Course Description:
This one credit course is designed as a brief overview of parenting practices and empirically supported parenting-based interventions. This is a supplemental course to several other courses in the CFT program including Couples Therapy, Child and Family Interventions, Child Mental Health and Diagnosis.

Course Learning Outcomes:
1. Demonstrate knowledge of the impact of parent philosophy, practice and behaviors on children's development.
2. Demonstrate knowledge of the cultural and contextual factors influencing parenthood, including topics such as parenting children with special needs and parenting in the context of various family forms (e.g., single-parent families, under-resourced families).
3. Understand evidence regarding parenting practices and parenting education programs and reflect on how this knowledge could be utilized in clinical work with families.
4. Reflect on personal parenting experiences and develop a philosophy of parenting based on theory and practice.

COAMFTE Core Competencies Addressed in this Course:
1.1.1: Understand systems concepts, theories, and techniques that are foundational to the practice of marriage and family therapy

1.1.2: Understand theories and techniques of individual, marital, couple, family, and group psychotherapy

1.2.: Recognize contextual and systemic dynamics (e.g., gender, age, socioeconomic status, culture/race/ethnicity, sexual orientation, spirituality, religion, larger systems, social context).

2.2.1: Assess each clients' engagement in the change process.

2.2.2: Systematically integrate client reports, observations of client behaviors, client relationship patterns, reports from other professionals, results from testing procedures, and interactions with client to guide the assessment process.

2.3.8: Identify clients' strengths, resilience, and resources.

2.3.9: Elucidate presenting problem from the perspective of each member of the therapeutic system.
3.2.1: Integrate client feedback, assessment, contextual information, and diagnosis with treatment goals and plan.

3.3.3: Develop a clear plan of how sessions will be conducted.

6.4.1: Evaluate knowledge of current clinical literature and its application.

4.3.3: Reframe problems and recursive interaction patterns.

4.3.4: Generate relational questions and reflexive comments in the therapy room.

4.3.5: Engage each family member in the treatment process as appropriate.

**TEXTS**

**Required Texts:**

*Children:*

**Recommended Texts:**

*Children:*
Faber and Mazlish (1980). How to talk so kids will listen and How to listen so kids will talk. Avon Books.


*Teens:*

Faber and Mazlish (2005). How to Talk so Teen will listen and How to listen so Teens will talk. Harper Collins.

**Supplemental Readings:**
Posted on blackboard throughout the term.

**POLICIES**

**Documented Disability & Request for Accommodations:**
Appropriate accommodations will be provided for students with documented disabilities. If you have a documented disability and require accommodation, arrange to meet with the course instructor within the first two weeks of the term. The documentation of your disability must come in writing from the Accessible Education Center in the Office of Academic Advising and Student Services. Disabilities may include (but are not limited to) neurological impairment, orthopedic impairment, traumatic brain injury, visual impairment, chronic medical conditions, emotional/psychological disabilities, hearing impairment, and learning disabilities. For more information on Accessible Education Center, please see [http://aec.uoregon.edu](http://aec.uoregon.edu)
Course Incomplete Policy:
Students are expected to be familiar with university policy regarding grades of “incomplete” and the time line for completion. For details on the policy and procedures regarding incompletes, Please see: https://education.uoregon.edu/academics/incompletes-courses

Academic Misconduct Policy:
All students are subject to the regulations stipulated in the UO Student Conduct Code http://conduct.uoregon.edu). This code represents a compilation of important regulations, policies, and procedures pertaining to student life. It is intended to inform students of their rights and responsibilities during their association with this institution, and to provide general guidance for enforcing those regulations and policies essential to the educational and research missions of the University.

Respect for Diversity:
It is the policy of the University of Oregon and the Couples & Family Therapy Program to support and value diversity. To do so requires that we:

- respect the dignity and essential worth of all individuals.
- promote a culture of respect throughout the University community.
- respect the privacy, property, and freedom of others.
- reject bigotry, discrimination, violence, or intimidation of any kind.
- practice personal and academic integrity and expect it from others.
- promote the diversity of opinions, ideas and backgrounds which is the lifeblood of the university.

The CFT program embraces a culture of respect and inclusion with a commitment to honoring diversity in all aspects of our program. The concept of diversity encompasses acceptance and respect in understanding that each individual is unique. Diversity includes, but is not limited to race, ethnicity, tribal affiliation, national origin, age, sexual orientation, gender, gender-expression/identity, socioeconomic status, disabilities, and spiritual/religious affiliations. We aim to honor and value diverse ways of learning, knowing, and experiencing. We also hope to create a forum where dialogues can take place that foster individual as well as collective self-awareness and growth. In keeping with our commitment to these values, we ask that everyone (students, faculty, staff and supervisors) partner in a shared responsibility to build inclusion, equity, and respect of diversity across the CFT program. This can only happen if we continue to reflect on how our cultural backgrounds and diverse life experiences influence our work with clients. Thus, while we each bring unique perspectives to our professional work, as a program we expect that our students, faculty and staff, as human service professionals, will strive toward competency in meeting our clients’ diverse needs and respecting all people.

Disclosure of Personal Information:
The Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE) requires the program to have “established policies for informing applicants and students regarding disclosure of their personal information” (COAMFTE Standard 140.02, 2003). With this standard in mind, we would like to highlight that in this course personal disclosures may occur. Each student should decide for him/herself what information to disclose. Students are advised to be prudent when making self disclosures. The program cannot guarantee confidentiality of student disclosures given the group environment, although personal comments should be considered private and confidential – and remain only in the classroom – unless an exception to confidentiality applies.

The AAMFT Code of Ethics states in standard 4.7 (2001) that Marriage and family therapists do not disclose supervisee confidences except by written authorization or waiver, or when mandated or permitted by law. In educational or training settings where there are multiple supervisors, disclosures are permitted only to other
professional colleagues, administrators, or employers who share responsibility for training of the supervisee. Verbal authorization will not be sufficient except in emergency situations, unless prohibited by law. With this in mind, the program would like to highlight that clinical supervisors who share responsibility for supervisees will share relevant information without a written waiver in an effort to provide a quality standard of supervision, maintain coherent training throughout the program, and ensure client care.

