimsy gives children a safe, supervised environment to participate in enrichment activities such as arts and crafts, games, mentoring and educational support through interaction with other children and adults of various backgrounds and interests. For more information, call the Lake Stevens Family Center (425) 397-7433.

SOUTH

Children's Workshop

Groups for children ages 6-8, 9-11, and teens, where they learn they are not alone and develop new ways of coping with the many changes that occur during a divorce. Saturday AM workshop for preschool, kindergarten children of separated/divorced parents. (800) 509-0515 or (206) 694-5757.

Little Red School House, Inc.

A therapy and educational center serving infants and young children with developmental delays or disabilities. Call (425) 775-6070

Parent Toddler Playgroup

Facilitated in Russian
Wednesdays
10:30 - 12:30

Come and share play time with other parents and young children. Meet other families, share ideas, make crafts, sing songs, and read stories. South Everett Neighborhood Center (425)-355-6005

For the Kids' Sake: A Parenting Seminar

This seminar helps parents understand how children are affected by parental conflict. Seminar topics include:

- how to protect my child from parental conflict
- how to recognize when divorce/separation is affecting my child
- how to communicate better with the other parent
- how to get further help if I or my child needs it

This 4 hour seminar is offered several times a month at different locations throughout Snohomish County. For information on times and cost, please call Divorce Lifeline at 425-670-1390.

Nineline

Crisis intervention hotline to help youth and parents.

1-800-999-9999

Prenatal, Childbirth & Infant

COUNTY-WIDE

Infant Development

Infants birth to 18 months, with parents attend two-hour class each week. Discussion based on parent chosen topics. Call Edmonds CC at (425) 640-1665 or Everett CC at (425) 388-9300.

CENTRAL

Bradley Method Natural Childbirth Classes

Comprehensive study of pregnancy, birth and postpartum period. Register by sixth month. Brenda Bergstrom (425) 353-9504

Breastfeeding

Breastfeeding and instruction class taught by a Lactation Specialist. PEMC, Colby and Pacific Campus (425) 304-6000

Labor & Birth for First Time Parents

Couples participate in lectures, discussions of films, exercises and Lamaze breathing. Register for this class by fifth month of pregnancy. Includes breastfeeding. PEMC (425) 304-6000

Kangaroo Kapers

With the help of toy kangaroos, songs, and a slide show, this program encourages parent and child (3 - 6) to share questions and concerns about the new baby. A tour of the Maternity Unit is included. PEMC (425) 304-6000

Labor & Birth Refresher Series

6:30 - 9:30 pm
Three session class for the person who has given birth within the past five years. Location: PEMC, Pacific and Colby campuses. (425) 304-6000

Pre-Term Birth Education

Providence Everett Medical Center, Colby Campus (425) 304-6000.

Teens: Labor and Birthing

Prenatal classes designed specifically for pregnant teens and their support persons. Registration by fifth month of pregnancy. PEMC (425) 304-6000

EAST

Childbirth Preparation

Mon. & Wed. 7:00 - 9:00 pm
An 8 - week course for mothers and their birth partners. Valley General Hospital, Community Relations (360) 794-1411

SOUTH

Breastfeeding

For expectant mothers, this class provides information and tips on nursing a newborn baby. Stevens Health Source (425) 640-4066

Childbirth Preparation

For families expecting their first baby or for parents who have not attended childbirth classes before. Stevens Hospital. (425) 640-4066

Childbirth Refresher

Refresher class for parents who have taken childbirth classes with a previous pregnancy. Information on sibling adjustment and parenting multiple children included. Stevens Hospital. (425) 640-4066

Expecting Multiples

Thursdays 7:00 - 9:30 pm
Comprehensive, prepared childbirth series of five classes for families expecting multiples. Covers pregnancy, labor/birth, newborn, postpartum, breastfeeding, and parenting multiples. UW Medical Center (206) 598-4003.

Newborn Care Class

Class focuses on baby care in the first weeks of life, including diapering, cord care, bathing, and comforting a new baby. Stevens Hospital (425) 640-4066

Preventing Preterm Birth

Once a month
One-time class discusses risk for preterm labor, how to respond promptly to earliest signs and the needs of a preterm infant. UW Medical Center (206) 598-4003.

