



Parenting News



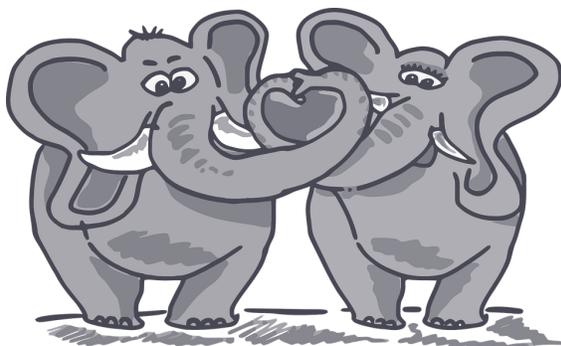
We are a group of parents in Linn County who want to be supports to other parents. We have difficult kids or kids with difficult behaviors, and have felt alone, misunderstood, isolated, confused, frustrated, and everything in between. Support to and from other parents has been a lifeline and reminded 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.

Neighborly Love

By Alanna Warren

February is here and with it, Valentines day. Let's face it, this is one heck of a month for Hallmark and See's Candies! But if you just take a minute and think about it. Valentine's Day has quite a concept; Love! The first place my mind travels to is romance. Come on, what girl doesn't want a little bit of wining and dining in her life right? But what if we broaden our horizon just a little bit? Can you



imagine what it would be like if instead of romance we turned our attention to neighborly love? That can be a tall order. Trust me, as far as neighbors go, I have had some doozies. Still. Filling you life with a little extra love is going to have an

amazing effect all around. It doesn't take a whole lot. Realistically. Sometimes it is the smallest things that make the biggest difference. When I am having a rough time, sometimes just knowing I am not alone, and someone cares can turn the whole day around. That, my friends, can have even more of an effect than we ever realized.

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Just a few kind words a little bit of empathy, sometimes something as small as a smile and/or a hug is all it takes. Not only does it make a difference for the person receiving this little bit of love, and each person they interact with, but it makes you feel good too. So really, it's a win-win situation with a kind of ripple effect. Let's face the facts; Love is infectious. And quite frankly. I hope it is one that everyone is lucky enough to catch!

Winter Class Schedule

Albany—Thursdays, 12:30-2:30pm and 5:45-7:45pm, First United Methodist Church, 1115 28th Ave. SW., beginning January 12th.

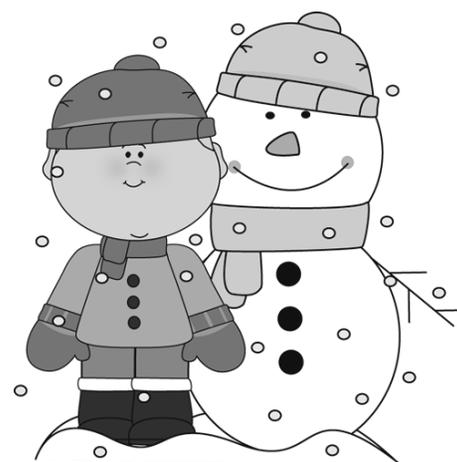
Lebanon—Tuesdays, 9:45-11:45am and 12:30-2:30pm at the Free Methodist Church located at 580 F St., starting January 10th.

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

All groups have an open door policy so feel free to join us whenever you can!

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



Gardening Corner

By Monica Potter

It's still cold outside, but here are some tips you can use now to get ready for gardening in the spring.



- Check for needed repairs on fences, raised boxes and replace any warped boards.

- Prune branches to promote new growth on fruit trees and apply insect spray
- Trim any dead limbs from trees
- Ornamental grasses and bushes can be trimmed in winter
- Prepare new garden beds by weeding and adding compost or mulch
- Early planting can be done when the danger of the last frost is over. Peas and broccoli are good plants to start early.



Family Fun!!!



This is a fun and easy Valentine to make. You can just trace your hands on a piece of paper like you see in the picture and color your tracing in! It will leave a blank space which is the heart shape! You can use paint like the one in the picture, or whatever you choose!



How I Came to a Collaborative Problem Solving Parenting Group

By Connie Kay

I was crying as my granddaughter slammed the door yelling, "Everyone hates me,!" I did not hate her but I hated feeling so angry and so hopeless. I had raised children, done child care for children, had other grandchildren and I had a

loving relationship with them.

Oh, we had our disagreements of course, but we had always seemed to be OK. But not this girl. I was not sure what was wrong with HER, but I was sure SHE was the problem. I heard that there was a class with a support

group I could attend that would help me fix her. It was called Collaborative Problem Solving.

I began attending and I learned new ways of looking at both of our behaviors. I learned how to see things in a different way and slowly began making the changes that have resulted in our hav-

ing a loving relationship. I am so grateful for this class and all the support I have received.