Mandatory Reporting (UO Policy):
UO employees, including faculty, staff, and GTFs, are mandatory reporters of child abuse and prohibited discrimination. This statement is to advise you that that your disclosure of information about child abuse or prohibited discrimination to a UO employee may trigger the UO employee's duty to report that information to the designated authorities. Please refer to the following links for detailed information about mandatory reporting:
https://hr.uoregon.edu/policies-leaves/general-information/mandatory-reporting-child-abuse-and-neglect/presidents-message
http://around.uoregon.edu/mandatoryreporting

Conflict Resolution:
Several options, both informal and formal, are available to resolve conflicts for students who believe they have been subjected to or have witnesses bias, unfairness, or other improper treatment.

It is important to exhaust the administrative remedies available to you including discussing the conflict with the specific individual, contacting the Department Head, or within the College of Education, you can contact Angie Whalen, Assistant Dean for Academic Programs and Student Services, at 346-2898 or awhalen@uoregon.edu; Lauren Lindstrom, Associate Dean for Research and Academics, at 346-1399 or lindstrm@uoregon.edu; or Surendra Subramani, Diversity Coordinator, at 346-1472 or surendra@uoregon.edu.

- Outside the College, you can contact:
  - UO Bias Response Team: 346-1139 or http://bias.uoregon.edu/whatbrt.htm
  - Conflict Resolution Services 346 -0617 or http://studentlife.uoregon.edu/SupportandEducation/ConflictResolutionServices/tabid/134/Default.aspx
  - Affirmative action and Equal Opportunity: 346-3123 or http://aaeo.uoregon.edu/

Grievance Policy:
A student or group of students of the College of Education may appeal decisions or actions pertaining to admissions, programs, evaluation of performance and program retention and completion. Students who decide to file a grievance should follow the student grievance procedure, or alternative ways to file a grievance outlined in the Student Grievance Policy (https://education.uoregon.edu/academics/student-grievance) or enter search: student grievance.

Inclement Weather Policy:
In the event the University operates on a curtailed schedule or closes, UO media relations will notify the Eugene-Springfield area radio and television stations as quickly as possible. In addition, a notice regarding the university's schedule will be posted on the UO main home page (in the “News” section) at http://www.uoregon.edu. Additional information is available at http://hr.uoregon.edu/policy/weather.html.

If an individual class must be canceled due to inclement weather, illness, or other reason, a notice will be
posted on Blackboard or via email. During periods of inclement weather, please check Blackboard and your email rather than contact department personnel. Due to unsafe travel conditions, departmental staff may be limited and unable to handle the volume of calls from you and others.

**COURSE ASSIGNMENTS**

*Below is a list of assignments that link to the Student Learning Outcomes (SLO). For example, “SLO1” may be listed. Please refer to the back page of the syllabus for all Educational Outcomes, including a list of SLOs.*

I have designed the assignments based on previous collaboration with students and with the course and overall program goals and objectives in mind. In addition, this is only a one credit course and I am requiring that you take yourself through an online parent training program as part of the main assessment.

**(1) Attendance and Reading (SLO 2, 4, 5)**

Please take an active role in the course, including sharing your thoughts, raising questions, supporting each other’s learning, completing the readings, and arriving at each class prepared to contribute to the discussion. I have selected readings that I believe will be instrumental in helping you develop key competencies around working with clients on parenting issues. To meaningfully understand course material, it is important to read the materials as negotiated and assigned. This will contribute to your own learning and significantly enhance the learning of all participants.

*A Note about Arriving on Time:* We will begin right at 12:20p each class period. Please be ready to begin at that time. It is important to us that our work together is focused and active. Beginning on time and using our time well is one important part of creating that environment. Each of us has an important role toward that end.

**(2) Complete Online Training and Response Paper (2-3 pages) (SLO 4, 5)**

Please complete the PCIT training course (8.5-10 hours) by following this link: [http://pcit.ucdavis.edu/pcit-web-course/](http://pcit.ucdavis.edu/pcit-web-course/). You may choose to skim quickly through module 2 and skip module 3 altogether. Please recognize though that if you choose not to complete all 10 modules, you will not be able to receive your certificate of completion. You may do this training in small or large groups or individually. Write a 2-3 page response paper discussing what you learned from participating in the PCIT course, the fit with your own beliefs about parenting, how you might implement strategies learned in sessions with children and parents, and your critique of the model. Please demonstrate your understanding of the material in the training course throughout your discussion and how it links in with the incredible years parenting program. This paper should be written using APA (6th Edition) formatting guidelines.

**Course Evaluation**

<table>
<thead>
<tr>
<th>Area of Evaluation</th>
<th>Points (100)</th>
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</thead>
<tbody>
<tr>
<td>Attendance &amp; Reading</td>
<td>45</td>
</tr>
<tr>
<td>Online Training &amp; Response Paper</td>
<td>55</td>
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**Course Grading**

- A+ 97-100
- A  94-96
- A- 90-93
- C+ 77-79
- C  74-76
- C- 70-73
<table>
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<td>87-89</td>
<td>D+</td>
<td>67-69</td>
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<tr>
<td>B</td>
<td>84-86</td>
<td>D</td>
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<tr>
<td>B-</td>
<td>80-83</td>
<td>D-</td>
<td>60-63</td>
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</table>