Sibling Preparation

Information on pregnancy, birth and new babies is presented at a young child's learning level. Includes tour of Birth Center at Stevens Hospital. (425) 640-4066

Tea 'n Tour

Preview family-centered birthing suites with private bathrooms and whirlpool tubs and learn about nursing expertise. See Special Care Nursery and discuss childbirth choices. Stevens Hospital. (425) 640-4066



Prenatal, Childbirth & Infant

SKAGIT COUNTY

Childbirth Express

Whether this is your first baby or third, this four-week express childbirth preparation class will give you information you need on the labor process, relaxation and breathing techniques, newborn care and role of the support person. Medical coupons are accepted. To register, call (360) 428-2424 or (360) 629-6481.

Childbirth Preparation Classes in Spanish

Childbirth preparation for Spanish-speaking couples includes information on the labor process, breathing techniques, the role of the support person, breastfeeding and newborn care. Medical coupons are accepted. To register, call Sea Mar at 360-428-4075 or leave a message at (360) 416-4226.

Infant CPR

This one-evening program, recommended for all expectant parents, is held monthly at Skagit Valley Hospital. The cost is \$10 per couple. To register, call (360) 428-2424 or (360) 629-6481.

Kangaroo Kapers

3rd Saturday 10:00 - 11:00 a.m.
With the help of Kangaroo puppets, songs, and a slide show, it encourages your preschool child (3-6) to ask questions and express concerns about the new baby. A tour of the Family Birth Center at Skagit Valley Hospital is included. (360) 428-2424

One-Day Childbirth Preparation Class

Saturday
A one-day intensive childbirth preparation class. For more information or to register, call the Skagit Valley Hospital at (360) 428-2424 or (360) 629-6481.

Health & Safety Classes

COUNTY-WIDE

Do You Need a Dentist for your Child?

Snohomish Health District No Cavity Club and Access to Baby and Child Dentistry programs can refer children with Medicaid insurance to a dentist who accepts Medicaid (medical coupons). Call the Dental Resource Line (425) 339.5219

Family Nutrition Education Program

Feed your family better, stretch your food dollars, help your children learn to choose foods wisely. Cooperative Extension (425) 338-2400.

Family Resource Center

The Family Resource Center in the Pavilion for Women and Children at Providence Everett Medical Center offers one stop shopping for educational materials, unique health products and services that support the health and wellbeing of women, children, and families throughout their lifespan. Topics offered include women's health, children's health and safety, pregnancy and the newborn, wellness, health conditions, grief and aging issues. All written materials have been recommended by physicians and other experts on our staff. The Family Resource Center has books, videos, audiotapes, CDs, and DVDs for sale, breastpumps for sale or rent, birthing balls, nursing bras, clothing for menopausal women, onsite viewing of videos and health reference books, registration for childbirth and family education classes and ongoing health screenings. Contact us at (425) 304-6000.

Immunizations Available

Routine and travel immunizations for children and adults are available at the Snohomish Health District clinics in Everett and Lynnwood. Bring record of all immunizations received. No one is denied services. (425) 339-5220 or (425) 775-3522.

Women, Infants, and Children (WIC)

Nutritional support for women and children. Offered throughout the county. VOA/WIC (425) 252-6491.

CENTRAL

Infant CPR

Saturdays 10:00 am - 12:00 noon
Infant CPR and safety. PEMC, Colby Campus (425) 304-6000

EAST

Adult Behavioral Health Services

Services include screenings, DUI assessments/deferred prosecution assessments, residential treatment, Valley General Hospital, David Anderson (360) 794-1405

Basics of Babysitting

A six-hour course for youth ready to learn the necessities of basic child care. Youth receive a certificate at the completion of the course. Dates vary throughout the year. \$5 suggested donation to cover materials. For more information, call the Lake Stevens Family Center at (425) 397-7433.

Emergency Care/ First Aid & CPR

3rd Saturday 8 a.m. - 4pm
Basic first aid, adult and pediatric CPR. Valley General Hospital, (360) 794-1411.

