

Parenting *in the Gorge*

A Guide for Hood River & Wasco Counties



September 2015 to August 2016

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Parenting *in the Gorge*

A Guide for Hood River & Wasco Counties

September 2015 to August 2016



**Columbia Gorge
Parenting Education Program**
Hood River and Wasco Counties

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1-855-308-2236 (toll free)



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(541) 386-5070**



Welcome to “**Parenting in the Gorge!**”

Please enjoy this Guide as a resource for finding fun new ways to nurture your children’s development and strengthen your family’s relationships. Our vision is that all children are raised in supportive homes where they receive from their parents and caregivers, from an early age on, the foundation for success in school and life.

“Parenting in the Gorge” is part of the Columbia Gorge Parenting Education Program of The Next Door. It is primarily funded by the Oregon Parenting Education Collaborative — a partnership of the Collins Foundation, The Ford Family Foundation, the Meyer Memorial Trust, The Oregon Community Foundation, and Oregon State University.

These symbols throughout the guide indicate primary area of service for each offering:

H=Hood RiverCounty

W=Wasco County

Additional Resources

H Hood River County Health Promotion & Prevention

(541) 386-2500; www.co.hood-river.or.us


W YouthThink: Promoting the tools that help all children and families reach their potential.

Call 541-506-2673 or visit www.youththink.net

610 Court St., The Dalles

H Family Services Community Resources List for families in Hood River and Wasco Counties.

Call 1-855-308-2236



G. WILLIKER'S
toy shoppe
202 Oak St. Hood River Oregon (541) 387-2229



Free Welcome Baby Packet

The Next Door offers all Oregon parents a free "Welcome Baby" packet of information about parenting, bonding with your baby, healthy infant growth and development, child care and other resources in the Gorge. Your packet can be mailed or delivered in person, and may also include: baby's first year calendar, your baby's first book, newborn care samples, and more. If you are pregnant, or your child is under one month old, call:

HW Hood River /Wasco County residents
Family Services:
 (541) 436-0320
www.nextdoorinc.org

STRENGTHENING FAMILIES PARENT EDUCATION SERIES



Skill-building program for families with 10-14-year-old children creating positive interaction, communication, and effective discipline.

Families increase positive behavior skills through fun interactive activities.

For more information contact Belinda Ballah 541-387-6890, Belinda.ballah@co.hood-river.or.us.

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Join a Play Group

Join a growing group of moms and dads watching their children play and grow. Make friendships that will last a lifetime...share the joys and challenges of raising kids! Free! For parents and caregivers of children from newborn to age 5. All newcomers welcome!

H Hood River County Community Play

Groups Family Services: (541) 436-0319;
www.nextdoorinc.org

H **Tuesdays**, 9:00 a.m. - 10:30 a.m.

Hood River Alliance Church, 2650 W. Montello,
Hood River

(541) 386-2816 (playgroup follows school calendar;
no school means no playgroup).

Sometimes meets In the summer at various parks.

H **Tuesdays**, 10:30 a.m. - 12:30 p.m. (year-round)

City Hall Gym, 140 SW Wa-Na-Pa St., Cascade
Locks

H **Fridays**, 10:00 - 11:30 a.m. (follows school
calendar) Bilingual; developmental specialists
available

Hood River Early Childhood Center

2405 Eastside Rd., Pine Grove

Call (541) 386-4919

The Dalles Community Play Group

W Call Family Services at 1-855-308-2236 (toll-free)
for information

10:30-12:00 noon 2nd & 4th Friday at
Wonderworks. FREE. 206 Madison, The Dalles

Mom's Morning Out (faith-based group)

W **Second and fourth Tuesdays**,
9:00 - 11:15 a.m. (September through June)

Calvary Baptist Church, 3350 Columbia View Dr.,
The Dalles

There is no charge, and childcare is provided.

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107 2nd Street • Hood River • 541-386-1606
Sun-Thur. 11 a.m. - 10 p.m. • Fri-Sat 11 a.m. - 11 p.m.

Enjoy Library Story Times

H Hood River Library, 502 State Street

Preschool Story Time (all ages are welcome)

Thursdays, 10:30 a.m.

NOTE: Baby, Toddler and Preschooler parenting educational bags can be checked out! Bags contain Make Parenting A Pleasure DVD, Parent Booklet, & Advice for New Parents DVD.

