

# Puget Sound Adlerian Society

An Affiliate of the North American Society of Adlerian Psychology

## *The Parenting Calendar* Winter 2010

For People in the Central Puget Sound Area Who Live or Work with Children and Youth

*Our mission is to nurture dignity for all  
by encouraging democratic relationships and a sense of belonging.*

*The Parenting Calendar* lists all the parent education opportunities we are aware of in the central Puget Sound area. We publish the calendar quarterly at [www.psasadler.org/calendar.pdf](http://www.psasadler.org/calendar.pdf) and update it frequently between issues. We hope you will find it useful!

We are most familiar with Adlerian-based events and services, which are shown in boxes throughout the calendar. **We encourage you to select a course or support group that focuses on developing respectful relationships among parents and children, not a course that provides "behavior management" (reward and punishment) (see our mission statement above). Adlerian-based courses have that focus, and many others do not.**

Research is showing that children raised respectfully tend to have many fewer mental and physical illnesses in later life. (See "**Improving parenting: the why and the how**," <http://adc.bmj.com/cgi/content/extract/93/2/102>, by Sarah Stewart-Brown, a medical school public health director and researcher in the UK. It's well worth the \$20 fee.) The Centers for Disease Control and Prevention, in collaboration with Kaiser Permanente's Health Appraisal Clinic in San Diego, has found that **experiences of childhood maltreatment "are major risk factors for the leading causes of illness and death in later life as well as poor quality of life in the United States.** Progress in preventing and recovering from the nation's worst health and social problems is likely to benefit from the understanding that many of these problems arise as a consequence of adverse childhood experiences." (From the ACE Study, "one of the largest investigations ever conducted on the links between childhood maltreatment and later-life health and well-being." ([www.cdc.gov/needphp/ACE/](http://www.cdc.gov/needphp/ACE/)))

The *Puget Sound Adlerian Society* (PSAS) is a 501(c)(3) nonprofit educational organization. We co-sponsor an award-winning parenting course, **Sanity Circus**, with schools and nonprofit groups. We also offer free monthly **First Friday Forums**, training for parent educators (with the Positive Discipline Association), and quarterly **Professional Development Seminars** for counselors and therapists (with the North American Society of Adlerian Psychology). We welcome membership inquiries and visitors to our library. See *Parenting with PSAS* (below) for more information about parenting. For *PSAS Events*, see [www.psasadler.org/education.pdf](http://www.psasadler.org/education.pdf).

**If you are interested in scheduling a parenting instructor, please call or e-mail us for names and contact information. If you teach or sponsor parenting courses, we would much appreciate your purchasing course books from us—for a 15% discount.** Our book list is at [www.psasadler.org/booklist.pdf](http://www.psasadler.org/booklist.pdf).

### *To Contributors to the Calendar:*

Thanks again for your pledges! They make this issue possible. Please let us know if you are aware of potential sources of grant funding for the spring and summer issues for 2010. If you have anything to add to this issue, or any updates, please let us know. Also please let us know about corrections. We try not to make mistakes, and we apologize for any that occur. We add information and make corrections frequently.

*Ann Skutt*  
PSAS Coordinator

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## A Shortcut to Finding What You Want

If you are looking for a particular type or location of course or support group, **you may save time and paper by not printing out the whole document.** (It will be updated soon anyway!) Instead, use the "find" function in your computer. For example, to find events for parents of young children, click "control-F" (in Word) and enter **PY** (from the Key below) in the "Find what" blank. Keep clicking on "Find Next" to find each course or support group for parents of young children. You can also use "control-F" and enter "Spanish," or "Auburn," an agency's name, or any other category you wish.

**Spanish-language courses, groups, and books are shown in red, African-American in plum, Iraqi & Muslim in orange, Russian in brown, Chinese in violet, and Japanese in pink.**

### Key

- FP* For foster parents
- FT* Facilitator training
- G* For grandparents or guardians
- P* For all parents
- PE* For parents of elementary-school-age children
- PI* For parents of infants
- PS* For parents of spirited children
- PT* For parents of teens
- PY* For parents of young children
- S* For stepparents
- SC* For school counselors
- SN* For parents of special needs children
- SP* For single parents
- TP* For teenage parents

# Parenting with PSAS

A nonprofit educational organization founded in 1975, the Puget Sound Adlerian Society (PSAS) offers information, referrals, workshops, lectures, courses, and other resources and support to parents, parent educators, teachers, counselors, social workers, workplace managers, and other people who are interested in mutually respectful, cooperative relationships—*community-building*—in families, classrooms, workplaces, and everywhere else. **Our mission is to nurture the dignity of all by encouraging democratic relationships and a sense of belonging.**

Parent education has been an important focus for many years. We help parents choose attitudes and actions of respect for their children and themselves—attitudes and actions that strengthen a child's sense of belonging and strengthen the family. Kids don't come with instructions: it is all too easy to put children, family relations, and marriages at risk when parents just need some new skills and positive expectations.

## What Is Adlerian Psychology?

Alfred Adler, M.D. (1870-1937), a Viennese physician and psychiatrist, was the first in his field to note the relevance of social relationships to mental and physical health, and to emphasize the crucial importance of nurturing our innate ability to cooperate as equal human beings and to encourage one another and ourselves. Adler came to believe that "Gemeinschaftsgefühl"—caring for the cares of others--could help transform people and the world. Lecturing and teaching in Europe and America, he worked hard to help parents, teachers, students, and his clients develop a more democratic mindset and a stronger sense of community. He called his approach "Individual Psychology," "individual" meaning "holistic" in the German sense of the word. He wrote:

Individual Psychology instructs in self-understanding, the understanding of others, independence, and encouragement. . . . Its foremost task is to establish among the broad masses of the people a firm basis for a sound, optimistic view and conduct of life, promoting the welfare of all. Born from good common sense, it returns to the people in purified and practically applicable form what it has received from them. It feels at one with the noblest striving and the most sublime peaceful ideals of humanity freed from hatred. . . . We have the firm conviction that along our way a happier future for humanity can be found.

Choosing mutual respect, cooperation, and contribution is a choice for healthy families and healthy communities and is relevant to all cultures with democratic values. Many of the world's religions express this same sense of mutual respect in some form of the Golden Rule.

## *"Giving your child the gift of inner discipline"*

In culture after culture around the globe, authoritarian methods in governments are fading, replaced by more democratic governments. In this country, the democratic evolution has reached wives and is reaching children. More and more families want to help children to live responsibly in a democratic, not authoritarian or permissive, setting--for the sake of our families and for the sake of living our lives as effective and caring citizens in the broader community.

Democratic parents are *authoritative* and set clear, nonnegotiable limits in matters of safety, health, and morality (for example, requiring your young child to hold your hand while crossing a street, or requiring your middle-schooler to let you know where he/she is). For other matters, we

work out guidelines, choices, and solutions, often together in family meetings. **We chose to encourage children and help them learn to solve problems rather than to order, reward, and punish them as in the authoritarian model.** Barbara Coloroso, author of *Kids Are Worth It!*, calls this "giving your child the gift of inner discipline," or **helping our children learn how to think, not what to think.** Alfie Kohn, author of *Unconditional Parenting*, calls this "working with," rather than "doing to," children. Some parents have revolted against authoritarian methods and have chosen permissiveness, which leaves children unclear about what behavior is acceptable (respectful) and what is not, thereby jeopardizing their sense of belonging and contributing. Adlerian parenting offers effective, family-building choices that also engender peaceful communities.

## *Mutual Respect*

We believe that the **kind and firm** attitudes and actions of mutual respect are teachable and learnable. Adlerian parenting courses for parents of young children address everyday challenges such as getting the kids off to school in the morning, homework, chores, fighting, bedtime, and finding time together—without ourselves yelling and fighting or being otherwise disrespectful. Children and youth may still make some poor choices (we are all fallible human beings), but if we parent our children with respectful guidance while they are young, they are less likely to be at risk in their youth. A Stanford University study shows that youth raised in democratic families do better in school. University of New Brunswick researchers say that how you bring up your children affects their future more than how much money you earn. They recommend providing a warm and caring environment and encouraging independence. The ACE Study, noted on p. 1, suggests there may well be immense health benefits from raising children who feel cared for and respected.