As described in the University of Oregon Graduate Bulletin, a course grade of C+ or lower is not accepted for graduate credit, even though it may be computed in the G.P.A.
<table>
<thead>
<tr>
<th>DATE/CLASS</th>
<th>TOPIC</th>
<th>READINGS</th>
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<tbody>
<tr>
<td>Class #1</td>
<td>Overview of Syllabus; Course objectives; Attitudes about Parenting</td>
<td>Incredibile Years Introduction, Chs. 1-3; 9 Read two articles on</td>
<td>Readings; Working on online training</td>
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<td>6/24</td>
<td>Introduction of PCIT and Incredible Years</td>
<td>Collaborative Problem Solving before next week (on blackboard)</td>
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<td>Class #2</td>
<td>Emotion Coaching for Children; Behavioral Contracting</td>
<td>Readings; Working on online training</td>
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<tr>
<td>Class #3</td>
<td>Collaborative Problem Solving and Parenting Adolescents</td>
<td>Incredibile Years Chs 4-8;</td>
<td>Readings; Working on online training</td>
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<tr>
<td>7/8</td>
<td>Guest Speaker: Emily Johnson</td>
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<tr>
<td>Class #4</td>
<td>Bicultural Parenting</td>
<td>Incredibile Years PART 3</td>
<td>Readings; Working on online training</td>
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<tr>
<td>7/15</td>
<td>Guest Speaker: Dr. Ruth Vargas</td>
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**** Complete PCIT training by July 23, 2014 Response papers due by 5p on July 30, 2014. Please turn into Deanna’s box on 2nd floor of HEDCO (hard copy).****
RESOURCES FOR PARENTS AND PROFESSIONALS

http://lanekids.org (United Way has a new website that is a great resource for parents called Lane Kids)

FAMILY RESOURCE CENTERS

Service Description: Most sites offer at least one or more of the following Best Practices and promising practices in parent education:
- Make Parenting a Pleasure (for families with children ages 0-8)
- Parenting Wisely (computer based program for families with adolescents)
- Incredible Years (for families with children ages 0-10)
- Nurturing Parenting (for families with children ages 0-18)
- Strengthening Families (for families with children ages 10-14)
- Every Child Ready to Read (early literacy)

Services provided to families: Support for implementing parent involvement activities around achievement. Liaison between school and community services.

Services provided to schools: To assist with the development and implementation of Parent Involvement Policy. Provide support with the School Improvement Plans.

Bethel Village Family Center
Malabon Elementary
Anne Johnstone-Diaz
1380 Taney, Eugene 97402
Phone: (541) 461-6424 x3061
Fax: (541) 607-9708
adiaz@bethel.k12.or.us

Cottage Grove/Creswell - A Primary Connection Family Resource Center
Bohemia Elementary School
Peggy Lintula
721 South R Street, Cottage Grove 97424
Phone: (541) 942-4967
Fax: (541) 942-8292
plintula@lane.k12.or.us

Eugene Family Resource Centers
Chavez Elementary: 541-790-5300
Howard Elementary: 541-790-4900
Kelly Middle School: 541-790-4746
River Road Elementary – Main Center
Alicia Longoria
120 Hilliard Lane, Eugene 97401
Phone: (541) 790-7200
Fax: (541) 790-7205
longoria@4j.lane.edu

Junction City Family Resource Network
Laurel Elementary
Cheryl Glasser
1401 Laurel Street, Junction City 97448
School: (541) 998-2386 x.497
Message: (541) 998 5030 x411
Fax: (541) 998-3926
cglasser@junctioncity.k12.or.us
Marcola Family Resource Center
Marcola Elementary
Stephanie Shoemaker
92550 School House St., Marcola 97454
Phone: (541) 933-2411 x1216
sshoe@marcola.k12.or.us

McKenzie Family Resource Center
McKenzie School District
Lacey Joy or Robin Roberts
51187 Blue River Drive, Finn Rock 97488
Phone: (541) 822-1110 or (541) 822-1108
Fax: (541) 822-8014
ljoy@mckenzie.k12.or.us
rroberts@mckenzie.k12.or.us

Oakridge-Westfir Family Resource Center
Kack Camerer
76499 Rose St., Oakridge 97463
Phone: (541) 782-3281
Fax: (541) 782-3122
kcamerer@oakridge.k12.or.us

Pleasant Hill Family Connections
Pleasant Hill Elementary School
Sherry Bryson
36386 Hwy. 58, Pleasant Hill 97455
Phone: (541) 736-0493
sbryson@mccurdyed.org

Springfield Family Resource Centers
Brattain House - Main Center
Gloria Griffith
1030 G Street, Springfield 97477
Phone: (541) 744-6769; Fax: (541) 744-4878
ggriffit@sps.lane.edu

North Douglas Elementary School
100 N School Street
Drain, OR 97435

THE INCREDIBLE YEARS
Service Description: The Family Relief Nursery will hold free parenting classes in Drain that will teach parents how to use play to enhance parent/child relationships, strengthen children's social and emotional regulation skills, discover how to set clear limits and household rules and increase the joy of parenting. There will be childcare available at the events, and a dinner will be served. The classes will be held at the North Douglas Elementary School in Drain. Family Relief Nursery serves southern Lane County and northern Douglas County.

Eligibility: Open to parents of younger children

Intake Procedure: To register, call Erin Helgren at 541-525-5096 or 541-942-4835. Her email address is erinh@frncg.org.

Service Hours: Class is held 6pm-7:30pm on Tuesdays from April 2 through June 11.

Fees: None

Area Served: Northern Douglas County and southern Lane County
SPANISH SPEAKING

A Primary Connection
721 South R Street
Cottage Grove, OR 97424
Main phone: (541) 942-4967
FAX: (541) 942-1583
FAMILY SUPPORT CENTER
Service Description: All services delivered by bilingual, bicultural caseworkers and counselors. Promotes healthy family relationships and prevents child abuse. The Center's comprehensive services include parent education and supported parent/child interaction, drop-in center hours, support groups, special events, a lending library and referral services. All services are free, provided in English and Spanish, and are available to all ages in South Lane County.
Eligibility: Families with children ages 0-17 years old
Intake Procedure: Call for information
Service Hours: Call for information
Fees: None
Area Served: South Lane County
Languages: English, Spanish