Free MPAP Parent Booklets are available from Library.


Pocket Full of Feelings kits available to check out. The kit is an excellent tool for teaching children 2-8 years old emotional literacy. Contains story book, parenting guide, and feeling cards. Available for \$40 at www.pocketfulloffeelings.org

H Parkdale Library- Hours only (No Story Time)

Parkdale Community Center, 7300 Clear Creek Rd.

Tuesday, Wednesday & Thursday, 3:00 - 7:00 p.m.

Friday & Saturday 10:00 a.m. - 2:00 p.m.



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H Cascade Locks Library

City Hall, 140 SW Wa-Na-Pa St.

Story Time Saturday 1:00 - 1:30 p.m.

W The Dalles Library, 722 Court Street

All ages are welcome at each program.

Toddler Time: Wednesdays, 10:30 - 11:00 a.m.

For newborns through age 3, with stories, songs, puppets, rhymes

Preschool Story Time: Fridays, 10:30 - 11:00 a.m.

For ages 3-6, with stories, songs, puppets and crafts

NOTE: Baby, Toddler and Preschooler parenting educational bags can be checked out! Bags contain Make Parenting A Pleasure DVD, Parent Booklet, & Advice for New Parents DVD.

Free MPAP Parent Booklets are available from Library.

Pocket Full of Feelings kits available to check out. The kit is an excellent tool for teaching children 2-8 years old emotional literacy. Contains story book, parenting guide, and feeling cards. Available for \$40 at www.pocketfulloffeelings.org

W Wonderworks Children's Museum of the Gorge, 206 Madison St., The Dalles

Wonderworks is a fun children's museum and interactive play space. Periodically it provides toddler/ preschool music classes, art classes, and science classes. The museum primarily serves children 0-6 years old though they also have activities older children can enjoy.

Wednesday - Friday, 9:30 a.m.- 4:30 p.m.
Saturday 9:30 a.m. - 1 p.m.

Admission: \$5 per adult or child over 6 months/ under 6 months free. Free to members, see website for membership details.

206 Madison St., The Dalles (541) 980-5922;
info@wonderworkschilrensmuseum.org

www.wonderworkschilrensmuseum.org

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Explore Parenting Book Resources

Touchpoints Birth to 3 - T. Berry Brazelton, M.D.

Developmental Ages & Stages - Ilg and Ames Gesell Institute - Your One Year Old Child, Your Two Year Old Child, Your Three Year Old Child, etc.

Raising an Emotionally Intelligent Child The Heart of Parenting - J. Gottman, J. Declarie, D Golemen

Five Languages of Love - Gary Chapman

Siblings Without Rivalry - Adele Faber and Elaine Mazlish

How to talk so kids will listen, how to listen so kids will talk. - Adele Faber and Elaine Mazlish

Parenting from the Inside Out - Mary Hartzell and Daniel Siegel

The Connected Child - Karyn, Purvis, D. Cross, W. Lyons

For Behavior Difficulties

The Whole Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind - Daniel Siegel M.D. and Tina Payne Bryson, PhD

The Explosive Child - Ross Greene (see www.thinkkids.org for Collaborative Problem Solving)

Born for Love - Dr. Bruce Perry

No Drama Discipline - Daniel Seigel, M.D. and Tina Payne Bryson, PhD

For Adoptive Parents

Adopting A Child With Trauma and Attachment Disruption History - T. Fraser

The Boy Who Was Raised as a Dog - Dr. Bruce Perry

Twenty Things Adopted Kids Wish Their Adoptive parents Knew - Sherrie Eldridge

For Parents Who Are Divorced

Mom's House Dad's House - Isolina Ricci PhD

Putting Children First: Proven parenting Strategies for helping Children Thrive Through Divorce -JoAnne Pedro-Caroll, PhD

Participating in Parenting Classes

H W "Incredible Years" makes incredible kids (2-8 yrs.)

This family-oriented series is held late September to December and February to May. The "Incredible Years" is a 12- week series. Learn to motivate your child, set limits, learn positive approaches to discipline, and help your child prepare for school success. Pocket Full of Feelings, emotion & academic coaching, persistence teaching & the importance of your child's healthy brain development & functioning will also be covered. Explore the latest parenting techniques while sharing the joys and challenges of parenting with other parents, grandparents, foster parents and child care providers of children from newborn to age 8.