## *Adlerian-Based Parenting Courses*

Adler's colleague Rudolf Dreikurs, MD, and several other teachers and counselors have developed parenting courses based on Adlerian Psychology. Millions of parents of various cultural and ethnic backgrounds in this country and elsewhere have taken these courses through schools, churches, family centers, the military, community colleges, and other providers. This calendar shows these Adlerian-based courses in **boxes**. Many other parenting programs have been influenced by Adlerian Psychology. We would be happy to refer you to Adlerian instructors if your organization wishes to sponsor parenting courses. These are some Adlerian-based courses (**Spanish-language courses and books are shown in red**):

**Active Parenting Now, Padres Activos de Hoy, Active Parenting of Teens, Active Parenting for Stepfamilies, 1,2,3,4 Parents!, 1, 2, 3, 4 iPadres!**, by Michael Popkin, PhD, and others, [www.activeparenting.com](http://www.activeparenting.com)

**Developing Capable Young People**, by H. Stephen Glenn, PhD, [www.capabilitiesinc.com](http://www.capabilitiesinc.com)

**Parenting with Positive Discipline** (in Spanish, **Disciplina con valor, amor, y firmeza**), using the books *Positive Discipline, Positive Discipline for Teenagers, Positive Discipline for Preschoolers, Positive Discipline: The First Three Years, Positive Discipline for Single Parents, Positive Discipline for Parenting in Recovery, Positive Discipline for Blended Families, Disciplina positiva*, and *Disciplina positiva para adolescents*, by Jane Nelsen, EdD, and others (including PSAS member Roslyn Duffy!), [www.positivediscipline.com](http://www.positivediscipline.com)

**Raising Kids Who Can**, by Amy Lew, PhD, and Betty Lou Bettner, PhD

**Respectful Parenting**, by Lily Anderson, offered at Wellspring Family Services in Seattle

**Sanity Circus**, and **Disciplina con valor, amor, y firmeza**, co-sponsored by PSAS with local PTAs and nonprofit groups, [www.pasasadler.org](http://www.pasasadler.org).

The **STEP** series: **Systematic Training for Effective Parenting** (school-age STEP), **Parenting Teenagers** (STEP/Teen), **Parenting Young Children** (early childhood STEP), and **Guía para los padres**, by Don Dinkmeyer and Gordon McKay, [www.parentingeducation.com](http://www.parentingeducation.com).

## *PSAS Resources*

**The Parenting Calendar.** Four times a year, PSAS posts *The Parenting Calendar* on our Web site at [www.pasasadler.org/calendar.pdf](http://www.pasasadler.org/calendar.pdf). For an e-mail notice of each quarterly issue, please call or e-mail us, 206-527-2566, [psas@att.net](mailto:psas@att.net). We update each issue as new information becomes available.

**Books, Tapes, and Videos.** PSAS has a library and also offers parenting resources and other books, tapes, and videos for sale. See [www.pasasadler.org/booklist.pdf](http://www.pasasadler.org/booklist.pdf) for *PSAS Books, Tapes, and Videos*. A discount on quantity purchases (usually 15%) is available to schools and libraries, and also to course instructors for course books. Our library has a good collection of books on parenting, teaching, counseling, and theory. Library books are available without charge (other than mailing), and videos and DVDs may be rented for a small fee. Please call ahead to visit (206-527-2566). Our library catalog is available at [www.librarything.com/catalog/PSASLibrary](http://www.librarything.com/catalog/PSASLibrary).

**Membership and First Friday Forums.** Please call or e-mail us for copies of our brochure and other membership information. See [www.pasasadler.org/membership.pdf](http://www.pasasadler.org/membership.pdf) for the membership application form. Members receive a 20% discount on most book, tape, and video purchases for personal use. Members and friends are welcome to our **First Friday Forums** (usually the first Friday of the month) with presentations and discussion on various topics including parenting. For dates and topics, please see **PSAS Events** at [www.pasasadler.org/education.pdf](http://www.pasasadler.org/education.pdf) or ask to be put on our "Friends" e-mail list for event notices.

**Parenting Courses and Facilitator Training.** PSAS now offers **Sanity Circus** and **Disciplina con valor, amor, y firmeza** and co-sponsors **Teaching Parenting the Positive Discipline Way**.

**Continuing Education for Mental Health Professionals and Educators.** PSAS offers a **Certificate Program for Professional Studies in the Psychology of Alfred Adler** and a quarterly **Professional Development Seminar**, co-sponsored with the North American Society of Adlerian Psychology. CE hours and clock hours are available. Please see [www.pasasadler.org/certificate.pdf](http://www.pasasadler.org/certificate.pdf) and [www.pasasadler.org/education.pdf](http://www.pasasadler.org/education.pdf).

**Referrals.** Call PSAS, 206-527-2566, for referrals to Adlerian counselors and therapists.

**Adlerian-based courses, groups, and services are shown in boxes, like this.**

We include Adlerian programs and other programs in this calendar. Many parenting programs borrow from Adlerian Psychology but do not call themselves Adlerian.

# Winter Schedule ~

## Courses, Lectures, Workshops, and Conferences

To register, please call the number given with the listing. Childcare is often limited, so call early! See the Key (p. 3) for the abbreviations indicating the intended audience.

Events based on Adlerian Psychology are shown in boxes, like this.

### Seattle North of the Ship Canal, & Bainbridge Island

#### Ongoing registration

**Birds + Bees + Kids 101 Workshop**, Amy Lang, 1½-hr. workshop can be scheduled for your group. Call or e-mail Amy, 206-661-2245, [amy@birdsandbeesandkids.com](mailto:amy@birdsandbeesandkids.com). (P of children 0-9, \$30)

**For Boys Only: The Joys and Challenges of Growing Up**, Dr. Rob Lehman, 2 evenings, 6:30-8:30 p.m. Seattle Children's Hospital, Laurelhurst. Call 206-789-2306 or see [www.greatconversations.com](http://www.greatconversations.com). (P & son age 10-12, \$50, \$10/additional child)

**For Girls Only: A Heart-to-Heart Talk on Growing Up**, Sue Heffernan or Julie Metzger, 2 evenings, 6:30-8:30 p.m. Seattle Children's Hospital, Laurelhurst. Call 206-789-2306 or see [www.greatconversations.com](http://www.greatconversations.com). (P & daughter age 10-12, \$50, \$10/additional child)

**Listening Mothers**. 8-wk program. Community for Mindful Parents, at Stroum Jewish Community Center. Call 206-275-0104, or see [www.parentmindfully.com](http://www.parentmindfully.com). (Mothers of infants, \$120, scholarships)

**Parenting Dignity: Raising the Human Child**, 20-wk. program: 4-wk. courses Mondays & one Tuesday/month, 4:00-6:00/7:00 p.m.; workshops 3<sup>rd</sup> Wednesdays, Maple Leaf. Call Mollie Hughes, 206-992-2831. (P, \$36/class, \$75 orientation/intake 1<sup>st</sup> Wednesdays, \$20/workshop, \$80 materials, \$875 total) **Classes in Spanish, Saturdays, TBA.**

**PEPS/Jewish Family Service Newborn Group**, 12 wk. Call Janelle Durham at PEPS, 206-547-8570, or Marjorie Schnyder at Jewish Family Service, 206-861-3146. (PI, culturally sensitive context)

**SPARK: Strong Partners and Relationships for Kids..** Focuses on learning and practicing communication and conflict resolution skills to sustain healthy relationships, in English or **Spanish**. Children's Home Society, at North Seattle Family Center, Lake City. Call 1-877-817-7275. (PY, lower income, children under 6 or pregnant, materials, free, childcare, reimbursement for transportation, lunch if all-day program, Gottman curriculum, funded by Head Start)

#### Scheduled Events

**TBA** Jody McVittie, M.D., **Positive Discipline Mentor Group**, Tuesday, 7:00-9:00 p.m. Green Lake Area, North Seattle. E-mail Jody, [jmccvittie@att.net](mailto:jmccvittie@att.net). (FT, free, CE hours & clock hours)

**TBA** Stephanie Cross. **Sanity Circus**, 6 Mondays, 7:00-8:30 p.m. Puget Sound Adlerian Society. Call 206-527-2566. (PE, free, resource table)

Jan. 4 Amy Lang, **Mondays at Mosaic**, 7:30-8:30 p.m., Birds + Bees + Kids, Wallingford. E-mail [amy@birdsandbeesandkids.com](mailto:amy@birdsandbeesandkids.com). (PE, free, bring questions)

Jan. 7-Feb. 11 Kim Buehlman, **Positive Parenting of School-Age Children** (school-age STEP), 6 Thursdays, 6:30-8:30 p.m. FamilyWorks, at B.F. Day School, Wallingford. Call 206-694-6727. (PE, free, childcare ages 5-12, \$10 book/scholarships)

Jan. 9 Linda Reyes Songer, **Anger Management for Parents**, Saturday, 9:00 a.m.-5:00 p.m. North Seattle Family Center, Lake City. Call 206-364-7930. (P, free, childcare?)