Parenting Now!
86 Centennial Loop
Eugene, OR 97401
Main phone: (541) 434-4343
Hotline: (888) 485-5211
http://www.parentingnow.org
Service Description: CRECER provides parent education and support groups for parents whose primary language is Spanish and have a child under the age of 8. Parents will learn to manage stress in healthy ways, develop realistic expectations about parenting and develop tools for positive parenting. Groups are led by a Spanish-speaking parent educator; handouts are in Spanish. Groups are free to qualified applicants and childcare is free for children ages 0 - 8 during the parenting sessions. The group meets weekly for 12 two-hour sessions. Parenting education/support services for parents with infants and young children. Open to all families. Developmentally appropriate activities included for children ages 0 - 8 during the parenting session.
Eligibility: Spanish-speaking parents with at least one child under age 8.
Intake Procedure: Call Parent HelpLine for Spanish-speaking parents at 541-844-5445, Monday-Friday 9am-4 pm.
Or write to: enrollment@parentingnow.org
Service Hours: Varies
Fees: Free to qualified applicants.
Languages: Spanish

Centro Latino Americano
Website: www.centrolatinoamericano.org
Email: karla@centrolatinoamericano.org
Address: 944 West 5th Ave., Eugene
Telephone: 541-687-2667 or 541-687-2666
Services: Bilingual case management for Latino families with children, children's play group, workshops for bicultural parents, enrichment classes, crisis intervention, employment advocacy, and substance abuse treatment services in Spanish for youth and adults.

PARENTS OF TEENS

Community Mediation Services
Parent/Teen Program
Services: Private, personalized, and balanced opportunities for good communication between teens and parents for issues involving trust, privacy, chores, curfew, driving, grades, dating, drug-use, friends, and more.

TEEN/YOUNG PARENTS

4J Young Parent Program
Eugene Education Options High School
3875 Kincaid Ave., Eugene
Email: Donnelly_s@4j.lane.edu
Telephone: 541-790-7080
Services: Program for high school students in Eugene 4J School District who are pregnant or parenting. Includes comprehensive high school classes, on-site certified child care, case management, resource referral, and health services for young parents and their children.

A Primary Connection
721 South R Street
Cottage Grove, OR 97424
Main phone: (541) 942-2104 Executive Director
FIRST STEPS CHILD CARE CENTER
Service Description: Provides care for infants and toddlers at the high school for pregnant and parenting students and school district personnel. They offer work experience/appropriate modeling for students and teen parents.
Eligibility: Families with children ages 6 weeks to 3 years old
Intake Procedure: Call for information
Service Hours: School Year: Monday–Thursday 8:30am–5pm, Friday 8:30am–noon. Walk-in hours vary. Closed during the summer.
Fees: None
Area Served: South Lane
Languages: English, Spanish

Parenting Now!
86 Centennial Loop
Eugene, OR 97401
Main phone: (541) 434-4343
Hotline: (888) 485-5211
Website: http://www.parentingnow.org
PARENTING NOW!’S PROGRAM FOR YOUNG PARENTS
Service Description: Program for Young Parents provides parent education and support groups for pregnant and parenting young adults ages up to age 21. A partner who is actively parenting the child is also welcome. Parents will learn to manage stress in healthy ways, develop realistic expectations about parenting, and learn tools for positive parenting. Groups are led by a professional parent educator and are free to qualified applicants. The 8-month group meets weekly for 2-hour sessions. Developmentally appropriate activities are free for children ages 0-8 during the parenting sessions. Weekly calls, home visits and community referrals are available as needed. Home visits emphasize strategies for child development and parenting. Free to qualified applicants.
Eligibility: Pregnant or parenting up to age 21.
Intake Procedure: Call Parenting Now! Enrollment at 541-434-4343, Monday–Thursday 9 am–4 pm or send an e-mail to enrollment@parentingnow.org. Or, call Parent HelpLine at 541-485-5211, Monday–Friday 9 am–4 pm.
Service Hours: Varies year to year
Fees: Free to qualified applicants
Languages: Spanish by arrangement
PARENTS OF CHILDREN WITH DISABILITIES/DEVELOPMENTAL DELAYS

Arc of Lane County
4181 E Street
Springfield, OR 97478
Main phone: (541) 206-7693 Director of Family/Child Services
Website: www.arclane.org
ARC OF LANE COUNTY - PARENT EDUCATION AND SUPPORT GROUP (FAMILIES CONNECTED)
Service Description: Families Connected is a program for families with children ages 0-17 years who experience intellectual or developmental disabilities. Parent meetings will be held at The Arc of Lane County. Dinner will be provided to the entire family at no charge. While parents have the chance to network and hear presenters on various parenting topics, the children will be in small groups and participate in supervised activities.
Eligibility: Child with developmental disabilities, parents and siblings.
Intake Procedure: Registration, paperwork needs to be completed and submitted before attendance. RSVP needed. By appointment.
Service Hours: Last Wednesday of month, 6pm-8pm.
Fees: None
Area Served: Eugene, Springfield and surrounding areas.
Languages: English only

Early Childhood CARES
299 E 18th Avenue
Eugene, OR 97401
Main phone: (541) 346-2578
Toll free: (800) 925-8694
Spanish: (541) 346-0742
Website: http://earlychildhoodcares.uoregon.edu
Email: eccares@uoregon.edu
EARLY INTERVENTION/EARLY CHILDHOOD SPECIAL EDUCATION
Service Description: Early Childhood CARES is the publicly funded early intervention/early childhood special education program for infants, toddlers and preschool-age children in Lane County. It provides parent education and home visits, parent-toddler groups and preschool services to children experiencing delays in their development. Parents who have concerns about their children’s development may call for a free developmental screening. An online screening questionnaire can be found at www.asqoregon.com.
Eligibility: Must meet other eligibility requirements for early intervention or early childhood special education.
Intake Procedure: Parents or other community members (with parent permission) may call Early Childhood CARES. A developmental screening is conducted and if results of the screening show delays, a more complete developmental evaluation is conducted. If a child qualifies for services, an Individual Family Service Plan (IFSP) is written that describes goals and services for the child.
Service Hours: Monday-Friday 8am-5pm
Fees: None
Area Served: All of Lane County
Languages: All by arrangement