Classes are offered in both English and Spanish, throughout Hood River and Wasco Counties.

- **Free family dinner!**
- **Free quality child care is provided for children from 6 months to age 11**
- **Classes are in the evening, last 2 hours, and run for 12 weeks.**
- **Early childhood care and education professionals may use this series as part of their training hours with the State Child Care Division. Foster parents may use this series as part of their training hours with DHS.**
- **Pre-registration is required. Registration is \$25 per family for the 12-week series. Help with fee is available.**

Summer series offered in The Dalles.

For more Information about these parenting classes and to register, contact The Next Door at (541)436-0319 or toll-free at 1-855-308-2236 or email nancyp@nextdoorinc.org or visit www.nextdoorinc.org (click on the "parenting education" tab at top)



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Kid's Club is Now Certified

Great news for parents seeking a safe, secure and supervised environment for childcare. The Kid's Club at Water's Edge is now a full-time certified childcare center.

We care for children from 3 months to 12 years old and provide much more than just a childcare service. Here, kids enjoy an array of fun activities, including games, arts and crafts and stories.

And parents enjoy the peace of mind knowing our staff members' No. 1 priority is ensuring the safety and happiness of their child. Next time you are in need of child care, call the Kid's Club certified childcare center.

Reservations are strongly encouraged.

Note: We have space for kids under 5!

Now open on Saturdays, 8am - 4pm.

To schedule, please, call 541.506.5786.



Kid's Club

AT WATER'S EDGE

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- Resources for Pregnancy to 24 mo. child

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(541) 386-1050 in Hood River

(541) 296-0650 in The Dalles

columbiagorgeprc.org



Opening Doors

Opening Doors is a comprehensive 10-session parent leadership and advocacy training program for parents with children from birth to 5 years old. This unique program draws from the real life experiences of its participants. Facilitators enhance parent's learning by presenting material in a fun and interactive way, by incorporating popular sayings, music, stories, and games. Parents will enjoy increases in: confidence about parenting skills; knowledge about and access to available health and other services; social support; community involvement; and knowledge about developmental milestones for children. These classes are offered by Oregon Child Development Coalition and Mid-Columbia Children's Council (Head Start) in Hood River and Wasco Counties.

- Dates, times and locations to be announced
- Classes are free of charge
- For more information on classes at Mid-Columbia Children's Council contact Joél Pelayo at (541) 386-2010 ext. 211 or email joelpelayo@mccheadstart.org or call (541) 399-7030

For the Spanish version, "Abriendo Puertas" contact Oregon Child Development Coalition at 541-296-0100 or OCDC Parent Ed Coordinator Gabriel Muro at (541) 490-6429. You can also contact Joél Pelayo at Mid-Columbia Children's Council (541) 399-7030 or email joelpelayo@mccheadstart.org. See the Spanish section of this Guide for more information on this Spanish series.

Children in the Middle

Parenting through Divorce or Separation

This is a class for parents going through separation or divorce. Discover new insights that focus on healthy ways to deal with the most common and stressful scenarios that cause children to have loyalty conflicts. Learn to reduce stress, reduce conflict, problem-solve ways to deal with feelings, and communicate more effectively.

- Single 2-hour class session
- Cost: \$20; child care is not available



Swindells Resource Center of the Columbia Gorge

Serving families of children with special needs



Swindells Resource Center of Providence Child Center supports parents and caregivers of children who have special needs, developmental delays or disabilities. We provide resources, information and education to communities throughout Oregon and southwest Washington.

Swindells services:

- Speakers and community education events
- Resource libraries
- Parent resource groups and classes
- Support and referral services
- My Child's Life Care Notebook and Organizer

Contact Swindells:

830 N.E. 47th Ave.
Portland, OR 97213
800-833-8899 ext 52429
swindells@providence.org

For details on current events, please visit
www.ProvidenceOregon.org/swindells

Swindells Resource Center is
a part of Providence Child Center

- Must be pre-registered to attend
- Available in Hood River and The Dalles, in English and Spanish

Hood River: 4th Tuesday of every month from 6:00 - 8:00 p.m. at The Next Door, 965 Tucker Rd., Hood River


The Dalles: 2nd Tuesday of every month from 6:30 - 8:30 p.m. at The Next Door, 318 W. 2nd St., The Dalles

Spanish class: 3rd Wednesday of every month from 6:00 - 8:00 p.m. at The Next Door, 965 Tucker Rd., Hood River


Pre-registration through The Next Door is required (for families not attending through the Circuit Court). For more information or to register in English, call The Next Door at (541) 436-0319 or toll free at 1-855-308-2236 or email nancyp@nextdoorinc.org. To register in Spanish call (541) 399-7030 (see Spanish section of this Guide).