Jan. 11-Feb. 1 **Anger Management: Understanding Behavior**, 4 Mondays, 4:00-6:00 p.m. Break Through Learning Center, Maple Leaf. Call Mollie Hughes, 206-992-2831. (P, \$36)

Jan. 21-Mar. 1 Tania Hino, **Disciplina con valor. amor y firmeza**, 7 wks., 7:00-9:00 p.m. at Greenwood Senior Center, Greenwood. Call Tania, 206-399-0232. (*Spanish-speaking P, \$150, \$175/couple, scholarships, childcare, materials, lower fee without childcare*)

Jan. 21-Feb. 18 **SPARK Group for Single Parents, Level 1**, 4 Thursdays, 5:00-7:00 p.m. Children's Home Society, at North Seattle Family Center, Lake City. Call 206-364-7930. (*Lower-income SP, or pregnant, focus on children under 6, free, childcare, meal, transportation reimbursement, uses Gottman curriculum, funded by Head Start*)

Jan. 25 Amy Lang, **Too Sexy, Too Soon**, Monday, 7:30-8:30 p.m. Parent Learning Link, Phinney Neighborhood Center. E-mail [amy@birdsandbeesandkids.com](mailto:amy@birdsandbeesandkids.com). (PE, \$15, \$20 at door)

Jan. 27-Mar. 24 Melissa Benaroya & Robin Dowdy, **Mommy Matters**, 8 Wednesdays, 10:00-11:30 a.m., Wallingford. Call or e-mail Melissa, 206-226-6707, [melissa@benaroya.net](mailto:melissa@benaroya.net). (*Moms of toddlers or preschoolers, \$199*)

Jan. 27-Feb. 17 **Hop To Signaroo® Baby Sign Language**, Wednesdays, 6:30-7:30 p.m., Swedish Medical Center, Ballard Campus. Call 206-386-2502 or register at [www.swedish.org/classes](http://www.swedish.org/classes). (*PI or GP & infant, \$128, \$19 materials*)

Feb. 1 Jody McVittie, **Power Struggles: Finding the Hooks & Avoiding the Bait**, Monday, 7:00-8:00 p.m. Parent Learning Link, Phinney. E-mail [amy@birdsandbeesandkids.com](mailto:amy@birdsandbeesandkids.com). (P, \$15, \$20 at the door)

Feb. 6-Mar. 13 Meti Duressa, **Strengthening Multi-Ethnic Families & Communities**, 6 Saturdays, 9:30 a.m.-noon. North Seattle Family Center, Lake City. Call 206-364-7930. (*African and African-American P, free, light meal at 9:30, childcare?*)

Feb. 8 Kim Estes & Sabrina Sessa, **Protect Your Progeny from Perverts**, Monday, 7:00-8:00 p.m. Parent Learning Link, Phinney. E-mail [amy@birdsandbeesandkids.com](mailto:amy@birdsandbeesandkids.com). (P, \$15, \$20 at the door)

Feb. 8-Mar. 1 **Childhood Development: Birth to 18 Years**, 4 Mondays, 4:00-6:00 p.m. Break Through Learning Center, Maple Leaf. Call Mollie Hughes, 206-992-2831. (P, \$36)

Feb. 10-Apr. 28 Elizabeth Crary, **Helping Kids Cope with Disappointment ~ Concrete Strategies**, 6 Wednesdays (every other Wed.), 7:00-9:30 p.m. Guidance Strategies & North Seattle Community College. Register by Jan. 31: 206-367-6425. (P, \$26)

Feb. 22 Kathy Slattengren, **Why Can't You Behave?**, Monday, 7:00-8:00 p.m. Parent Learning Link, Phinney. E-mail [amy@birdsandbeesandkids.com](mailto:amy@birdsandbeesandkids.com). (P, \$15, \$20 at the door)

**Feb. 27** Margit Crane & Amy Lang, **Tools for Parenting Safe + Savvy Teens**, Saturday, 12:30-2:30 p.m. Birds + Bees + Kids, at Phinney Neighborhood Center. E-mail [amy@birdsandbeesandkids.com](mailto:amy@birdsandbeesandkids.com) or [margit@thegiftedteencoach.com](mailto:margit@thegiftedteencoach.com). (PT, via Evenbright: \$25, \$40/couple, at door: \$30/\$50)

**Mar. 1** Margit Crane, **Tackle Talking to Teens**, Monday, 7:00-8:00 p.m. Parent Learning Link, Phinney. E-mail [amy@birdsandbeesandkids.com](mailto:amy@birdsandbeesandkids.com). (P, \$15, \$20 at the door)

**Mar. 1** Amy Lang, **Mondays at Mosaic**, 7:30-8:30 p.m., Birds + Bees + Kids, Wallingford. E-mail [amy@birdsandbeesandkids.com](mailto:amy@birdsandbeesandkids.com). (PE, free, bring questions)

**Mar. 1-24** **Conflict Resolution: Managing Behavior**, 4 Mondays, 4:00-6:00 p.m. Break Through Learning Center, Maple Leaf. Call Mollie Hughes, 206-992-2831. (P, \$36)

**Mar. 5-Apr. 1** **SPARK Group for Couples, Level 1**, 4 Thursdays, 5:00-7:00 p.m. Children's Home Society, at North Seattle Family Center, Lake City. Call 206-364-7930. (Lower-income P, or pregnant, focus on children under 6, free, childcare, meal, transportation reimbursement, uses Gottman curriculum, funded by Head Start)

**Mar. 6** Margit Crane & Amy Lang, **Birds + Bees Out of the Box!** (talking with children & teens about nontraditional relationships), Saturday, 5:00-7:00 p.m. Birds + Bees + Kids, Greenwood. E-mail [amy@birdsandbeesandkids.com](mailto:amy@birdsandbeesandkids.com). (P, via Evenbright, \$32, \$52/couple, at the door: \$50/\$70)

**Mar. 6-27** **Hop To Signaroo® Baby Sign Language**, Saturdays, 10:30-11:30 a.m., Swedish Medical Center, Ballard Campus. Call 206-386-2502 or register at [www.swedish.org/classes](http://www.swedish.org/classes). (P or G & infant, \$128, \$19 materials)

**Mar. 8** **Growing Up Female**, Monday, 6:30-9:00 p.m., Planned Parenthood & Swedish Medical Center, Ballard Campus. Call 206-386-2502 or register at [www.swedish.org/classes](http://www.swedish.org/classes). (P & daughter age 9-12, \$25/2 adults & 1 child, \$5/additional child, scholarships)

**Mar. 14** Julie Metzger, **Essential Emotion Coaching Skills for Parents**, Sunday, 1:00-3:00 p.m. Jewish Family Service & Seattle Jewish Community School, Northgate. Call or e-mail Marjorie Schnyder, 206-861-3146, [mschnyder@jfsseattle.org](mailto:mschnyder@jfsseattle.org). (P, \$14, \$18/couple, scholarships, childcare if requested by Mar. 9)

**Apr. 5** Amy Lang, **Mondays at Mosaic**, 7:30-8:30 p.m., Birds + Bees + Kids, Wallingford. E-mail [amy@birdsandbeesandkids.com](mailto:amy@birdsandbeesandkids.com). (PE, free, bring questions)

## *Seattle South of the Ship Canal* (including West Seattle)

### *Ongoing registration*

**Anger Management**, 6 wk., 6:00-8:00 p.m. Archdiocesan Housing Authority, Central Area. Call 206-328-5952 or see [www.ccsww.org/selfdevelopment](http://www.ccsww.org/selfdevelopment). (P over 18, \$175, 6 classes & 6 hours of individual mental health counseling)

**Baby and Me**, Tuesdays, 10:00 a.m.-noon, White Center. South Seattle Community College. Call 206-764-5801. (PI, free, childcare, **support for Spanish-speaking parents**)

**Creating Healthy Relationships**. Relationship Research Institute. Call 1-888-626-8753 or see [couples@gottmanresearch.com](mailto:couples@gottmanresearch.com). (Parent couples, stipend paid to participants)