CACOON (Care COordinatiON)
Phone: (541) 682-4041 (ask for CaCoon)
TTY: (541) 682-4345
Program Supervisor: Pam Stuver
Email: pamela.stuver@co.lane.or.us
Services: Answer questions about a child’s health needs and special care. Help find special services as close to a child’s home as possible. Help prevent problems that could be related to a child’s health condition. Support families in times of stress and crisis. Work with primary care physician to coordinate health care and specialty services. Help families identify specialty financial services for which their child may qualify. The goal of CaCoon is to help families become as independent as possible.
JUST FOR FATHERS

Catholic Community Services
1025 G Street
Springfield, OR 97477
**Main phone:** (541) 345-3628
**Website:** www.cccslc.org
**Email:** info@ccslc.org

**YOUNG FATHER’S PROGRAM**

**Service Description:** Provides case management, weekly support, parenting class, and Options to Anger group for young men ages 14-28 who are biological or step fathers. Case management and support offered in accessing services to address parenting, life skills, employment, and education. Home visits available for case management/parent education.

**Eligibility:** Young men ages 14-28 who are engaged in the role of parenting, or looking to re-engage with their children. Can be biological fathers, step fathers, or young men who are expecting their first child.

**Intake Procedure:** Call for appointment

**Service Hours:** Monday-Friday 8am-5:30pm; classes and groups are in the evening

**Fees:** Options to Anger group has fee - scholarships are available

**Area Served:** Lane County

**Languages:** Spanish by arrangement

Willamette Family Inc., Men's Residential Services
1420 Green Acres Rd
Eugene, OR 97408
**Main phone:** (541) 343-2993 Family Advocate
**Website:** http://www.wfts.org

**WILLAMETTE FAMILY - PARENTING EDUCATION**

**Service Description:** Evidence based and best practice parent education and mentoring. The "Make Parenting A Pleasure" program is grounded in best practice principles and was created to offer parent education and support. "Circle of Security" is an evidence based program which focuses on attachment and caregiving.

**Eligibility:** Must be a current client

**Intake Procedure:** Any Willamette Family Counselor or therapist can make a referral for their client.

**Service Hours:** Monday-Friday

**Fees:** None

**Area Served:** Lane County

**Languages:** English

JUST FOR MOTHERS

Willamette Family Inc., Women’s Residential Services
687 Cheshire Avenue
Eugene, OR 97402
**Main phone:** (541) 343-2993 Family Advocate
**Website:** http://www.wfts.org
**Email:** colleens@wfts.org

**Service Description:** Evidence based and best practice parent education and mentoring for Willamette Family clients. The "Make Parenting A Pleasure" program is grounded in best practice principles and was created to offer parent education and support. "Circle of Security" is an evidence based program which focuses on attachment and caregiving.

**Eligibility:** For parents who are current clients of Willamette Family

**Intake Procedure:** Any Willamette Family Counselor or therapist can make a referral for their client.

**Service Hours:** Monday-Friday

**Fees:** None

**Area Served:** Lane County

**Languages:** English
GRANDPARENTS RAISING GRANDCHILDREN

Center for Community Counseling
1465 Coburg Rd
Eugene, OR 97401
Website: www.ccceugene.org
Email: lesley@ccceugene.org
Telephone: 541-344-0620
Services: Grandparents Raising Grandchildren support group offered throughout the year.

SEPARATION AND DIVORCE

Lane County Family Mediation Program
Address: 151 West 7th Ave., Suite 360, Eugene
Telephone: 541-682-3962
Website: www.lanecounty.org/familymediation
Services: A 2 ½ hour Focus on Children class designed to help parents respond to their children's needs and to minimize the negative impacts of divorce and separation.
Eligibility: Required by the court to attend this class if you are the parent of a child under 18, AND you are a party in a Lane County dissolution (divorce), legal separation, or legal action to establish custody or parenting time.
When: Wednesdays from 5:30-8:00PM
Fees: $60

AT-RISK FAMILIES

Center for Community Counseling
1465 Coburg Rd
Eugene, OR 97401
Website: www.ccceugene.org
Email: lesley@ccceugene.org
Telephone: 541-344-0620

CHANGING ANGER CLASS FOR PARENTS
Service Description: The Center for Community Counseling offers a Changing Anger class for parents with limited resources who want to learn to manage anger more effectively. The class is offered 3 times a year and has 10 sessions per class. This class is not for court-mandated individuals. Free childcare on site.
Eligibility: Not set up for court mandated. Mental Health referral.
Intake Procedure: Call to register
Service Hours: Monday-Friday 9am-5pm
Fees: sliding scale: $1 - $52
Languages: English

Family Relief Nursery
720 N 14th
Cottage Grove, OR 97424
Telephone: 541-942-4835
Email: http://www.familyreliefnursery.org

FAMILY RELIEF NURSERY
Service Description: Family Relief Nursery works to strengthen families under stress. Our goal is to promote a healthy and caring community by working with families to overcome risk factors such as domestic violence, substance abuse and poverty. We provide a comprehensive set of early childhood and parenting services in a nonjudgmental and safe environment that fosters social, physical and emotional growth. The Nursery employs a highly qualified staff. We further rely on a dedicated and well-trained group of volunteers to assist us in delivering the highest quality of services.
Eligibility: Families at high-risk for child abuse and neglect.
Intake Procedure: Call for information
Service Hours: Monday-Friday 9am-4pm  
Fees: None  
Area Served: South Lane County and part of North Douglas  
Languages: English and Spanish

Relief Nursery  
1720 W 25th Avenue  
Eugene, OR 97405  
Contact: Ray Brown  
Telephone: (541) 484-0007  
ACCESSING SUCCESS  
Service Description: The ACCESSING SUCCESS program offers parents substance abuse education, assessment, and referral, post-treatment counseling, parent recovery support groups, peer support, and social skills development activities. Transportation, childcare, and food are available.  
Eligibility: At-risk families of children 6 years old and younger.  
Intake Procedure: By appointment  
Service Hours: Monday-Thursday 9:00am-5:00pm, Friday 8:30am-4:30pm, evening classes  
Fees: None  
Languages: English; Spanish