Note: This class is also offered through the Circuit Court. If you are attending through court-involvement, you must pre-register through the Circuit Court (and not through The Next Door). Call the 7th Judicial District Circuit Court Hood River class call (541)387-6902. Wasco, Sherman, Gilliam, and Wheeler Counties call (541) 506-2707.


For more information about these parenting classes and to register, contact The Next Door at (541) 436-0319 or toll free at 1-800-308-2236. email nancyp@nextdoorinc.org visit www.nextdoorinc.org (click on "parenting education" tab at top.



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- Reference question assistance
- Public computer access
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PLANETREE HEALTH RESOURCE CENTER

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Explore Additional Community Classes

H Hood River Family Life Skills

Educating individuals to build healthy, sustainable, personal, family, and community relationships. Multi-week classes for men, women, and teens that utilize a proven curriculum teaching individuals to develop strong healthy relationships.

The "Learning to Live, Learning to Love" curriculum is a proven, faith-based program which teaches students to recognize, deal with, and overcome root causes of destructive behavior.

Those willing to commit to using the concepts taught on an ongoing basis truly are seeing marked improvement in their individual lives. This makes for a much stronger, happier, healthier family.

- Classes run 30 weeks
- Fees are determined on a sliding scale based on income, initial cost \$50. Additional classes based on sliding scale.
- Next classes are scheduled to start in September. Class size is limited, and fills quickly. New classes do not start until there are enough students to fill a class. Must start at beginning, cannot enter after second class.
- Classes are taught in English in Hood River and/or The Dalles.
- To register contact Mike or Pam Hughes at (541) 386-1170; www.hoodriverfamilylifeskills.org

Skamania & Klickitat Counties,
Washington: 1-866-631-1997 (toll free)
www.communitygorge.net/skcnparentsupport

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H HAPA - Hombres Autoresponsables para Parar el Abuso (Men Responsible for Stopping Abuse) – in Spanish

The mission of HAPA is to end abuse and family violence by ending all controlling behaviors in domestic relationships that cause physical, psychological, and sexual violence. HAPA meetings serve Spanish-speaking men who have hurt their partners and families through the use of control, abuse, or violence in Hood River, Wasco, Klickitat and Skamania counties. HAPA helps participants end abusive behavior, build trusting relationships and heal from the effects of violence and abuse. All services are confidential.

- 48 weekly sessions are required to complete the course with a certificate
- New participants may join at any time
- Sessions are held every Friday, 6:00 - 8:00 p.m.
- Sessions are held at The Next Door:
965 Tucker Rd., Hood River
- Cost: Intake is \$65.00 plus an additional \$45.00 per session thereafter

Must pre-register: contact Joél Pelayo at (541) 399-7030 or Toña Sanchez at (541) 490-1881, Nuestra Comunidad Sana, The Next Door



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H W Domestic Violence Offender Treatment

For classes in English in Hood River and The Dalles, contact Therapeutic Solutions Inc. at (541) 490-8131.

Parenting Resource Partners

Planetree Health Resource Center Along with our knowledgeable staff, here is what you will find at the Planetree Health Resource Center all for free:

- Internet search stations
- Public Wi-Fi hot spot
- E-reference
- Information by mail
- Health books and magazines
- Multimedia: CDs, DVDs, Videos
- Free blood pressure checks
- Free library borrower cards
- Our Current Magazines and Newsletters
- Gale Library Search
- Health Lecture Series
- 211 Community Resources
- Se Habla Español

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Hours: Tues-Fri, 10am-5pm

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www.gorgecasa.org
or (541) 386-3468