**Kids Club: Helping Children Who Have Witnessed Domestic Violence.** Seattle, 12-wk. series. Jewish Family Service, in collaboration with Wellspring Family Services. Call Michelle, Project DVORA, 206-461-3240, ext. 3159. *(Mothers & children ages 5-8 who have been affected by domestic violence, free, no religious content)*

**Listening Mothers:** 8 wk. Community for Mindful Parents. Call 206-275-0104, or see [www.mindfulparentscommunity.com](http://www.mindfulparentscommunity.com). *(Mothers of infants, \$120, scholarships)*

**PEPS/Jewish Family Service Newborn Group,** 12 wk. Call Janelle Durham at PEPS, 206-547-8570, or Marjorie Schnyder at Jewish Family Service, 206-861-3146. *(PI, culturally sensitive context)*

**Respectful Parenting Skills,** 12 Wednesdays, 4:00-6:00 p.m. Wellspring Family Services, Pioneer Square, Seattle. Call 206-826-3044. *(P, sliding fee scale)*

**Seattle Central Community College** offers classes for parents and infants, older infants, and toddlers. Call or e-mail Missy Chow, 206-587-6906, [mchow@sccd.ctc.edu](mailto:mchow@sccd.ctc.edu), or see [www.seattlecentral.edu/parentchildcenter/Classes.htm](http://www.seattlecentral.edu/parentchildcenter/Classes.htm). *(PI, PY & children \$122.50 per quarter, scholarships)*

### *Scheduled Events*

**Jan. 5-Feb. 23** Liz Thomas, **Birth to 6** (early childhood STEP), 8 Tuesdays, 6:30-8:30 p.m. Rainier Beach Family Center. Call 206-723-1301. *(PI, PY, free)*

**Jan. 6-Mar. 24** **Young Parents' Class**, 12 Wednesdays, 6:00-8:00 p.m., East Cherry YWCA, Central Area. Call Tanzanika Walker, 206-957-2020, ext. 312, before 1/1/10. *(Young P ages 15-25, dinner, childcare, transportation reimbursement)*

**Jan. 7-Mar. 11** Liz Thomas, **Strengthening Multi-Ethnic Families & Communities**, 10 Thursdays, 6:30-8:30 p.m. Rainier Beach Family Center. Call 206-723-1301. *(PE, free)*

**Jan. 9** Registration deadline for **Kids Club ~ Helping Children Who Have Witnessed Domestic Violence**, 12 wk. Jewish Family Service & Wellspring Family Services. Call Project DVORA, 206-461-3240 for dates, times, location. *(Moms & children ages 9-12, free, no religious content)*

**Jan. 12-Feb. 16** **Strengthening Multi-Ethnic Families & Communities**, 6 Tuesdays, 6:00-8:00 p.m. Southwest Youth & Family Services, West Seattle. Call 206-937-7680. *(P, free, childcare, meal)*

**Jan. 14-Feb. 18** **Guiding Good Choices**, 6 Thursdays, 6:00-8:00 p.m. Southwest Youth & Family Services, West Seattle. Call 206-937-7680. *(PT, free, childcare, meal)*

**Jan. 19-Mar. 2** Jody McVittie, M.D., **Sanity Circus**, 7 Tuesdays, 6:30-8:30 p.m., Puget Sound Adlerian Society & the Community School of West Seattle, at the school. Call or e-mail Sarah, 206-763-2081, [CSWS@comcast.net](mailto:CSWS@comcast.net). *(PY, PE, \$75, sliding fee available, childcare \$10/session, \$15/2 children/session, clock hours & CE hours fee, experiential format)*

**Jan. 25** **Growing Up Male**, Monday, 6:30-9:00 p.m., Planned Parenthood & Swedish Medical Center, First Hill. Call 206-386-2502 or register at [www.swedish.org/classes](http://www.swedish.org/classes). *(P & son age 9-12, \$25/2 adults & 1 child, \$5/additional child, scholarships)*

**Feb. 18** **Growing Up Female**, Thursday, 6:30-9:00 p.m., Planned Parenthood & Swedish Medical Center, First Hill. Call 206-386-2502 or register at [www.swedish.org/classes](http://www.swedish.org/classes). *(P & daughter age 9-12, \$25/2 adults & one child, \$5/additional child, scholarships)*

**Feb. 23-Apr. 13 Listening Mothers**, 8 Tuesdays, 10:30 a.m.-noon. New Parents Services/Wellspring Family Services, Rainier Valley. Call 425-450-0332. *(PI, \$120, scholarships)*

**Feb. 25 Growing Up Male**, Thursday, 6:30-9:00 p.m. Planned Parenthood & Swedish Medical Center, First Hill. Call 206-386-2502 or see [www.swedish.org/classes](http://www.swedish.org/classes). *(P & sons ages 9-12, \$25/2 adults & 1 son, \$5/additional child, scholarships)*

**Mar. TBA Strengthening Families**, 8 wks., 6:00-8:00 p.m. Southwest Youth & Family Services, West Seattle. Call 206-937-7680. *(PT, free, childcare, meal)*

**Mar. 2-23 Hop To Signaroo® Baby Sign Language**, Tuesdays, 6:30-7:30 p.m., Swedish Medical Center, First Hill. Call 206-386-2502 or register at [www.swedish.org/classes](http://www.swedish.org/classes). *(P or GP & infant \$128, \$19 materials)*

**Mar. 9-Apr. 27 Liz Thomas, Parents of Teens** (STEP/Teen), Tuesdays, 6:30-8:30 p.m. Rainier Beach Family Center. Call 206-723-1301. *(PT, free)*

**Mar. 22 Stress Management & Relaxation Training (SMART) for Parents**, Monday, 1:00-3:30 p.m. Parent Trust for Washington Children, Rainier Valley. See [www.parenttrust.org/smart-parent](http://www.parenttrust.org/smart-parent). *(P, \$20)*

**Mar. 24 John Medina, PhD, Brain Rules for Parents**, Wednesday, 7:30-9:00 p.m. ParentMap, at Town Hall, Central Area. Call 800-838-3006 or see [www.parentmap.com](http://www.parentmap.com). *(P, \$25, \$30 at door, \$100 pre-lecture reception 6:00-7:00 p.m. fundraiser for Kids Co.)*

## *Mercer Island and the East Side*

### *Ongoing registration*

**Bringing Baby Home**, 2 Saturdays, 9:00 a.m.-4:00 p.m. Overlake Hospital, Bellevue. Call 425-688-5259 or see [www.overlakehospital.org/childbirthcenter](http://www.overlakehospital.org/childbirthcenter). *(Pregnant or baby under 3 mo., \$150/ couple)*. Also at Wellspring Family Services, 425-450-0332.

**Conscious Fathering**, Overlake Hospital, Bellevue. See [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes) or call 425-688-5259. *(New dads with babies)*

**Creating Healthy Relationships**, Relationship Research Institute. Call 1-888-626-8753 or see [couples@gottmanresearch.com](mailto:couples@gottmanresearch.com). *(Parent couples, stipend paid to participants)*

**Family Constellations**, Saturdays, 10:00 a.m.-6:00 p.m. Evergreen Healthcare, Kirkland. Call 425-899-1000. *(P, \$50, bring sack lunch)*

**Happiest Baby on the Block**, Evergreen Hospital, Kirkland. Saturdays or Tuesdays. Call 425-899-3000 or see [www.evergreenhealthcare.org](http://www.evergreenhealthcare.org). *(PI, \$60, babies welcome)*. Also at Overlake Hospital, Bellevue. Call 425-688-5259 or see [www.overlakehospital.org/childbirthcenter](http://www.overlakehospital.org/childbirthcenter). *(PI, pregnant or baby under 3 mo., babies welcome, \$60/family)*

**Listening Mothers**: 8-wk. course, Community for Mindful Parents. Call 206-275-0104, or see [www.mindfulparentscommunity.com](http://www.mindfulparentscommunity.com). *(Mothers of infants, \$120, scholarships)*

**The Step-Up Program**, 20-wk. ongoing program for teens who have used violence in the home, and their parents. King County Superior Court. Bellevue. Call 206-296-7841 for intake interview. *(PT, free)*

**Parent-Child Interaction Training**, 12-14 wks., one-on-one parent coaching with child, Children's Services of Sno-Valley, North Bend. Call 425-888-2777. (*P & child 2-7 yrs., sliding scale*)