Relief Nursery  
1720 W 25th Avenue  
Eugene, OR 97405  
Main phone: (541) 343-9706 Program Manager  
FAX: (541) 683-3748  
RELIEF NURSERY OUTREACH  
Service Description: OUTREACH PROGRAM is for families needing immediate help and provides parent education and support through crisis response, respite care, home visits and resource/referral assistance. Outreach is also an entry point to other Relief Nursery services including parenting classes, support groups, anger management and counseling. Home visit, childcare and transportation available.  
Eligibility: At-risk families of children 6 years old and younger.  
Intake Procedure: Call for information  
Service Hours: Monday-Thursday 9am-5pm; Friday 8:30am-4:30pm  
Fees: None  
Area Served: Lane County  
Languages: English; Spanish

PARENTS OF CHILDREN WITH EMOTIONAL, BEHAVIORAL, OR MENTAL ISSUES

Oregon Family Support Network  
Address: 72A Centennial Loop, Suite 150, Eugene  
Telephone: 541-342-2876 or 1-800-323-8521  
Website: www.ofsn.org  
Services: Families who have children with emotional, mental, or behavioral issues receive help navigating the mental health system. Services include family support groups and fun nights.

BASIC SKILL BUILDING

Lane Community College  
4000 E 30th Avenue  
Eugene, OR 97405  
Main phone: (541) 463-5234 Coordinator  
Alternate: (541) 484-2123 Program Coordinator  
FREE COMMUNITY PARENTING EDUCATION AND SUPPORT  
Service Description: During this free 3-hour class, students, parents, teachers, and interested others learn ideas and
skills for strengthening relationships with children. Typical problems (e.g. fighting, crying, sibling conflict, bedtime) are approached via activities, discussion and the use of real-life in-home video sequences. Participants participate in discussion and exercises to refine application of skills. Topics include the use of encouragement, dealing with power struggles, improving communication, setting reasonable and consistent limits, stimulating independence/responsibility, and improving structure and routine.

**When:** The class is held from 9:00 a.m. to noon on Saturday fall, winter and spring terms, and on Thursdays summer term, following the Lane Community College academic calendar. Parents and professionals can join at any time.

**Where:** Class is held at Lane's Downtown Center (1059 Willamette Street - across from the LTD bus station downtown). Parking is available at the downtown multi-level parking structure located between 10th and Broadway on Oak Street. Parking is free fall, winter and spring terms (Saturday). There is a fee for parking in the summer, but discount parking tickets can be purchased at the LCC front desk.

**Childcare:** Childcare is available for children aged three (must be toilet-trained) to age twelve. Parents bringing children must arrive and check in their children before 9am. Registration is between the hours of 8:30 and 9am. Parents using our childcare must be pre-registered. You must contact Laura Backen Jones (lauraj@ori.org) at least one week in advance to reserve childcare.

**Eligibility:** Any parent or professional seeking to strengthen their relationships with children.

**Intake Procedure:** Email Laura Backen Jones at lauraj@ori.org or call (541) 484-2123, extension 2221

**Service Hours:** Saturdays 9am-noon. Following the Lane Community College academic calendar.

**Fees:** Free to community participants

**Languages:** Spanish by arrangement

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**The Child Center**  
3995 Marcola Rd  
Springfield, OR 97477  
**Main phone:** (541) 726-1465  
**Website:** www.thechildcenter.org

**COLLABORATIVE PROBLEM SOLVING**

**Service Description:** Collaborative Problem Solving has been designated as an evidence-based practice. Learning and implementing the philosophy, approach, and skills espoused by CPS will help parents help their children and assist them in approaching parenting in a more collaborative fashion. Parents in the groups have rated their experiences as very positive on weekly course evaluation forms and frequently report positive outcomes at home. The methods, order, and exercises have been refined and enriched to impart the information in a lively way and make sure skills are practiced. We are integrating Collaborative Problem Solving theory into our array of strategies to build family relationships, parental efficacy, and the coping skills of children. We offer our community an interactive opportunity to learn more about Collaborative Problem Solving, bring it into homes in a practical fashion, and successfully apply the Collaborative Problem Solving skills with Lane County's at risk children. We offer both parent groups and professional training.

**Intake Procedure:** Contact the Intake Office at The Child Center by calling 541-726-1465 For schedules of upcoming groups, Plan B Thursday and other CPS related information, go to CollaborativeParent.org

**Service Hours:** Plan B Thursday is a free drop-in group which meets on Thursdays from noon-1:30PM. No registration or appointment is necessary! The larger evening classes meet (typically) Tuesday 4:30pm-7:30pm (Call for schedule and sign up)

**Fees:** Varies. Parent groups have been funded by a The Great Rotary Duck Race and a Trillium PEO grant for medicaid families so no fees have been charged.

**Area Served:** Greater Lane County

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**Head Start of Lane County**  
**Website:** http://www.hsolc.org/  
**Telephone:** 541-747-2425

**Services:** Classes sometimes offered. The website contains numerous parenting tips for helping their children begin school. Numerous documents are available (for free) online in both English and Spanish.

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**Options Counseling Services**  
1255 Pearl Street, Suite 102
Eugene, OR 97401
Main phone: (541) 687-6983 Facilitator
PARENTING GROUP - CIRCLE OF SECURITY

**Service Description:** For men and women who want to learn positive and effective ways to parent children aged 4 and older.

**Eligibility:** Men and women with children under the age of 5.

**Intake Procedure:** Come into Office to fill out a packet.

**Service Hours:** Monday-Friday 8:30 am-5pm

**Fees:** OHP, private pay

**Area Served:** Lane County

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**HELPLINES**

**Parent Helpline**
Birth To Three
86 Centennial Loop
Eugene, OR 97401
Main phone: (541) 485-5211
Toll free: (888) 485-5211
http://birthto3.org/parents/resources/parent-helpline
parenthelpline@birthto3.org

**Service Description:** Offers direction by phone on parenting topics like discipline, development, sleep and temperament, as well as referrals to organizations that may be able to offer further help.