Explore Online Parenting Resources

www.GorgeKids.com – parenting resources and activities for Columbia Gorge parents and kids

www.nextdoorinc.org - Parenting Education, Family Services

www.211info.org – community resources in the Gorge and throughout Oregon (also in Spanish)

www.babybluesconnection.org - resource for prenatal or post-partum depression

www.zerotothree.org – for the healthy development of infants and toddlers

www.mychildwithoutlimits.org - for parents of young children with developmental delays

www.familyworksinc.com - Parenting Wisely online parenting course. Prices vary.

www.fathers.com - National Center for Fathering

www.joinvroom.org-Activities for brain building moments

www.bornlearning.org – turn everyday moments into fun learning opportunities (also in Spanish)

www.extension.iastate.edu - child development (newborn to age 11) information and ideas for activities (also in Spanish)

www.truceteachers.org – healthy children's activities

www.asqoregon.com - Ages and Stages Questionnaire - developmental checklist for newborn to age 6 (also in Spanish)

www.text4baby.org - sends parent 3 prenatal and/or new baby text messages per week, no charge

Sick or injured and it's after 5pm?

Use this guide to get care for minor illness or injury.

For life threatening emergency, dial 911!

- **If you have an established care provider, contact your clinic first, even if it is after 5pm.** Most clinics have an after-hours on-call service. See below for the phone number for the clinics in the Gorge.

🚶 If you do **not** have established care, check out the clinics who accept walk-ins during their evening or weekend hours. **Call in advance for hours and payment terms.**

The Dalles

Columbia Crest Family Medicine*🚶	541.296.7677
Columbia Hills Family Medicine*🚶	541.296.9151
One Community Health*	541.386.6380

Maupin

Deschutes Rim Health Clinic*	541.395.2911
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Hood River

Columbia Gorge Family Medicine*🚶	541.386.5070
Northwest Pediatrics and Adolescent Medicine*🚶	541.386.2300
One Community Health*	541.386.6380
Providence Medical Group –* Hood River Family Medicine	541.387.1300
Providence Medical Group –* Hood River Internal Medicine	541.387.6125
Summit Family Medicine*	541.386.4220
Wilson Street Medical Clinic 🚶	541.436.4144

White Salmon

North Shore Medical Group*🚶	509.493.2133
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*Services available in Spanish.
This guide provided by Columbia Gorge Health Council.

The Home Visiting Connection (HVC)
(HVC) is a community resource for all families with children ages 0-21 years.

The services offered through the HVC are free and voluntary, and range from help getting a crib or car seat to weekly home visiting and parent coaching. To find out more, please call: 541-386-1115 for Hood River County or 541-506-2600 for Wasco, Sherman, and Gilliam County.

Car Seat Assistance-Safe Kids in Columbia Gorge Provides car seat, bike and water safety in the Columbia Gorge for more information or to arrange an appointment to get a car seat checked by a certified child passenger safety technician go to safekidscolumbiagorge.com

Enjoy Community Education and Parks & Recreation Services

– Programs for All Ages

H Hood River County School District Community Education Program Catalog

Adult and children's classes and activities
(541) 386-2055; www.hrcommunityed.org

H Hood River Aquatics Center 1601 May Avenue
Swimming lessons and wading pool (0-2 year olds free with paid adult)
Dollar Open Swim (all ages) Wednesday 1:00 p.m. - 5:00 p.m. & Friday 6:30 p.m. - 8:00 p.m.
(541) 386-1303; www.hoodriverparksandrec.org



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W Northern Wasco County Parks & Recreation District Program Guide
(541) 296-9533; www.nwprd.org

W Northern Wasco County Aquatic Center
Open Memorial Day to Labor Day
Baby-2 years old free/splash park free to everyone
9am-9pm.
602 West 2nd St., The Dalles
www.nwprd.org
(541) 296-9533

H Local Parks

Cascade Locks Marine Park
Cascade Locks Port
Children's Park- Hazel St. & 9th St.
Hood River Waterfront Park- 650 Portway Ave.
Jackson Park- 13th & May St.
Toll Bridge Park- Toll Bridge Road
Mt. Hood Parkdale, 97041
Wilson Park-2nd & May St.




It stands for
Community Bank, too.

Columbia Bank isn't just another bank. We're part of the neighborhood. Our employees live in the communities we serve. They're involved, truly involved, in helping make their communities better places to live and work. So take comfort in banking with a bank that's not only here to stay, but here to stay involved.


