

GENERAL PARENTING RESOURCES



Impact NW

Youth & Family Services
7211 SE 62nd Ave.
Portland, OR 97206
(503) 988-5961
<http://www.impactnw.org>

Social & Support Services for Educational Success

Supports struggling adolescents ages 12 to 17 — particularly those who are at risk of dropping out, attending alternative schools, and those who have low rates of school attendance — to help these youth remain in and/or go back to school.



Metropolitan Family Service

124 NE 181st, Ste. 111
Portland, OR 97230
(503) 232-0007 Ext. 121
<http://www.metfamily.org>

Parent Education

Reaches out to parents to identify their road blocks and build the basics. Learning to communicate more effectively, acquiring good parenting skills, and participating in their child's education all contribute to a stronger family.



Parenting Class at Floyd Light Middle School

10800 SE Washington Street
Portland, OR 97216
(503) 334-8404 (Message Phone)

Parenting Class

7 weeks of classes for parents and youth to strengthen family relationships during the transitional time to adolescence (youth 10-14 years old). Youth may practice strategies that help handle stress, anger, and peer pressure. Parents may practice strategies to help effectively parents teens and learn what they may expect from adolescent children.

CULTURALLY SPECIFIC PARENTING RESOURCES



Black Parent Initiative

Parent University
McCoy Village Apartments – Community Room
4606 NE Martin Luther King Jr. Blvd, Portland
(503) 502-6050
<http://thebpi.org/>

Advocating for My Child's Education

This workshop will highlight discussion strategies and tools around communicating with school staff and administrators. Dealing with school discipline and understanding how to navigate through the school system. This class will also include strategies and practical tools that can be used to help support your child's learning at home, and discuss ways to create a literacy rich environment.



Catholic Charities

El Programa Hispano
138 NE 3rd Street, Suite 140;
Gresham, OR 97030
(503) 669-8350

http://www.catholiccharitiesoregon.org/services_latino_services.asp

Social & Support Services for Educational Success

Our student case managers work with middle & high school youth and their parents. We help with school attendance, academic support, behavioral issues, and helping youth and families with basic needs. At the following Schools: HB Lee MS, Reynolds MS, Reynolds HS, Clear Creek MS, Gresham HS, Centennial MS, Centennial HS, Parkrose MS, Parkrose HS, Ron Russell MS, David Douglas HS, Lane MS, Madison HS.

Círculo de Padres

A parent support group for Latino parents at Ron Russell and Floyd Light SUN community schools. The focus of these groups is primarily on helping parents understand the US school system, how to communicate with school, how to support their children's education, and how to become involved in school activities.



Native American Youth & Family Center

5135 NE Columbia Blvd
Portland, OR 97218
(503) 288-8177 Ext. 256

<http://nayapdx.org/>

Educational Youth Advocacy and Engagement

Educational Youth Advocates work in partnership with students and their families to facilitate measurable goals based on the four quadrants of the Relational Worldview Model – Mind, Body, Spirit and Context. They help to problem solve life issues, provide homework assistance and long term mentorship with strong academic achievement being the overarching goal of the program.

Parents Helping Parents

This series of classes will enrich your family and improve communication with your children. All are welcome as we create a community of empowered, skilled, and knowledgeable parents.



Self Enhancement Inc

4134 N Vancouver Ave, Suite 311
Portland, OR 97217
(503) 285-0493

<http://www.selfenhancement.org/>

Parenting Class

Parenting classes are designed to provide individuals with effective skills for successful parenting. Throughout the course of the 20-week program, individuals will participate in discussions regarding such topics as: teaching through modeling, effective praise, natural and logical consequences, cultural discipline, single parenting, parenting approaches and the developmental abilities of children.



Immigrant & Refugee Community Organization

10301 NE Glisan Street
Portland, OR 97220
(971) 271-6435

<http://irco.org/>

Refugee & Immigrant Family Empowerment

A program to help families improve and enhance their relationships. Participants will learn new skills to strengthen family bonds, create deep interpersonal connections, manage finances, resolve conflicts, and discipline in positive ways to help your children succeed. Languages: Amharic, Arabic, Burmese, Hindi, Karen, Lingala, Nepali, Russian, Somali, Spanish, Swahili, Tigrigna, and Zomi.

PARENTS WHO HAVE BEEN INCARCERATED



Center for Family Success

229 SE 181st Ave
Portland, OR 97233
(503) 286-0600

<http://www.pathfindersoforegon.com/>

Parenting Inside Out

Parenting curriculum focused on the needs of families who have been involved in the criminal justice system. Through interactive coaching, role play, journaling, and discussion, parents expand their understanding of child development, learn how to solve problems, and develop the skill of emotion regulation. Parents may receive training while incarcerated or in the community.

Languages: Programs are offered primarily in English. Limited Spanish speaking staff. Please call for Spanish class availability.

PARENTING CHILDREN WITH MENTAL HEALTH ISSUES



Morrison Child & Family Services

912 NE Kelly Avenue, Suite 200
Gresham, OR 97030
(503) 258-4381

<http://www.morrisonkids.org>

Outpatient Services

Morrison Child and Family Services delivers specialized outpatient services to children and youths with mental health needs. Services offered: Assessment of mental health needs; Family therapy; Parenting support; Individual support and therapy; School consultation and support; Case Management and home-based services.



Talk It Over

Human Solutions in Rockwood
124 NE 181st Street
Portland, OR 97230

Support Group for Families

This is the regular Talk it Over support group for families with children or teens with behavioral disorders. All are welcome, light snacks provided.