Star Sitters

2nd Saturday 9:00am - 3:30 pm
Prepares new sitters, ages 11 to 14. Monroe locations. Valley General Hospital, Community Relations (360) 794-1411

NORTH

Infant CPR

6:30 - 8:30 pm
This one - evening program recommended for all expectant parents is held at Skagit Valley Hospital each month. United General and Skagit Valley Hosp. (360) 428-2424.

Immunization Clinic

Mon., Wed., Fri. 8:00 - 4:30 pm
Affordable routine adult and childhood immunizations. Bring immunization record. Affiliated Health Services & Skagit County Health Department (360) 336-9380.

SOUTH

Friends of Adapted Activities

Therapeutic swim program in warm water heated to 94 degrees, open to people of all ages with orthopedic and neurological impairment, including their families and caretakers. Maplewood School, Edmonds School District, (425) 743-5787

Kid Safety Plus

Six-hour class covers CPR and First Aid for children. For parents, also approved for daycare providers. Stevens Hospital. (425) 640-4066.

Pediatric CPR

Mondays 6:00 - 9:00 pm
CPR for newborns through 7 years of age. Stevens Health Source (425) 640-4066

Support Groups

COUNTY-WIDE

Adolescent Drug/Alcohol Dependency Treatment

Designed to help adolescents break free from disabling effects of addiction. In Snohomish County, call Jean Long, NW Alternatives (425) 774-4333

Divorce Lifeline Adult Groups

7:30-9:00 pm

Support groups for adults experiencing a divorce or separation. Peer support helps adults in their healing and resolution of a divorce. Call to schedule intake (800) 509-0515 or (206) 694-5757.

Domestic Violence/Sexual Assault Support Group

Support group for survivors of domestic violence who have also been sexually assaulted by their abuser. Those currently in a sexually abusive relationship would also benefit. Providence (425) 258-7969

La Leche League

2nd Thursdays 10:00 am
Support, information, and fellowship for nursing mothers. In Snohomish County call (360) 793-0219, in the Northshore area call Lynn at (425) 742-0982.

Latino/Hispanic Parent Trust Group

Monday Monroe 6:30-8:30 pm
Tuesdays Everett 6:30-8:30 pm
Saturdays Monroe 10 - 12 noon
Bilingual/bicultural group for Hispanic parents in Monroe. Deaconess Children's Services, Teresa Abeyta (425) 259-0146 or (425) 349-7156.

Non-Offending Parents of Sexually Abused Children

Tuesdays 6:00 - 8:00 pm
Free group focuses on education, support, prevention and safety and crisis intervention. Prov. Sexual Assault Center, Amy (425) 258-7342

Parent to Parent Support Program of Snohomish County

Provides emotional support and information to parents of children with a newly identified developmental disability, as well as to parents who have concerns later on in their child's life. Craig Christonson (425) 258-2459

Parent Support Group

Support group for non-offending parents of sexually abused children. Call for schedule. Providence Everett Medical Center, Pacific Campus. Dusty (425) 258-7969

Puget Sound Overeaters Anonymous

Overeaters Anonymous meetings are held in many locations, both mornings and evenings. Please call the Volunteer Hotline number, (206) 264-5045 for a meeting in your area.

Saturday Gatherings for Grieving Kids and Teens

Workshops for kids (6-11) and teens (12-19) who have experienced the death of a friend or family member. 1-1/2 hour parent group meets during latter part of day at separate location. Hospice of Snoh. Co. (425) 261-4800.

Survivors of Rape and Past Child Sexual Abuse

Wednesdays 5:00 - 7:00 pm
Explore the effects of sexual assault/abuse, dealing with emotions and behaviors, reducing stress and healing ourselves, our relationships, and our families. 12 week sessions, PEMC Pacific campus. Bobbi (425) 258-7275

Teen Support Group

Free group for female teens, ages 14-18, who have experienced sexual assault or abuse, molestation or incest. Call for schedule of next group. Providence, Amy (425) 258-7342.

CENTRAL

Autism Support Group

2nd Thurs. 7:00-8:30 pm
Support group for parents of children with Autism, PDD, Aspergers, or other related diagnosis. The Arc, Lori (425) 258-2459.