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MEMBER
FDIC



H Local Parks

Oak Grove Park- Portland Dr & Country Club Rd.
Port Marina Park- Portway Ave (West of Hood
River Bridge).

W Local Parks

Sorosis Park- 350 E. Scenic Dr.
Thompson Park -602 W. 2nd St.
City Park- Union & E. 5th St.
River Front Park-open Memorial Day weekend-
Oct. 31.
River Front Trail- 9 mile trail, Discovery Center to
Lone Pine area. (find trail map at www.nwprd.org)
Firehouse Park- 555 Wasco Dr.
Howe Park- E. 14th St. & Riverview St.
Pocket Park -Klindts Cove
Lewis and Clark Festival Park- W.1st St.

Area Parent and Children's Programs and Agencies

H W "Big Brothers Big Sisters of the Columbia Gorge"

As a program of The Next Door, Big Brothers Big Sisters (BBBS) of the Columbia Gorge seeks to change the lives of children for the better, forever. Our volunteer mentors ("Bigs") work one-on-one with children ("Littles") ages 6 – 14 to build confidence, develop skills, and have fun.

After a thorough screening process, Bigs are professionally matched with Littles with whom they share common interests and compatible personalities. Once matched, Bigs and Littles spend about eight hours per month together for a minimum of one year. Activities vary but often include going on hikes, cooking dinner together, trips to the movie theater, and art projects.


There is no cost to the Littles or their families, and BBBS match coordinators are there to support the match every step of the way with monthly phone calls, fun quarterly events, outing ideas, and more.

BBBS helps children achieve success in school, helps them avoid risky behaviors such as getting into fights and trying drugs and alcohol, and helps them improve their self-confidence.

Hood River County-Justine Ziegler (541)490-9979
Wasco County – Kateel Muhs (541)296-8118
ext. 216

Para Español – Maria Eby (541)399-7289






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undetected
vision
problem

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Hood River

541-296-1101
The Dalles

www.cascadeeye.com

Are you looking for free home visiting and/or preschool opportunities?

H W Family Services, a program of the Next Door, offers Healthy Families Home Visiting Services to Hood River and Wasco County parents who are either pregnant with, or newly parenting their baby. "Parent Coaches" can visit families for up to 3 years, supporting them in helping babies grow up healthy and strong, coping with parenting challenges, preparing their children for school-readiness, and accessing community resources. Must enroll either prenatally or before your baby is 3 months old. To see if you qualify, call:

Hood River, Family Services, (541) 436-0320

The Dalles, Family Services, (541) 296-8118 ext. 210

www.nextdoorinc.org

H W Mid-Columbia Children's Council is a comprehensive family-centered agency serving pregnant women, infants, toddlers, preschool aged children, teen parents, and families. Early Head Start provides year-round home visiting for parents prenatally to children up to the age of 3. Head

Start is a preschool program for children ages 3-5. We provide child development, school readiness, and family support services. Programs are located in Hood River, Wasco, Skamania, Klickitat, and Jefferson Counties. To see if you qualify, call: (541) 386-2010; www.mcccheadstart.org

H W The Oregon Child Development Coalition (OCDC) prepares children for school and promotes economic opportunities for families by offering Migrant Early Head Start, Migrant and Seasonal Head Start, and Migrant Education Preschool. OCDC serves children ages birth through 5 from low-income families involved in migrant and seasonal farm work. These bilingual programs focus on all areas of child development—language, social-emotional, physical and cognitive. Located in Parkdale, Odell, and The Dalles. To see if you qualify, call: (541) 296-0100; www.ocdc.net

H W Hood River County and North Central Public Health Departments offer home visiting programs by a Public Health Nurse designed to support pregnant women and parents with infants and children up to age five. Programs include Maternity Care for Moms, Babies First, and CaCoon. All programs include visits for Spanish and English speaking families and focus on providing education and support by encouraging regular visits to health care, as well as sharing information on child development and how to build a healthy and fun relationship between you and your child.

Hood River County Health Department
(541) 386-1115; www.co.hood-river.or.us
North Central Public Health Department
(541) 506-2600; www.wshd.org

Are you a teen parent?