**Eligibility:** Parents/caregivers of children ages birth to 6 years old.

**Intake Procedure:** Call for information

**Service Hours:** Sunday-Friday 9am-4pm

**Fees:** None

**Area Served:** Lane County

**Languages:** English/Spanish and interpretation by arrangement.

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**PARENTS OF YOUNG CHILDREN**

**Babies First! Program**

Phone: (541) 682-4041 (ask for Babies First!)
TTY: (541) 682-4345

**Program Supervisor:** Pam Stuver

**Email:** pamela.stuver@co.lane.or.us

**Website:** http://lanecounty.org/Departments/HHS/PubHlth/Pages/babies_first.aspx

**Services:** Babies First! identifies and screens infants at risk for health and developmental problems. Many conditions at birth such as: prematurity, low birth weight, or exposure to drugs and alcohol, can lead to long-term health problems. With help, education, and support families can prevent or reduce the consequences of future health problems, and learn how to cope with existing health issues.

**PeaceHealth Riverbend Campus**

3333 Riverbend Drive
Springfield, OR 97477
Main phone: (541) 222-7074
Hotline: (800) 288-7444
Alternate: (541) 222-3922
www.peacehealth.org

**PREGNANCY AND PARENTING EDUCATION**

**Service Description:** Provides pregnancy and parenting education programs. Classes and workshops include pregnancy, childbirth, yoga for pregnancy, breastfeeding, family birth center tours and new infant care.

**Eligibility:** Any community member or business with pregnancy and parenting education needs.

**Intake Procedure:** Call for information
**Service Hours:** Call for information  
**Fees:** varies, $0-60/class, some scholarships and reduced fees  
**Area Served:** No restriction  
**Languages:** ASL, others by arrangement

**Parenting Now!**  
86 Centennial Loop  
Eugene, OR 97401  
**Main phone:** (541) 434-4343  
**Hotline:** (888) 485-5211  
**Website:** http://www.parentingnow.org

**BIRTH TO THREE WONDERFUL ONES**  
**Service Description:** Parents of children 12 to 16 months meet weekly to discuss their children's newfound motor abilities, social journey, discipline as guidance and learning, and much more. Parents gain support and understanding from other parents and the professional parent educator who facilitates the group. The Children's Program provides developmentally appropriate activities for children during the parent group meeting; children are also welcome to visit their parents. Scholarships are available.  
**Eligibility:** Parent with a child 12-16 months  
**Service Hours:** Wonderful ONEs groups are held on weekday evenings, generally 6pm-8pm. Birth To Three's office hours are Monday-Thursday 9am-4pm; the Parent HelpLine is available from Sunday-Friday 9am-4pm,  
**Fees:** Contact Enrollment for information: 541-434-4356 or birthtothree@birthto3.org. Scholarships are available.  
**Area Served:** Lane County  
**Languages:** English

**Parenting Now!**  
86 Centennial Loop  
Eugene, OR 97401  
**Main phone:** (541) 484-5316  
**Website:** http://www.birthto3.org  
**Email:** info@parentingnow.org

**PARENTING NOW! PARENTING SUPPORT**  
**Service Description:** Parenting Now! supports parents in their effort to create thriving families. Services include parenting groups, a play group, a newspaper column and e-newsletter, etc. Parenting groups include those for parents of newborns, 1-year-olds or 2-year-olds; teen parents, Spanish-speaking parents, etc. See our website, http://info.parentingnow.org, for more information. Parent HelpLine gives free, confidential telephone support and referral for parenting questions: 541-485-5211.  
**Eligibility:** To discuss your eligibility for groups, scholarships, etc., please call our enrollment team (541-434-4343) or send an e-mail to enrollment@parentingnow.org  
**Intake Procedure:** Call Parenting Now!’s enrollment team at 541-484-4401 or send an e-mail to enrollment@parentingnow.org.  
**Service Hours:** Enrollment: Monday-Thursday 9am-4pm; generally, groups meet during Monday-Thursday in the day or early evening. Parent HelpLine is available Monday-Friday, 9am-4pm,  
**Fees:** Parenting Now! charges fees but offers scholarships for these groups: Incredible INFANTS, Wonderful ONEs, Terrific TWOs, Parents Again. Several groups are provided at no charge if the parent(s) qualify: Program for Young Parents, Make Parenting A Pleasure, Crecer. The first visit to Playtime for Parents & Children is free; then Birth To Three families pay $15 for 5 visits and community families pay $25 for 5 visits. Parent HelpLine is free and confidential.  
**Area Served:** Lane County  
**Languages:** English and Spanish

**Parenting Now!**  
86 Centennial Loop  
Eugene, OR 97401  
**Main phone:** (541) 434-4343  
**Hotline:** (888) 485-5211
Website: http://www.parentingnow.org

PARENTING NOW! TERRIFIC TWOS

Service Description: Parents meet in a group facilitated by a professional parent educator to discuss topics like effective positive discipline, upsets and meltdowns, outside influences, healthy communication and much more. Children ages 24-36 months are provided skill-building activities in Parenting Now!’s developmentally appropriate Children's Program. Scholarships are available.

Eligibility: Parent with a child 24-36 months old

Intake Procedure: Call Parenting Now! Enrollment at (541) 434-4343, Monday–Friday 9 am–4 pm or send an e-mail to enrollment@parentingnow.org. Or, call Parent HelpLine at (541) 485-5211, Monday–Friday 9 am–4 pm

Service Hours: Terrific TWOs groups held on weekday evenings, generally 6 pm-8 pm. Parenting Now!’s office hours are 9 am-4 pm, Monday–Thursday; Parent HelpLine’s hours are 9 am-4 pm, Monday–Thursday.

Fees: For fee information, contact Parenting Now! Enrollment at 541-434-4343 or send an e-mail to enrollment@parentingnow.org.