Crisis Nursery

Respite Care for children birth to six, for parents in crisis. Catholic Community Services (425) 252-6293

"Depression After Delivery"

A support group for women who may be experiencing anxiety attacks, dramatic changes in sleep and/or eating patterns - within the first year after the birth or adoption of a child. Infants and partners are welcome. PEMC, (425) 304-6000

Domestic Violence Support Group

For women addressing issues of violence in their past or present intimate relationships. Safe, supportive atmosphere for sharing experiences and learning more about abuse and what to do about it. Center For Battered Women (425) 25-ABUSE.

P.S., My Baby Died

2nd Thurs. 7:30 - 9:00 pm
A support group for parents who have experienced miscarriage, stillbirth or newborn death. Telephone support is one of the services. (425) 304-6000

Support Groups

Village Families

2nd Sunday 2:00-4:00 pm
Peer led support group for parents raising difficult children. (360) 679-4419

Women's Support Group

Thurs. 7:00 - 9:00 pm
Open to women of all ages and backgrounds. Focuses on issues and needs presented by the group to help women work out problems and gain self knowledge and confidence. Contact Jan Nelson (360) 568 - 0570 or Janice VanWinkle (425) 486 - 0741.

EAST

Woman to Woman

3rd Tuesdays 6:00 - 8:00pm
Free program
Local women join together to share their experiences and beliefs, make connections and break down barriers. Child care is provided. For more information, call the Lake Stevens Family Center at (425) 397-7433.

NORTH

Parent Talk

Tues. 6:00 - 7:30 p.m.
Parent support as well as parenting again or just individuals who need an ear. Darrington Family Support Center, (360) 436-0308

SOUTH

Asperger's Support Group

Support for people with Aspergers Syndrome: high-functioning autism. Call for calendar and more information. Karen Rowe (206) 782-2232.

Children and Adults with Sickle-Cell Anemia

2nd Tuesdays 7:00 pm
Sponsored by Sickle-Cell Task Force, Odessa Brown Children's Clinic, Seattle. Contact Rosemary by e-mail: rosemary.vasquez@chmc.org

Domestic Violence Victims Support Groups

For victims of domestic violence. Issues include rights, boundaries, and changing patterns. Location: 20021 Ballinger WY. NE, Seattle. Northwest Family Life (206) 363-9601

Domestic Violence Court Ordered Treatment Groups

State certified domestic violence treatment program. NW Family Life (206) 363-9601

Hispanic Parents Support Group

6:30-8:30 pm
SW Seattle Family Center
(206) 937-7680

Overeaters Anonymous

Step study meeting for adults and older adolescents, reading a different step each week and sharing.

Saturday 8:30 - 10:00 a.m.
Woodinville Meeting- John at (425) 821-3638

Mondays 7:00 - 8:30 p.m.
Bothell Meeting - Call Betsy at (425) 483-5045 or Judith at (206) 362 - 8897.

Spirited Child Parent Support Group

Matching your active child's energy level can be a challenge. Refresh, re-energize in this supportive all - parent group. Call Lynnwood Family Support Center at (425) 670-8984 for dates and times.

Miscellaneous

COUNTY-WIDE

Bereavement Services

Offers bereavement support for those grieving the loss of a loved one. Hospice of Snoh County, Annie Luopa (425) 261-4807

Children's Museum in Snohomish County

Mon. - Sat. 10:00 - 3:00
An interactive environment where children and their families can experience their community's history, art, science, and culture through hands-on exhibits. 3013 Colby, Everett. Sally (425) 258-1006

F.A.S. Times

Fetal Alcohol Syndrome Family Resource Institute Newsletter with articles by and for caregivers. Call Vicky McKinney at 1-800-999-3429 to receive this newsletter.

Hospice of Snohomish County

Provides individualized home medical care, spiritual and emotional comfort for persons with a life-threatening illness. From infants to seniors, care is tailored to patient/family needs and preferences, including expert care in symptom and pain management. Providence Home Services (425) 261-4800.

Individual Counseling

Counseling for women experiencing depression, anxiety, difficulty in interpersonal relationships, managing life transitions, and raising self-esteem. Pathways for Women, YWCA (425) 774-9843, Ext 301.