**PEPS/Jewish Family Service Newborn Group**, 12 wk. Call Janelle Durham at PEPS, 206-547-8570, or Marjorie Schnyder at Jewish Family Service, 206-861-3146. (*PI, culturally sensitive context*)

**You and Your New Baby**, Overlake Hospital, Bellevue. See [www.overlakehospital.org/classes](http://www.overlakehospital.org/classes) or call 425-688-5259. (*new moms with babies 4-12 weeks old*)

### *Scheduled Events*

**Jan. 6-Feb. 10 SIGN with Your BABY® @ Microsoft**, 6 Wednesdays, noon-1:00 p.m. Visually Speaking, at the Redmond Microsoft Campus. Call 206-282-7571 or e-mail [echo@visuallyspeaking.info](mailto:echo@visuallyspeaking.info). (*PI, free to Microsoft employees*)

**Jan. 7-Mar. 8 Sign Language for Young Children @ NSCC**, 11 Thursdays, 7:30-9:20 p.m. Visually Speaking at North Seattle Community College, Northgate area. Register at [www.northseattle.edu](http://www.northseattle.edu). (*PI, \$*)

**Jan. 9** Holly Eckert, **Finding Commonality through Communication: When You & Your Child Don't Connect** (an introduction to Nonviolent Communication), Saturday, 10:00 a.m.-noon. Changes Parent Support Network, at Old Redmond Schoolhouse Community Center, Redmond. Call Virginia, 425-881-6738. (*PT, free*)

**Jan. 12-Feb. 9 Building Strong Families: Parenting with Virtues, 5 Strategies of The Virtues Project™**, 4 Tuesdays, 7:00-9:00 p.m. Bellevue. Call 425-641-1322, or e-mail [betsy@virtuestraining.com](mailto:betsy@virtuestraining.com). (*P, \$97, \$147/couple*)

**Jan. 13-Mar. 10 Systematic Training for Effecting Parenting of Teens (STEP/Teen)**, 8 Wednesdays, 7:00-9:00 p.m. Friends of Youth, Issaquah. Call 425-392-6367. (*PT, \$60, \$80/couple, no class Feb. 17*)

**Jan. 14-Mar. 11 Systematic Training for Effecting Parenting of Two- to Twelve-Year-Olds (STEP & early childhood STEP)**, 8 Thursdays, 7:00-9:00 p.m. Friends of Youth, Issaquah. Call 425-392-6367. (*PT, \$60, \$80/couple, no class Feb. 18*)

**Jan. 19** Hilarie Cash, **Computer Addiction**, Tuesday, 7:00-9:00 p.m. CHADD, at Evergreen Hospital, Redmond. Call 206-622-2127 or see [www.nwchadd.org](http://www.nwchadd.org). (*SN, free*)

**Jan. 19 Growing Up Female**, Tuesday, 6:30-9:00 p.m. Planned Parenthood & Swedish Medical Center, Issaquah. Call 206-386-2502 or see [www.swedish.org/classes](http://www.swedish.org/classes). (*P & daughter 9-12, \$25/2 adults & 1 daughter, \$5/additional child, scholarships*)

**Jan. 20-Mar. 10 Reflective Parenting Program ~ Discipline from the Heart**, 8 Wednesdays, 5:30-7:30 p.m. New Family Services/Wellspring Family Services, Bellevue. Call 425-450-0332, ext. 219, or e-mail [sparter@wellspringfs.org](mailto:sparter@wellspringfs.org). (*PI, \$200, \$300/couple, scholarships*)

**Jan. 23 & 30 Bringing Baby Home**, 2 Saturdays, 9:00 a.m.-4:00 p.m. New Parents Services/Wellspring Family Services, Bellevue. Call 425-450-0332, ext. 219, or e-mail [sparter@wellspringfs.org](mailto:sparter@wellspringfs.org). (*PI, \$150, scholarships*)

**Jan. 27-Mar. 17 Listening Mothers**, 8 Wednesdays, 10:30 a.m.-noon. New Parents Services/Wellspring Family Services, Bellevue. Call or e-mail 425-450-0332, ext. 219, [sparter@wellspringfs.org](mailto:sparter@wellspringfs.org). (PI, \$120, scholarships)

**Jan. 31 Parenting Mindfully: Drawing on Jewish Values through Musar. The Middah of Compassion**, Sunday, 11:00 a.m.-12:30 p.m. Jewish Family Service, Bellevue. Call or e-mail Marjorie Schnyder, 206-861-3146, [familylife@fsseattle.org](mailto:familylife@fsseattle.org). (P, childcare, free)

**Feb. 16 Sandra Lopez, ADHD Co-Existing Conditions in Children & Adults**, Tuesday, 7:00-9:00 p.m. CHADD, at Evergreen Hospital, Redmond. Call 206-622-2127 or see [www.nwchadd.org](http://www.nwchadd.org). (SN, free)

**Feb. 20 Father's First Steps**, Saturday, 12:30-2:00 p.m. New Parent Services/Wellspring Family Services, Bellevue. Call 425-450-0332. (Dads, \$96, scholarships)

**Feb. 20 Laurie Simons, It's Not Your Fault: Finding Durable Solutions with Your Teen**, Saturday, 10:00 a.m.-noon. Changes Parent Support Network, at Old Redmond Schoolhouse Community Center, Redmond. Call Virginia, 425-881-6738. (PT, free)

**Feb. 20-Mar. 27 Father's First Steps**, 6 Saturdays, 12:30-2:00 p.m. New Parents Services/Wellspring Family Services, Bellevue. Call 425-450-0332, ext. 219, or e-mail [sparter@wellspringfs.org](mailto:sparter@wellspringfs.org). (New dads, \$96, scholarships)

**Feb. 21-Mar. 21 Lisa Greene, Early Childhood Parenting Made Fun!**, 5 Sundays, 11:00 a.m.-12:40 p.m. Eastside Church, Bothell. Call 425-891-2842 or see [www.happyfamilies.com](http://www.happyfamilies.com). (PY, \$35/person or couple, workbook, childcare)

**Feb. 25-27 Melanie Miller, Teaching Parenting the Positive Discipline Way**, Thursday 6:30-8:00 p.m., Friday & Saturday 9:00 a.m.-5:00 p.m. Positive Discipline Associates & the Puget Sound Adlerian Society, Kirkland. Questions: Melanie, 206-579-2172, [melanie\\_miller@verizon.net](mailto:melanie_miller@verizon.net). Register by Jan. 25: [www.positivediscipline.org](http://www.positivediscipline.org). (FT, P, \$295 by 1/25, \$330 after, includes \$70 in materials)

**Mar. 3 John Gottman, PhD, Raising an Emotionally Intelligent Child**, Wednesday, 7:00-9:00 p.m. Pathways Lecture Series (ParentMap, Seattle Children's, KCTS9, Overlake Hospital, Lake Washington School District), at Redmond High School Performing Arts Center. Call 800-838-3006 or see [www.parentmap.com](http://www.parentmap.com). (P, \$20, \$25 at the door)

**Mar. 6 & 20 Lisa Greene, Becoming a Love & Logic Parent**, Saturdays, 9:00 a.m.-2:00 p.m. Overlake Hospital, Bellevue. See [www.overlakehospital.org](http://www.overlakehospital.org), or call 425-688-5259. (P, \$69, \$109/couple, workbook, materials)

**Mar. 7 Parenting Mindfully: Drawing on Jewish Values through Musar. The Middah of Patience**, Sunday, 11:00 a.m.-12:30 p.m. Jewish Family Service, Bellevue. Call or e-mail Marjorie Schnyder, 206-861-3146, [familylife@fsseattle.org](mailto:familylife@fsseattle.org). (P, childcare, free)

**Mar. 13 & 20 Bringing Baby Home**, 2 Saturdays, 9:00 a.m.-4:00 p.m. New Parents Services/Wellspring Family Services, Bellevue. Call 425-450-0332, ext. 219, or e-mail [sparter@wellspringfs.org](mailto:sparter@wellspringfs.org). (PI, \$150, scholarships)

**Mar. 16 Growing Up Male**, Tuesday, 6:30-9:00 p.m., Planned Parenthood & Swedish Medical Center, Issaquah. Call 206-386-2502 or go to [www.swedish.org/classes](http://www.swedish.org/classes). (P & son age 9-12, \$25/2 adults & 1 child, \$5/additional child, scholarships)

**Mar. 16** Jeannette Cohen, **IEP/504 Plans**, Saturday, 10:00 a.m.-noon. Changes Parent Support Network, at Old Redmond Schoolhouse Community Center, Redmond. Call Virginia, 425-881-6738. (PT, free)