H The Hood River Valley High School Teen Parent Program helps teen parents complete high school while their children are cared for in a certified center on campus. Staff members work closely with the teens to build positive parenting skills, and students may earn credit and learn how to work in a child care center.
(541) 386-4500



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W The Wahtonka Center at Discovery High School, operated by the Mid-Columbia Children's Council, provides support for pregnant or parenting teens with children up to age 3 by providing quality childcare during the school year and home visits during the summer. Information and activities focus on child development, parent-child interaction, health and nutrition, and community resources.
(541) 506-3411; www.mcccheadstart.org

Do you have questions about your pregnancy, breastfeeding, or your baby's health?

H W Hood River County and North Central Public Health Department Programs (Services in English & Spanish):

Maternity Care for Moms: A home visiting service provided by a Public Health Nurse offering care and support during pregnancy in addition to prenatal visits with your doctor. The nurse provides extra prenatal education, access to community services and breastfeeding education. Families may request services by contacting:
Hood River: (541) 387-7131;
North Central: (541) 506-2627

Babies First Program: A home visiting service provided by a Public Health Nurse for families with babies and young children up to age 5, to make sure their babies are healthy as they grow and learn.
Hood River: Ali Donnelly (541) 387-7119 or (541) 387-7131; North Central: (541) 506-2627

CaCoon Program: A Public Health Nurse provides services for families of children and youth (0-21 years) who have or are at risk for having special health needs.
Hood River: Ali Donnelly (541) 387-7119;
North Central: (541) 506-2627

WIC (Women, Infants & Children): Nutrition support and education program for women, infants & children from pregnancy to age 5. Car seat program (training & low cost car seats)
Hood River: (541) 387-6882;
North Central: (541) 506-2610

Breastfeeding Support: Certified Lactation Consultants & Educators available for WIC and home visiting programs.
Hood River: (541) 387-6344; North Central: (541) 506-2610
H Hood River County Health Department (541) 386-1115 or visit www.co.hood-river.or.us
W North Central Public Health Department (541) 506-2600 or visit www.wshd.org

H W One Community Health: Provides a full range of medical services, in English and Spanish. Prenatal services include pregnancy, breastfeeding, and newborn care support and education. Discounts to low-income patients offered.
Hood River: (541) 386-6380
The Dalles: (541) 296-4610
www.onecommunityhealth.org

H W Oregon Health Plan Certifiers One Community Health
The Dalles-541-296-4610 Hood River-541-386-6380
Revel Coy Insurance
The Dalles-541-296-1144
Hood River County Health Dept.
Hood River-541-386-1115
North Central Public health Dept.
(Pregnant Women)-The Dalles-541-506-2620

Pediatricians

H Northwest Pediatrics and Adolescent Medicine
810 13th St. Hood River, OR (541) 386-2300

W Columbia Hills Family Medicine
1620 E 12th St. The Dalles, OR (541) 296-9151

Additional Breastfeeding Support:

H Breastfeeding Support Group
Twice monthly at Riverside Community Church
317 State St., Hood River
Call (541) 387-6344 for more information

H Providence Hood River Memorial Hospital
Hood River (541) 387-6344
W Mid-Columbia Medical Center
The Dalles (541) 296-7210

Postpartum Support in the Gorge:

www.postpartumconnections.com

CG Regional support Coordinator Grace Parson:
503-689-0653 se habla español

H W Mother Hope support group for pregnant and postpartum moms-

1st & 3rd Wednesdays at 4:00 pm starting
September 2 in Riverside Community Church,
Fireside room.

317 State St, Hood River, OR 97031

Phone: 1-541-806-4546

Do you have concerns about your child's development, behavior or disabilities?**H W Early Intervention and Early Childhood Special Education Program**

Call if you have any concerns about any baby, toddler, or preschool child regarding their ability to: walk, talk, see, hear, respond to others, play, learn, or cope with new situations. Anyone can refer a child for a developmental screening and all services are free of charge.

Hood River: (541) 386-4919

The Dalles: (541) 296-1478

H W Swindells Resource Center serves families in the Columbia Gorge by providing support for families of children with special needs, offering the following: a lending library, books, videos providing education and insight; speaker and community education events; parenting resource groups and classes; and "My Child's Life Care" notebook and organizer.

1-800-833-8899 Ext. 52429; www.providence.Oregon.org/swindells

H W Community Connections Network

provides a team approach to evaluate and coordinate services for children and youth with complex medical, developmental, educational, and/or social needs. Parents participate as full partners with physicians, nurses, educators, and social service agencies.

