



# Parenting News



We are a group of parents in Linn County who want to be supports to other parents. We have difficult kids or kids with difficult behaviors, and have felt alone, misunderstood, isolated, confused, frustrated, and everything in between. Support to and from other parents has been a lifeline and reminded us that we do not have to be alone.

Comments, questions? Contact us by phone: 541-730-8716 or 541-971-0246 or e-mail: [questions@parentingtogether.us](mailto:questions@parentingtogether.us). To submit articles or feedback, or to sign up to receive this newsletter via email, write to [fsveditors@gmail.com](mailto:fsveditors@gmail.com) or talk to Robin Veek.

## Someone Who Believed in Me

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By Monica Potter

I first came to Collaborative Problem Solving after seeing a flyer. My daughter was in second grade and struggling with her behavior. I was losing hope of finding a way to help her although at that time, I didn't know what I needed help with, I just wanted to fix her.

After I had been attending the class for a while, I got a phone call at work from my daughter's school. They told me DHS was there, not letting her go home, and I needed to get there right away. I left work without saying much, just "I have to leave". On the drive from Corvallis to Albany, I called for support.

Struggling to find the words, I was able to say "I need support." After a few minutes of being at the school, my support showed up. She helped calm me down, no doubt using CPS skills I had been learning. She also helped me understand what was going on, why DHS was there and what I could do. On top of all that, she did something that hadn't happened to me before. She stood up for me. She told the worker about how much I had been working on changing my behavior, the things I was doing to keep my daughter safe, and shared with them how awesome I was doing with groups. That gave me the chance to let them know about other things I

had been trying to do better for me and my daughter. After hearing all the info, we all worked out a plan that my daughter could stay with me.

Someone who believed in me, even with my struggles and my own behaviors. I also started to trust my supports and the CPS process. With me attending, and engaging more in group, I found it. A family that accepted me and my daughter for who we are and a home that didn't need walls or a ceiling.

Since then, I have found real friends who hold me ac-

countable when needed. I have been supported appropriately with only the expectation of doing the same for others. I have the courage to use my voice and be heard. I have become a mom that has a great relationship with her daughter. Now with all that good stuff there definitely were some extremely difficult times, and I know that there will be hard stuff in the future. However, nothing can stop me. With this group of people that empowers me and supports me there's no telling where I will go.



## Fall Class Schedule

**Albany**—Thursdays, 9:15-11:15am and 5:45-7:45pm, First United Methodist Church, 1115 28th Ave. SW., beginning January 12th.

**Lebanon**—Tuesdays, 9:45-11:45am and 12:30-2:30pm at the Free Methodist Church located at 580 F St., starting January 10th.

**Sweet Home**—Tuesdays, 9:30 to 11:00am at Freedom Hill Church, 2470 Main St., starting on January 10th. \*This group facilitated by consumer April Wheeler

**Halsey**—Tuesdays, 12:30-2:00 at The Halsey Community Center 100 W Halsey Street \*This group co-facilitated by Alanna Warren and Crystal Rowell

Children Activities available at some locations. Lebanon and Albany groups are facilitated by Debbi Barreras.

If you have questions, please call 541-730-8716 or 541-971-0246, or visit: [parentingtogether.us](http://parentingtogether.us)



# THINGS TO DO DURING THE WINTER BREAK

## 1. Make homemade cards.

Kids can make cards to give for a thank you gift, to wish someone some holiday cheer, a card for someone who lives far away, or maybe for someone they don't know, just a random act of kindness card.

2. How about going on a scavenger hunt outside or inside? Have someone make up a list of things

inside or outside your home, then let the hunt begin!

3. Make a "snow table" out of your kitchen table, or any table. If you have a train set, set up the train and decorate with "snow". The snow is cotton balls!!

4. If you have Lego's, build some stuff and decorate it with your "snow"!

These are just some ideas that sounded fun to do over winter break. Hope you enjoy!!



## Family Fun!!!

### Raspberry Cream Cheese Jell-O

#### Ingredients:

- 1 bx. Raspberry Jell-O
- 2 cups cran-raspberry juice
- 1 bag frozen raspberries (12 oz.)
- 8 oz. Cream cheese

#### Directions:

Boil 1.5 cups of cran-raspberry juice in a glass bowl in the microwave. Mix in Jell-O



powder and stir. Put back in microwave for one minute. Stir. Repeat heating and stirring until liquid is clear and all gelatin is dissolved. Add frozen raspberries and a half cup of cold juice and stir. Let stand 30 minutes. Pinch off and roll small marshmallow sized bits of cream cheese using the full box. Stir them into the Jell-O mix. Pour into serving dish and refrigerate.

## Winter words

W G M T G L O V E S Y R E E V  
 T A D M F X M S L K S K P E T  
 I R S A M J Z N V T A R D B C  
 H K E S Y N K O U L S Q L I R  
 L F R A C S G W F N C O D O E  
 L S N G K F P W U A H S R C M  
 T R X V F V O O A Q O L N F C  
 U W V N N N H M H D C L D Q H  
 P B R N S R O A S H O A K Y O  
 K V M A Z W T N N E L B Y H H  
 T J N E Z O R F O H A W L S Z  
 D S G K N N J Y W M T O C Y H  
 G X P Q F S T W M K E N F I O  
 C N P N G I J R A A T S L X X  
 H A L D I V K M N E N I G N O

Snowflake Snow Frost Frozen Gloves Hat Scarf

Snowman Snowwoman Hot Chocolate Snowballs

## Which List Are You On This Season?

By Crystal Rowell

Santa Clause is said to have a list of who is naughty and who is nice. I tend to do that with people I know too. The checker at the grocery store who smiled and joked with me, nice. The collections man on the phone demanding money I don't have, naughty. My best friend when she shows she cares about me,

nice. My mom when she gives me liver and onions..... not so nice. (I'm kidding, mom.)

Sometimes, because I'm human, I get stuck on the naughty list. I start thinking about all the bad stuff that I've experienced, I think of how people did me wrong, or



how I messed everything up, and before long, my world starts looking pretty grim. I start to understand why the Grinch Stole Christmas. It sucks the "Christmas spirit" pretty quick.

When I find myself in that kind of spot, I have found it useful to start paying more attention

to the nice list. What good things happened today? Who smiled at me today? Was there someone I helped, or even just smiled back at? When I choose to focus on the good stuff, it fills me with hope again and reminds me that I am not just a passenger in my life. I get to choose which list to look at today.