**Mar. 16** Laura Kastner, PhD, **Kids, Emotions, and Active Problem-Solving in Families**, Tuesday, 7:00-9:00 p.m. Pathways Lecture Series (ParentMap, Seattle Children's, KCTS9, Overlake Hospital, Lake Washington School District, Bear Creek School), at Bear Creek School, Redmond. Call 800-838-3006 or see [www.parentmap.com](http://www.parentmap.com). (P, \$20, \$25 at the door)

## North King County and Snohomish County

### Ongoing registration:

**Anger Management/Emotional Awareness Group**, 10 Thursdays, 4:00-5:30 p.m. Center for Human Services, Shoreline. Call or e-mail Kim, 206-631-8818, [kcrayton@chs-nw.org](mailto:kcrayton@chs-nw.org). (Teens 13-17, free for Shoreline/Lake Forest Park low income, medical coupons accepted, \$200 for others)

ArlenRose Frazier, **Building Family Strengths**, 10 Tuesdays, 6:30-8:00 p.m. Pathways/YWCA, Lynnwood. Or 10 Wednesdays, 5:30-7:00 p.m., Everett. Call ArlenRose, 425-412-2364. (P, \$, free for income-eligible parents, may join wk.1-3 only)

**Healthy Start**, home visits, baby-toddler information, resources, play groups for first-time parents ages 16-22. Shoreline Family Support Center. Call Brooke, 206-631-8807. (PY, free)

**Loving Families**, 12 Saturdays + ongoing involvement. Two sites: Center for Human Services, Shoreline, or Northshore Family Center, Bothell. Call 206-362-6979. (Part of a research study using Loving Couples, Loving Children curriculum based on research by Dr. John Gottman: childcare, transportation, free, English and **Spanish** groups starting monthly through 2009)

**Nurturing Parenting in Recovery**, Leona Moran. Marysville, 12 Mondays, 5:45-7:45 p.m. Lynnwood, 12 Tuesdays, 6:00-8:00 p.m. Everett, 12 Wednesdays, 6:00-8:00 p.m. Call Leona, 425-486-2644. (P, free)

**Parent-Child Interaction Training**, 12-14 wks. of one-on-one parent coaching with child, Children's Services of Sno-Valley, North Bend. Call 425-888-2777. (P & child 2-7 yrs., sliding fee scale)

**Parent-Child Interactive Therapy**, one-on-one parent coaching with child, Deaconess Children's Services, Everett. Call 425-0146, ext. 116. (P & child 2-7 yrs., sliding fee scale)

**Parenting**, 10 Wednesdays or Thursdays, 6:00-8:00 p.m., Volunteers of America, Everett. Call Malcolm, 425-259-3192, ext. 258. (P)

Leona Moran, **Parenting in Recovery: The Next Step**, 12 wk., Snohomish County Human Services, Mondays, 4:45-6:45 p.m., Arlington; Tuesdays, 6:00-8:00 p.m., Lynnwood. Call 425-486-2655. (P and/or family members, CPS and court approved, free)

### Scheduled Events

**Jan. 6-Feb. 17** Stephanie Cross, **Parenting Young Children** (early childhood STEP), 7 Wednesdays, 7:00-9:00 p.m. Providence Regional Medical Center, Everett. Call 425-304-6000. (PY, \$85, \$110/couple)

**Jan. 6-Mar. 10 Strengthening Families**, 10 Wednesdays, 6:30-8:30 p.m. Northshore Family Center, Bothell. Call 425-205-2004. (*Spanish-speaking P, childcare, free*)

**Jan. 7-Feb. 18** Stephanie Cross, **Systematic Training for Effective Parenting** (school-age STEP), 7 Thursdays, 7:00-9:00 p.m. Providence Regional Medical Center, Everett. Call 425-304-6000. (*PE, \$85, \$110/couple*)

**Jan. 12-Mar. 9** Deanne Lindstrom, **Parenting Teenagers** (STEP/Teen), 9 Tuesdays, 7:00-9:00 p.m. Providence Regional Medical Center, Everett. Call 425-252-4979. (*PT, \$90, \$115/couple*)

**Jan. 12 Who Am I? Your Teen's Quest for Identity**, Tuesday, 6:30-8:30 p.m. Cocoon House, Everett. Call 425-317-0909. (*PT, free, dinner at 6:00, childcare, see classes Jan. 19 & 26*)

**Jan. 12-Mar. 15** ArlenRose Frazier, **Building Family Strengths**, 10 Tuesdays, 6:30-8:00 p.m., YWCA, Lynnwood. Call ArlenRose, 425-412-2364. (*P, \$, free for income-eligible parents, may join wk.1-3 only*)

**Jan. 13-Mar. 16** ArlenRose Frazier, **Building Family Strengths**, 10 Wednesdays, 5:30-7:00 p.m., YWCA Everett. Call ArlenRose, 425-412-2364. (*P, \$, free for income-eligible parents, may join wk.1-3 only*)

**Jan. 16 & 30, Feb. 13 & 27** Beth Jensen, **Extreme Parenting**, 4 Saturdays, 10:00 a.m.-noon. Northshore Family Center, at Bothell United Methodist Church. Call 425-205-2004. (*SN, \$175 or 50/couple/session*)

**Jan. 19 Successful Communication with Your Teen**, Tuesday, 6:30-8:30 p.m. Cocoon House, Everett. Call 425-317-0909. (*PT, free, dinner at 6:00, childcare, see classes Jan. 12 & 26*)

**Jan. 20-Apr. 21 Strengthening Multi-Ethnic Families**, 14 Wednesdays, 6:00-8:30 p.m., Family Center of South Snohomish County, at Chase Lake Elementary School, Edmonds. Call Pam or Karina, 425-513-2880. (*Spanish-speaking P, childcare, 5:30 dinner, free*)

**Jan. 25-Mar. 8** Darcel Fogerty, **Parenting with Positive Discipline**, 7 Mondays, 6:30-8:30 p.m. at Advent Lutheran Church, Mill Creek. See [www.adventlutheran.net](http://www.adventlutheran.net) (click on Parenting Class), or e-mail [darcelPD@live.com](mailto:darcelPD@live.com). (*\$120/adult, \$145/family, \$20 discount before Jan. 11, small childcare fee*).

**Jan. 26 Understanding & Preventing Substance Abuse in Teens**, Tuesday, 6:30-8:30 p.m. Cocoon House, Everett. Call 425-317-0909. (*PT, free, dinner at 6:00, childcare, see classes Jan. 12 & 19*)

**Jan. 26-June 1 The Incredible Years**, Tuesdays, 5:30-7:30 p.m., Deaconess Children's Services, Everett. Call 425-259-0146, ext. 116. (*PY, PE of children 2-7, dinner at 5:00, free*)

**Jan. 30** Beth Jensen, **Extreme Parenting: Where we've been. Where we're going**, Saturday, 10:00 a.m.-noon. Northshore Family Center, at Bothell United Methodist Church. Call or e-mail 425-205-2004, [pnoel@chs-nw.org](mailto:pnoel@chs-nw.org). (*SN, \$35, scholarships, childcare, first part of a series of four workshops*)

**Feb. 6 From Crib to Classroom: Building Compassion** (eighth annual conference), Saturday, 8:00 a.m.-3:00 p.m. Families and Children Early Support (FACES) North, Childcare Resources, Puget Sound Educational Service District, Shoreline School District, & other agencies, Shoreline. Call 206-329-1011, ext. 231. (*P, T, caregivers, \$50 by Jan. 25, \$60 later, 4 STARS credits or clock hours, light breakfast, lunch, keynoter Mary Gordon*)

**Feb. 13** Beth Jenson, **Extreme Parenting: Balancing My, Our, and Their Needs**, Saturday, 10:00 a.m.-noon. Northshore Family Center, at Bothell United Methodist Church. Call or e-mail 425-205-2004, [pnoel@chs-nw.org](mailto:pnoel@chs-nw.org). (SN, \$35, scholarships, childcare, second part of a series of four workshops)

**Feb. 24-Apr. 7** Stephanie Cross, **Parenting Young Children** (early childhood STEP), 7 Wednesdays, 7:00-9:00 p.m. Providence Regional Medical Center, Everett. Call 425-304-6000. (PY, \$85, \$110/couple)