Hood River County Health Department

(541) 387-7140 or (541) 386-1115

www.co.hood-river.or.us

North Central Public Health District

(541) 506-2619; www.wshd.org

H W Mid-Columbia Center for Living provides a wide range of services to adults, children and families dealing with mental health issues, addictions, or developmental disabilities. Services include help with maternal depression, children with emotional/behavioral issues, and parent training. Sliding fee scale for those who qualify.

Hood River: (541) 386-2620

The Dalles: (541) 296-5452 www.mccfl.org

Are you looking for child care?

H W Child Care Partners offers free personalized child care referrals to connect families with early care and education programs. We support families and early childhood professionals by providing resources, education and technical assistance to increase quality, availability and affordability of care. A program of Columbia Gorge Community College serving Gilliam, Hood River, Sherman, Wasco, and Wheeler Counties.

(541) 506-6131 or 1-800-755-1143;

email: ccp@cgcc.cc.or.us; www.cgcc.us/childcare or like us on Facebook

Do you have concerns about domestic violence or intimate partner abuse?

H Helping Hands Against Violence provides hope, safety, and support to survivors of domestic violence, sexual assault, and stalking. Helping Hands provides a 6-room, 30-day shelter, 24-hour crisis line, medical and legal advocacy, support group, follow-up services and moving on assistance for survivors and their families.

Hood River area crisis line: (541) 386-6603

Office line: (541) 386-4808;

www.helpinghandsoregon.com

W HAVEN (Help Against Violent Encounters Now) provides services to all victims and survivors of domestic/teen-dating/sexual violence and stalking through intervention, prevention and education programs. HAVEN provides a 24-hour crisis line, emergency response and shelter, individual/medical and court advocacy, information and referral, support groups, prevention education, bi-lingual/bi-cultural services for Spanish speakers, and training for professionals. HAVEN serves primarily Wasco, Sherman, Gilliam, and Wheeler Counties.

Local: 541-298-4789 Crisis line: 1-800-249-4789

Office line: (541) 296-1662;

www.HAVENthedalles.org



EMERGENCY KIT CHECKLIST

<input type="checkbox"/>	Food , at least a three-day supply of non-perishable food
<input type="checkbox"/>	Water , one gallon of water per person and pet per day for at least three days, for drinking and sanitation
<input type="checkbox"/>	Radio , battery-powered or hand crank with NOAA weather and tone alert
<input type="checkbox"/>	Flashlight, headlamp, extra batteries for radio and lights
<input type="checkbox"/>	First aid kit
<input type="checkbox"/>	Whistle to signal for help
<input type="checkbox"/>	Dust mask or cotton t-shirt to filter air
<input type="checkbox"/>	Moist towelettes, garbage bags, plastic ties for personal sanitation
<input type="checkbox"/>	Wrench or pliers to turn off utilities. Know where and how shut off valves.
<input type="checkbox"/>	Manual can and bottle openers, plates, utensils, paper towels
<input type="checkbox"/>	Maps and documents - insurance information, contact information, family emergency plan, etc.
<input type="checkbox"/>	Coats, shoes, clothing
<input type="checkbox"/>	Unique family needs - prescription medicines, glasses, infant formula, diapers, pet supplies including crates.

Get ready, Gorge!

We live in a beautiful and remote area with weather and natural hazards. Be prepared. Disasters and emergencies can happen at any time.

1. Get a Kit of emergency supplies.

Be prepared to make it on your own for **at least three days**, it may be up to three weeks.

If possible, make two kits
– a larger kit at home and a small kit for the car.



2. Make a Plan for family emergencies.

Sit down together, plan and practice in advance. Your family may not be together when disaster strikes, so plan how you will communicate and meet up and where you will go. If you evacuate, take your emergency supply kit and pets, however public shelters may not allow pets inside.

Set up family meeting points where you can find each other and leave messages if you are separated. Power may be out and cell phones may not be working. Find out how schools and your employer will reach you if needed.

Have an out of state contact that all family members call. If you can't reach each other, it may be easier to make a long-distance call than to call locally. Be sure everyone knows the number and has coins or a prepaid phone card.

3. Stay informed.

Get Hood River County emergency alerts:

www.HoodRiverSheriff.com