Area Served: Lane County

Languages: English

Relief Nursery
1720 W 25th Avenue
Eugene, OR 97405

Main phone: (541) 343-9706
FAX: (541) 683-3748

COUNSELING

Service Description: Mental Health services for Infants, Toddlers, and Pre-school aged children. Services include the child’s parents/Caregivers. Office, Home and Classroom based counseling available. Focus on Family therapy, attachment relationship building, emotional & behavior concerns, trauma informed services. Offers Circle of Security parenting groups (a relationship-based program). Services to Head Start families. Some transportation and child care available. Home visits available.

Eligibility: Oregon Health Plan members - 6 yrs old or younger


Service Hours: Monday–Friday 8am-6pm

Fees: None

Area Served: Lane County

Languages: English

PARENTS OF SIBLINGS

Parenting Now!
86 Centennial Loop
Eugene, OR 97401

Main phone: (541) 434-4343
Hotline: (888) 485-5211

Website: http://www.parentingnow.org

PARENTING NOW! PARENTS AGAIN

Service Description: Parents receive support and practical information needed to feel confident as the parent of siblings. This is a parenting group for families with a baby (not yet walking) and older child or children. The group meets for 5 weekly 2-hour sessions. Call for dates and times. A developmentally appropriate children’s program is provided for the older child(dren).

Eligibility: Parent with a baby (not yet walking) and older child or children.

Intake Procedure: Call enrollment at (541)434-4343 or send an e-mail to enrollment@parentingnow.org

Service Hours: Office hours 9am-4pm, Mon-Thurs or contact Parent HelpLine Mon-Fri 9am-4pm

Fees: Contact enrollment; scholarships are also available.

Area Served: Lane County
PARENTS WITH COGNITIVE LIMITATIONS

Pearl Buck Preschool
3690 W 1st Avenue
Eugene, OR 97401
Alternate: (541) 484-4666 Program Director
TDD: (541) 345-8506 Program Director

PARENTING SUPPORT

Service Description: Preschool: Provides tuition-free safe, nurturing and enriching preschool services to children between the ages of two and five born with average to above-average intelligence whose parents have cognitive limitations, so children can enter the public school system without the need for special education intervention. Breakfast, lunch and transportation to and from school is provided. Parenting support through quarterly home visits and regular phone contact by the teacher. Provides support to parent. Case Management: Provides resource identification, referral, support and advocacy services to individuals, including the parents of the children in our preschool, with borderline disabilities who are not eligible for state developmental disabilities services. Parent Mentor: Provides parent education in the home for parents with cognitive limitations and their babies. Transportation and child care available.

Eligibility: Parents with cognitive limitations, their children and other adults with cognitive limitations.

Service Hours: Monday-Friday 8am-4pm, Preschool hours Monday-Thursday 9am-2:30pm

Fees: none

Area Served: Eugene and Springfield

Languages: Spanish, ASL by arrangement

ADOPTION SUPPORT

Adoption Mosaic

Location: Portland, OR
Telephone: 971-533-0102
Website: www.adoptionmosaic.org
Email: info@adoptionmosaic.org

Services: We provide pre-adoption support and post adoption support through adoption readiness trainings, LGBTQ adoption resources, transracial adoption workshops, adoptee and community movie nights, our adoption blog, adoption book reviews, adoption movie reviews and much much more.

Eligibility: People who are considering adopting a child or the parents of an adopted child.

Service Hours: Varies

Fees: A number of workshops and groups are available at varying costs. There is free online access to reviews/recommendations of movies and books, as well as articles. An adoptive parent training video ($35) and quarterly magazine ($25) are available for purchase.

Adoption Connections of Oregon

Website: www.adoptionconnectionsof Oregon.org
Email: aco@peak.org
Address: P.O. Box 10581; Eugene, OR 97440 (mail)
Telephone: 541-954-2899

Services: Non-profit organization of families and individuals offers support, education, multi-cultural activities, and friendship to anyone touched by or interested.
University of Oregon CFT Educational Outcomes

Student Learning Outcomes: As reflected in the CFT program’s mission statement and overall goal, students are expected to demonstrate the following knowledge and skills:

SLO1. Students will develop an understanding of professional conduct and ethical standards and will demonstrate an ability to effectively apply their knowledge in clinical practice.

SLO2. Students will develop an ability to critically evaluate the research literature and demonstrate an understanding of the relationship between research results and clinical decision making.

SLO3. Students will gain an understanding of the core theoretical assertions of couples and family therapy and will critically assess their own systems-oriented theory of change.

SLO4. Students will develop attitudes that value human diversity, will practice culturally-sensitive analysis and critical self-awareness when counseling diverse populations, and will demonstrate cultural competence in all professional activities.

SLO5. Students will develop an understanding of the unique systemically-oriented assessment and intervention competencies, will apply them effectively in practice, and will critically evaluate their own practice.

Faculty Outcomes: Based on the mission of the University of Oregon and the CFT program, in teaching, supervision, and interactions with students and community members, faculty are expected to:

FO1. CFT faculty will consistently receive high ratings for effective and culturally competent course instruction and clinical supervision.

FO2. CFT core faculty will meet high standards of scholarship including professional presentations, peer-reviewed publications, and the generation of knowledge through research.

FO3. CFT faculty will foster a rich learning environment that demonstrates inclusion, critical consciousness, self-exploration, sensitivity to diverse populations, and commitment to social justice.

Program Outcomes: The overall goal of the University of Oregon CFT program is to graduate systemically-minded, competent couples and family therapists. We value the creation of an inclusive learning environment that fosters socially-aware practitioners who, in partnership with their communities, promote social justice, systems change, and enhancement of individual well-being and community life. At the time of graduation and beyond, our program outcomes will be demonstrated in these ways:

PO1. Employers will report that CFT alumni are highly competent and well prepared for clinical practice.

PO2. Students will demonstrate critical analysis of culturally-competent, systemic practice.

PO3. Students will report high satisfaction with the CFT program, including cultural competency, high quality instruction, and career preparation.