Library and Other Resources

The Puget Sound Adlerian Society has books, tapes, and videos for parents, parent educators, counselors, and teachers, both in the library and for sale. Puget Sound Adlerian Society, Ann (206) 527-2566

Mediation in Special Education

When parents and school personnel disagree about the educational program for a student with disabilities, either party may request a mediation. Mediation is an optional alternative to a due process hearing. Sound Options Group, LLC, 1 - 800 - 692 - 2540.

Navy Family Service Center

Military members and families can obtain reliable information and assistance. Programs are offered on personal and family enrichment topics, designed to help people learn parenting, stress management, marital communication, financial management etc. Short term counseling, prenatal and postnatal education, support groups, and assistance with transition from military to civilian life also available. Naval Family Service Center (425) 304-3367

Parents Are Vital in Education (PAVE)

To inform parents with children and with disabilities about available resources, strategies for educational planning, family support and activities and how to plan for everyone's right to be a wage-earning participating member of their community. Call 1-800-5-PARENT.

Pathways to Work

Free intensive workshop for displaced homemakers, but open to others too. Self-assessment, job readiness training and assistance with career decisions. Pathways for Women, YWCA, Wendy Clarke (425) 258-2766, Ext 226.

Providence Home Care

Provides health care at home including registered nurses; home health aides; physical, occupational and speech therapists; pediatric care; medical, social and chaplain services; and a lending library. Providence Home Services, Sue Brady (425) 261-4800

Senior to Senior

A peer counseling program free to elders in need of support during difficult life experiences. Volunteers over 55 go to clients' homes each week, up to six months. They access resources for clients and help them feel joy in life again. We offer support groups too. Compass Health (425) 672-2237

South County Family Support Center

We offer a wide variety of classes and activities for adults, youth, families and children on an on-going basis. Please contact us for more information. (425) 670-8984.

The Carousel Program

In home health care: medical care for those recovering or coping with a life-threatening illness; respite care; bereavement support for children and teens following a loved one's death; school crisis support following a death; and 24-hour on-call nurses. Providence Home Services, Sherri Pride (425) 261-4800

Miscellaneous

Video-Lending Library

Little Red School House has an extensive video - lending library available to parents and other interested parties in Snohomish County. A wide variety of information relative to parenting a child with special needs. (425) 775-6070

YMCA of Snohomish Co.

YMCA offers many varied events and programs for families in the community. For information call Vickie, YMCA at (425) 337-0123 Monday through Friday from 8:00 - 3:30.

CENTRAL

English as a Second Language

Class will go over the basics of the English language and focus on speaking skills. Facilitated in Russian and English. Call for dates and times. South Everett Neighborhood Center (425) 355-6005

Outreach for Russian Families

Wednesdays (call for drop-in hours) Russian speaking staff available to help folks get resources in the community and home visits are also scheduled on a limited basis. South Everett Neighborhood Center (425) 355-6005

EAST

English as a Second Language for Adults

Mondays 9:00 - 10:00am
Begins September 8th
Free weekly class helps non-native English speakers to work on reading, writing, grammar and conversation skills. Lake Stevens Family Support Center at (425) 397-7433

Parents & Kids' Night Out

2nd Fridays 6:30-9:30 pm
Lake Stevens Family Center. To get in on the fun, please try to register by calling the first working day of the month. Fills up fast. (425) 397-7433

SOUTH

Anger - Inside Out

Wednesdays 8:30 - 10:00 am
Overview of anger and depression, learn the tools for addressing anger and depression, learn the relationship between anger, depression and self-esteem. Learn skills for building and maintaining self-esteem. For adult Compass Health clients. Call the Lynnwood Clinic at (425) 774-4269

Anger Workout

Wednesdays 10:00 - 11:30 am
Overview of anger, learn to recognize the signs of anger and build new problem solving skills to cope with anger. For adult Compass Health clients with medical coupons. Call Compass Health in Lynnwood at (425) 774-4269.

Evening Out

Go shopping, see a movie, rekindle an old friendship while your children watch a movie, play games or do art and crafts. Must pre - register. Lynnwood Family Support Center (425) 670-8984

Transitions and Change

Mondays 4:30 - 6:00 pm
Work through transitions. Make positive changes in your life. For adults with medical coupons. Compass Health Lynnwood clinic. Must be a Compass Health client. Call (425) 774-4269