



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. To submit articles or feedback, or to sign up to receive this newsletter via email, write to fsveditors@gmail.com or talk to Robin Veek.

Support Changes Things

By Katie Forbes

Have you ever put something off over and over again, only later to regret having not done it earlier? I have! For almost 3 years, my mom attended Collaborative Problem Solving, and every week she would try and talk me into attending. The class is taught by Debbi Barreras who I had previously been in foster care in her home. Let's just say, that living there wasn't the best experience of my crazy, hormonal teenage years. For over 15 years I hated her and I was sure she hated me. Because of these thoughts and feelings, it took me almost three years to finally get up the courage, with my mom by my side, to walk through that door. It was one of the best things I have ever done for myself.

Have you ever felt alone? Overwhelmed? Defeated? Hopeless? Especially, when it comes to your kids and their behavior? If so, I would 100% recommend coming to group! This 10-week group CHANGED MY LIFE! The skills, lessons, and over all concept, has helped me in ways I didn't even know I needed! One of the biggest lesson I have learned is that PEOPLE WILL DO WELL IF THEY CAN, IF THEY ARE NOT, IT'S BECAUSE THERE IS SOMETHING WE DON'T UNDERSTAND YET! I have learned that I am not bad, my kid isn't bad, and people around me aren't all BAD. There is Hope. There is so much hope! I first

have to focus on myself. I have to fix myself and improve myself, before I can go on trying to change, fix, or help my child or the people around me. I have to work on the skills that I have and improve them little by little.



Since starting this class (I am in my second set of 10 weeks), and using some of the lessons I've learned,

my relationship with my daughter has grown, my relationship with my family members have improved immensely, and finally, after feeling alone for so long, I am surrounded by support! There are people who care and want to help. There are people who have similar situations and life experiences! I finally feel ac-

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cepted! I think the biggest change would have to be that I figured out where I want to go in life. The "bad" kids, the kids that feel alone and scared, I want to be a voice for them. I want to help other people understand that they aren't bad, there is something we aren't understanding yet. I want to understand.

Collaborative Problem Solving has changed my life. The connections you make and the lessons that you learn and use after attending this class, I am sure will change your life as well. I would love to see new people every week! I want parents to feel supported and gain an understanding of their children. But most of all, I want every child to know that they are loved and wanted, and that there is light at the end of the tunnel!

Getting ready for the holidays

By Deloris Larson

I love the holiday season! As soon as the leaves begin to fall and the morning fog begins to roll in, my baking begins. There is nothing that compares to the aroma of freshly baked goodies. I make many batches of cookies, bars and candies. Being Swedish, I make

spritz cookies, using lots of almond flavoring and a cookie gun. *Lefsa* is another Swedish "must make" for the holidays. It is like a tortilla but it is made from mashed potatoes. Divinity and mint fudge are also

"must makes" along with holiday pies and freshly baked rolls.



Through the years, the holidays have changed, as my children have grown up and their children have become adults, but my baking is a

tradition that I continue. It is a form of love that I enjoy giving to others. I decorate half-heartedly. I shop haphazardly. But I bake with heartfelt joy.

May your holiday season be filled with peace and hope.

Thankful

One of our volunteers asked our kiddos to name one thing that they are thankful for this year. We took those words and used worditout.com to make them into a picture of gratitude that we are proud to share with you.

DRAGONFLIES SODA
 SPIDERS-TARANTULAS
 DONUTS
 XBOX MEETINGS
 FAMILY PIZZA
 FRIENDS GAMES HOME
 PAINTING LIFE
 SCHOOL
 RANCH RELIGION
 PLAYING



Family Fun!!!

Two-Ingredient Pumpkin Cake & Apple Cider Glaze

Ingredients:

For Cake:

- 1 Yellow cake mix
- 1 can (15oz.) pumpkin puree

Directions:

Mix cake mix and pumpkin puree until well blended. Pour batter into greased 7x11 pan. Bake at 350 for 28 minutes and let cool.

For Glaze

- 1 1/2 c. powdered sugar
- 3 Tbsp. Apple cider
- 3/4 tsp. Pumpkin pie spice

For glaze, combine powdered sugar, apple cider and pumpkin pie spice. Glaze should be thick but pourable. Pour over cake while still warm.

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

TURKEY GRAVY POTATOES JELLO
 SALAD PIES PUMPKINS FAMILY
 FRIENDS DELICIOUS HUNGRY

Fall Class Schedule

Albany—Thursdays, 9:15am to 11:15am and 5:45pm to 7:45pm, First United Methodist Church, 1115 28th Ave. SW., beginning September 15th, 2016.

Lebanon—Tuesdays, 11:00pm-1:00pm at the Free Methodist Church located at 580 F St., starting September 13th.

Sweet Home—Tuesdays mornings from 9:30 to 11:00am at Freedom Hill Church, 2470 Main St., starting on September 13th. *This group facilitated by consumer April Wheeler

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

