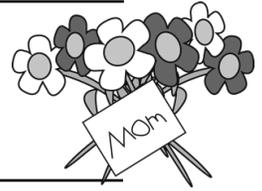


Parenting News



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.

Collaborative Problem Solving: A family Affair

Volume 6, Issue 5
May 2017

By Joyce Farren-Forbes

I started attending CPS meeting with the intent to learn better parental skills. At that time I was raising my 7 year old granddaughter, whose mother was a very “challenging young adult”, who had behavioral issues her whole life. My granddaughter’s issues were not as severe as her mother’s but they were there. I needed help and support. CPS filled both of these needs in my life. More importantly it open up a pathway in my own self. Pathways that lead me to a deeper learning and understand of who and

what and where I existed, in not only my grandchild’s but even more importantly in my own life. I grew and I prospered.

My daughter... my wonderful, thoughtful, brilliant daughter, was not living within my home. I could still see her struggling with her own issues and behaviors. I talked CPS to her until she finally gave in and came with me to class. The concepts and ideas seemed to grab hold of her. I could not be happier.

What’s it like to sit next to my child and learn parenting and self-improvement

skills??? At times, it is somewhat restricting as I need to respect her privacy and let her tell her own story, in her own way, at her own pace. Sometimes it is enlightening. I see things easier from her point of view in a more open and honest way while in group. I still have to work at stifling the mom urges, i.e., “Say Please”, “Pay Attention”, and “Raise Your Hand”. That will probably never go away but sitting next to her makes me happy. I believe it has brought us closer. I am proud of my daughter in many ways. My daughter

also drives me crazy with anger and fear for her. We laugh and we fight. We are exact replicas and polar opposites. These things may never change. In fact, in some ways, I hope they never do. But one thing will remain steadfast forever, I will always love her.

○To read the other side of this story, see the article on page 2.



Spring Class Schedule

Albany—Thursdays, 12:30-2:30pm and 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.

Sweet Home—Tuesdays, 9:30-11:00am at Freedom Hill Church, 2470 Main St., beginning April 4th. *This group facilitated by consumer April Wheeler and Scott Jondahl

Brownsville—Tuesdays 9:30-11:00am at The American Legion, 339 N Main St. beginning April 4th. *This group facilitated by consumers Alanna Warren and Connie Kay

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



Attending Collaborative Problem Solving Groups With My Mom

By Katie Forbes

I have grown up in a shame based society. Growing up, I was the bad kid. The kid with behavior that people didn't understand. The kid who was horribly disrespectful and treated those closest to me the worst. People around me didn't understand, my mom and dad didn't understand, and even myself, I didn't understand. Why Me? Why did I do the things I did? Why did nothing or anyone around me make a difference? It's not like they didn't try. I still to this day believe I was raised by some of the best people in this world. I couldn't have asked for a better support system and role models.

It took my mom almost 3 years of talking to me about CPS and the things she was learning, before I finally gave in and decided I would

give CPS a shot. That first class, changed my life. I finally had hope. I finally saw the light at the end of the tunnel. Maybe just maybe, I didn't have to be "The Bad Kid" anymore. My mom had introduced me to a class, a support group, a different type of culture that instantly had me wanting to learn more. My mom bugged me enough to get me to CPS at the perfect time in my life. I will always be grateful to her!

Attending CPS with my mom for the last year has been, well truthfully, it's been eye-opening. It has allowed me to see a different side of her that I don't think I have ever seen. I have watched the growth that she has made, how far she and all of the relationships she has have come, and I see how she just keeps trying. Her strength, commitment, and kindheartedness

are inspiring. There is so much more I want to learn from her, so much more I want to try and understand about her, and so much more I want to grow and become close with her. I believe that the skills that she and I have both learned over the last year, attending this class together, and having something we are both interested in has only helped our relationship. Some days are hard. Some days we still may not agree or like each other. But all days, I know we love each other and are doing the best we can, with what we know or understand.



Family Fun!!!

Amazing Veggie Pizza

- 2 tubes refrigerated Crescent Roll dough
- 2 packages Cream Cheese
- ¼ cup Ranch Dressing
- chopped Broccoli
- diced Red Onions
- shredded Carrots



Unroll crescent dough and place onto an ungreased cookie sheet, pressing seams together. Bake according to directions until golden brown. Cool.

Combine cream cheese and dressing in a bowl. Allowing the cream cheese to sit at room temperature will make it easier to mix. Spread mixture over crescent rolls.

Chop veggies into small pieces and sprinkle on top. Keep refrigerated until you serve.

Spring Fun

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

BIKES
SUN
FISHING
PLAYING
BAREFOOT
CAMPING
FLOWERS
BIRDS
CLOUDS
PICNIC
BUTTERFLY
FROG