
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.

A Parenting Group When You're Not a Parent

By Crystal Rowell

At a typical parenting group, you may find parents, grandparents, step parents, and foster parents. All different kinds of parents. I am not a parent. I don't have children of my own. So, you can imagine that I often get asked why I am part of a parenting group when I am not a parent. It's a question I have even asked myself several times.

When I decided to attend Collaborative Problem Solving parenting groups for the first time, it was because I thought maybe

someday I might want to be a foster parent and it would be good to have some skills if I decided to go through with that. That was 11 years ago and I am still not a foster parent

So why do I keep going? I have found many benefits to attending groups. I work with kids regularly with my job as a personal support worker, mostly for kiddos of the parents

attending the group, and it helps to be on the same page as those parents. Also, I have found that Collaborative Problem Solving is a cultural shift. Not only

has it helped with the kiddos that I work with, it has improved my

relationships with others and with myself.

Once I figured out that I still have an inner kid that wasn't parented this way

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(my parents did the best with what they had and what they knew), it became my job to reparent myself. As much as I love the people and kids that I have met through groups, I think the biggest gift that I have gotten from attending groups, is the relationship I have built with myself and the tools I have learned to help me do well. I would recommend this group to anyone, even non-parents. Collaborative Problem Solving teaches skills to help with communication and that is something I use with everyone I meet.



Summer Class Schedule

Albany—Thursdays, 5:45-7:45pm, First United Methodist Church, 1115 28th Ave. SW., beginning April 6th.

Lebanon—Tuesdays, 12:30-2:30pm at the Free Methodist Church located at 580 F St., beginning April 4th.

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



Free Bowling !!!



Family Fun!!!

Easy Chicken Salad

Great to keep on hand for sandwiches, wraps, cracker topping etc. so versatile and no need to heat up the kitchen on warm days.

Ingredients

- 1 pound boiled chicken shredded
- 1 cups celery diced
- 1 cup red grapes quartered
- 1 cup walnuts chopped
- 1 1/2 cups mayo
- 1/2 teaspoons salt
- 1/2 teaspoon black pepper
- 1 tablespoon yellow mustard
- 1/2 teaspoon lemon juice

Instructions

Mix mayo, mustard and chicken in large bowl with a spoon.

Add remaining ingredients and stir until all ingredients are thoroughly combined.

Refrigerate one hour before serving.

Enjoy!

Cooking "Hacks"

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Spot the difference

Find the 5 differences between the top picture and the bottom picture