**Feb. 24-June 30** **The Incredible Years**, Wednesdays, 5:30-7:30 p.m., Deaconess Children's Services, Everett. Call 425-259-0146, ext. 116. (PY, PE of children 2-7, dinner at 5:00, free)

**Feb. 25-Apr. 8** Stephanie Cross, **Systematic Training for Effective Parenting** (school-age STEP), 7 Thursdays, 7:00-9:00 p.m. Providence Regional Medical Center, Everett. Call 425-304-6000. (PE, \$85, \$110/couple)

**Feb. 27** Beth Jenson, **Extreme Parenting: Teamwork in Stressful Times**, Saturday, 10:00 a.m.-noon. Northshore Family Center, at Bothell United Methodist Church. Call or e-mail 425-205-2004, [pnoel@chs-nw.org](mailto:pnoel@chs-nw.org). (SN, \$35, scholarships, childcare, third part of a series of four workshops)

**Mar. 10** Sahara Pirie, **Parenting from the Heart**, Wednesday, 6:30-8:30 p.m. Dale Turner Family YMCA, Shoreline. Questions: call or e-mail Sahara, 206-546-4142, [sahara.pirie@gmail.com](mailto:sahara.pirie@gmail.com). To register: call 206-363-0446. (P, free, childcare)

**Mar. 13** Beth Jenson, **Extreme Parenting: Our Communication Toolbox**, Saturday, 10:00 a.m.-noon. Northshore Family Center, at Bothell United Methodist Church. Call or e-mail 425-205-2004, [pnoel@chs-nw.org](mailto:pnoel@chs-nw.org). (SN, \$35, scholarships, childcare, fourth part of a series of four workshops)

**Mar. 31-May 12** Sahara Pirie, **Parenting with Positive Discipline**, 7 Tuesdays, 6:30-8:30 p.m. Dale Turner Family YMCA, Shoreline. Questions: call or e-mail Sahara, 206-546-4142, [sahara.pirie@gmail.com](mailto:sahara.pirie@gmail.com). To register: call 206-363-0446. (P, \$100, \$150/couple for members; \$135, \$185/couple for nonmembers; childcare, see free intro Mar. 10, above)

## South King County

### Ongoing Registration

**Creating Healthy Relationships**, Relationship Research Institute. Call 1-888-626-8753 or see [couples@gottmanresearch.com](mailto:couples@gottmanresearch.com). (Parent couples, stipend paid to participants, childcare)

**Healthy Families**, an ongoing family support, home visitation program, Auburn Family Resource Center. Call 253-854-0700. (PY, free)

**Love & Logic**, Federal Way Youth & Family Services. Call 253-945-6032. (P, free to families who live in Federal Way)

**Parenting Classes in Spanish.** Auburn Family Resource Center & Seattle & King County Public Health, Auburn. Last Wednesdays of the month, 6:00-8:00 p.m. Call Telma, 253-854-0700. (*Spanish-speaking PT, free, childcare, snacks*)

**SPARK: Strong Partners and Relationships for Kids.** Focuses on learning and practicing communication and conflict resolution skills to sustain healthy relationships, in English or **Spanish**. Children's Home Society, Auburn, Kent, Seattle. Call 1-877-817-7275. (*PY, lower income, children under 6 or pregnant, materials, free, childcare, reimbursement for transportation, meal, Gottman curriculum, funded by Head Start*)

**Strengthening Multi-Ethnic Families & Communities.** 1) Renton Area Youth & Family Services, classes in Renton, Kent, & Tukwila. Call Billie McKibben, 206-772-2050. (*P, English & Spanish, free, meal, literacy enhanced childcare, homework assistance*). 2) Auburn Family Resource Center. Call 253-854-0700. (*P, free*)

**The Step-Up Program,** 20-wk. ongoing program for teens who have used violence in the home, and their parents. King County Superior Court, Kent. Call 206-296-7841 for intake interview. (*PT, free*)

**Strengthening Multi-Ethnic Families & Communities,** Federal Way Youth & Family Services. Call 253-945-6032 or 253-335-2480. (*P, free to families who live in Federal Way*)

### *Scheduled Events*

**Jan. 6-Mar. 31 Strengthening Multi-Ethnic Families and Communities,** 12 Wednesdays, 6:30-8:45 p.m. Renton Area Youth & Family Services, Renton Highlands. Call Billie McKibben, 206-772-2050. (*Spanish-speaking P, free, meal at 6:00, childcare, book*)

**Jan. 6-Mar. 31 Strengthening Multi-Ethnic Families and Communities,** 12 Wednesdays, 6:30-8:45 p.m. Renton Area Youth & Family Services, Tukwila. Call Billie McKibben, 206-772-2050. (*P, free, meal at 6:00, childcare, book, homework assistance*)

**Jan. 6-27 SPARK Group for Couples, Level 1,** 4 Thursdays, 6:00 p.m.-9:00 p.m. Children's Home Society, at Auburn Family Resource Center. Call Ashley Schultz, 253-850-2551. (*Spanish-speaking PY, lower-income, children under 6 or pregnant, free, childcare, meal, reimbursement for transportation, Gottman curriculum, funded by Head Start*)

**Jan. 7-28 SPARK Group for Couples, Level 2,** 4 Thursdays, 5:30 p.m.-8:30 p.m. Children's Home Society, at Auburn Family Resource Center. Call 1-877-817-7275. (*Spanish-speaking PY, lower-income, children under 6 or pregnant, free, childcare, meal, reimbursement for transportation, Gottman curriculum, funded by Head Start*)

**Jan. 8-Feb. 5 SPARK Group for Single Parents, Level 2,** 5 Fridays, 6:00-9:00 p.m. Children's Home Society, Auburn Family Resource Center. Call 1-877-817-7275. (*Spanish-speaking PY, lower-income, children under 6 or pregnant, free, childcare, meal, reimbursement for transportation, Gottman curriculum, funded by Head Start*)

**Jan. 11 Violence Prevention & Anger Management Parent Training,** 2 Mondays, 4:30-8:00 p.m. Auburn Family Resource Center. Call Kristina Pierce, 253-850-2565. (*P, free, dinner, childcare*)

**Jan. 11, 19, 25-Feb. 4 SPARK Group for Single Parents, Level 1,** 3 Mondays, 1 Tuesday, 5:00-8:00 p.m. Children's Home Society, at Burien Community Center. Call Cirel, 253-850-2562. (*Span-*

*ish-speaking PY, lower-income, children under 6 or pregnant, free, childcare, meal, reimbursement for transportation, Gottman curriculum, funded by Head Start)*

**Jan. 11, 19, 25-Feb. 4 SPARK Group for Single Parents, Level 1**, 3 Mondays, 1 Tuesday, 5:00-8:00 p.m. Children's Home Society, at Burien Community Center. Call Cirel, 253-850-2562. *(PY, lower-income, children under 6 or pregnant, free, childcare, meal, reimbursement for transportation, uses the Gottman curriculum, funded by Head Start)*

**Jan. 16 & 23 SPARK Group for Single Parents, Level 1**, 2 Saturdays, 9:30 a.m.-2:30 p.m. Children's Home Society, Auburn Family Resource Center. Call Ashley Schultz, 253-850-2551. *(PY, lower-income, children under 6 or pregnant, free, childcare, meal, reimbursement for transportation, Gottman curriculum, funded by Head Start)*

**Jan. 25 Violence Prevention & Anger Management Parent Training**, 2 Mondays, 4:30-8:00 p.m. Auburn Family Resource Center. Call Kristina Pierce, 253-850-2565. *(P, free, dinner, childcare)*

**Jan. 30 SPARK Special Day Event**, Saturday, 8:30 a.m.-5:00 p.m. Children's Home Society, Auburn Family Resource Center. Call Ashley Schultz, 253-850-2551. *(English & Spanish-speaking PY, many kinds of classes/levels, lower-income, children under 6 or pregnant, free, childcare, meal, reimbursement for transportation, Gottman curriculum, funded by Head Start)*

**Feb. 8-Mar. 1 SPARK Group for Couples, Level 3**, 4 Mondays, 6:00-9:00 p.m. Children's Home Society, Auburn Family Resource Center. Call 1-877-817-7275. *(Spanish-speaking PY, lower-income, children under 6 or pregnant, free, childcare, meal, reimbursement for transportation, Gottman curriculum, funded by Head Start)*

**Feb. 10-Mar. 3 SPARK Group for Single Parents, Level 1**, 4 Wednesdays, 5:30-8:30 p.m. Children's Home Society, Auburn Family Resource Center. Call 1-877-817-7275. *(PY, lower-income, children under 6 or pregnant, free, childcare, meal, reimbursement for transportation, Gottman curriculum, funded by Head Start)*

**Feb. 11-Mar. 4 SPARK Group for Single Parents, Level 2**, 4 Thursdays, 6:00-9:00 p.m. Children's Home Society, Auburn Family Resource Center. Call 1-877-817-7275. *(Spanish-speaking PY, lower-income, children under 6 or pregnant, free, childcare, meal, reimbursement for transportation, Gottman curriculum, funded by Head Start)*

**Feb. 12-Mar. 5 SPARK Group for Couples, Level 1**, 4 Fridays, 10:00 a.m.-1:00 p.m. Children's Home Society, Federal Way. Call 1-877-817-7275. *(Spanish-speaking PY, lower-income, children under 6 or pregnant, free, childcare, meal, reimbursement for transportation, Gottman curriculum, funded by Head Start)*

**Feb. 19-Mar. 12 SPARK Group for Single Parents, Level 3**, 4 Fridays, 6:00-9:00 p.m. Children's Home Society, Auburn Family Resource Center. Call 1-877-817-7275. *(Spanish-speaking PY, lower-income, children under 6 or pregnant, free, childcare, meal, reimbursement for transportation, Gottman curriculum, funded by Head Start)*

**Feb. 19-Mar. 12 SPARK Group for Single Parents, Level 3**, 4 Fridays, 5:30-8:30 p.m. Children's Home Society, Auburn Family Resource Center. Call 1-877-817-7275. *(PY, lower-income, children under 6 or pregnant, free, childcare, meal, reimbursement for transportation, Gottman curriculum, funded by Head Start)*

**Feb. 20 & 27 SPARK Group for Couples, Level 1**, 2 Saturdays, 9:30 a.m.-3:00 p.m. Children's Home Society, Auburn Family Resource Center. Call 1-877-817-7275. *(PY, lower-income, children under 6 or pregnant, free, childcare, meal, reimbursement for transportation, Gottman curriculum, funded by Head Start)*

**Mar. 13 & 20 SPARK Group for Single Parents, Level 2**, 2 Saturdays, 9:30 a.m.-3:00 p.m. Children's Home Society, Auburn Family Resource Center. Call 1-877-817-7275. *(PY, lower-income, children under 6 or pregnant, free, childcare, meal, reimbursement for transportation, Gottman curriculum, funded by Head Start)*

**Mar. 11-June 4 Strengthening Multi-Ethnic Families & Communities**, 12 Thursdays, 6:30-8:45 p.m. Renton Area Youth & Family Services, East Hill, Kent. Call Billie McKibben, 206-772-2050. *(P, free, meal at 6:00, childcare, book, homework assistance)*

## Pierce County

### Ongoing Registration

**Creating Healthy Relationships**. Relationship Research Institute. Call 1-888-626-8753 or see [couples@gottmanresearch.com](mailto:couples@gottmanresearch.com). *(Parent couples, stipend paid to participants)*

**Parenting Basics**, 10 Mondays, 12:30-2:00 p.m. Bates Technical College, Tacoma. Call 253-680-7511 or 253-680-7500. Adult-only class or class serving parents with children birth to 3 years old. *(Court-referred parents, high staff to client ratio, anecdotal records kept)*

**SPARK: Strong Partners and Relationships for Kids**. Focuses on learning and practicing communication and conflict resolution skills to sustain healthy relationships, in English or **Spanish**. Children's Home Society, Auburn, Kent, Seattle. Call 1-877-817-7275. *(PY, lower income, children under 6 or pregnant, materials, free, childcare, reimbursement for transportation, Gottman curriculum, funded by Head Start)*

### Scheduled Events

**Jan. 4-Feb. 22 Effective Parenting & Positive Discipline for Parents of Children Ages 2-18**, 6 Mondays, 6:00-8:00 p.m. Bates Technical College South Campus, Tacoma. Call 253-680-7511. *(PY, PE, PT, \$65 + book, childcare)*

**Jan. 4-Feb. 22 Spanish Effective Parenting for Parents of Children Ages 2-18**, 6 Mondays, 6:00-8:00 p.m. Bates Technical College South Campus, Tacoma. Call 253-680-7511. *(Spanish-speaking PY, PE, PT, \$65 + book, childcare)*

**Jan. 7 Conscious Fathering**, Thursday, 6:00-9:00 p.m. Bates Technical College, South Campus, Tacoma. Call 2253-680-7500. *(Dads of infants, free pizza, fee)*

**Jan. 7 Mommy & Me Tea**, Thursday, 1:00-2:00 p.m. Bates Technical College, South Campus, Tacoma. Call 2253-680-7500 or go to [www.bates.ctc.edu/homefamily](http://www.bates.ctc.edu/homefamily). *(Moms and babies 0-12 mo., free, talk with parent/child specialist, receive \$50 coupon toward a parent-infant class)*

**Jan. 12-Feb. 16 Love & Logic Parenting**, 6 Tuesdays, 6:00-8:00 p.m. Bates Technical College South Campus. Call 253-680-7500. *(P, \$65 + book, childcare)*

**Jan. 14-Feb. 18 Effective Parenting & Positive Discipline** (for court-ordered or CPS parents), 6 Thursdays, 6:00-8:00 p.m. Bates Technical College South Campus, Tacoma. Call 253-680-7511. (PY, PE, PT, \$65 + book, childcare)

**Jan. 21-Feb. 11 SPARK Group for Single Parents, Level 1**, 4 Thursdays, 5:30 p.m.-8:00 p.m. Children's Home Society, at Franklin Pierce Head Start, Tacoma. Call Ashley Schultz, 253-850-2551. (PY, lower-income, focus on children under 6 or pregnant, free, childcare, reimbursement for transportation, uses the Gottman curriculum, funded by Head Start)

**Jan. 21-Feb. 11 SPARK Group for Single Parents, Level 1**, 4 Thursdays, 5:30 p.m.-8:00 p.m. Children's Home Society, at Franklin Pierce Head Start, Tacoma. Call Ashley Schultz, 253-850-2551. (**Spanish-speaking PY**, lower-income, focus on children under 6 or pregnant, free, childcare, meal, reimbursement for transportation, Gottman curriculum, funded by Head Start)

**Feb. 4 Mommy & Me Tea**, Thursday, 1:00-2:00 p.m. Bates Technical College, South Campus, Tacoma. Call 2253-680-7500 or see [www.bates.ctc.edu/homefamily](http://www.bates.ctc.edu/homefamily). (Moms and babies 0-12 mo., free, talk with parent/child specialist, receive \$50 coupon toward a parent-infant class)

**Mar. 4 Mommy & Me Tea**, Thursday, 1:00-2:00 p.m. Bates Technical College, South Campus, Tacoma. Call 2253-680-7500 or see [www.bates.ctc.edu/homefamily](http://www.bates.ctc.edu/homefamily). (Moms and babies 0-12 mo., free, talk with parent/child specialist, receive \$50 coupon toward a parent-infant class)

**Mar. 4 Conscious Fathering**, Thursday, 6:00-9:00 p.m. Bates Technical College, South Campus, Tacoma. Call 2253-680-7500. (Dads of infants, free pizza, fee)

## Kitsap County

**Jan. 4-Mar. 8 Parenting & Beyond ~ Toddler**, 8 Mondays, 10:00 a.m.-noon. The Parenting Place, Bremerton. Call 360-473-2134. (PY ages 1½-3, \$165)

**Jan. 5-Mar. 9 Parenting & Beyond ~ Infant**, 8 Tuesdays, 10:00 a.m.-noon. The Parenting Place, Bremerton. Call 360-473-2134. (PI, \$165)

**Jan. 14-Feb. 4 SPARK Group for Single Parents Level 1**, 4 Thursdays, 5:30-8:30 p.m. Children's Home Society, at Key Peninsula Lutheran Church. Call Ashley Schultz, 253-850-2551. (PY, lower-income, children under 6 or pregnant, free, childcare, meal, reimbursement for transportation, Gottman curriculum, funded by Head Start)

**Jan. 18 Heather Carstens, How To Speak ADHD: Effective Communication Styles for Parents & Children**, Monday, 7:00-8:30 p.m. CHADD Kitsap Peninsula Branch, at Group Health Cooperative, Silverdale. Call Linda, 360-779-5362. (SP, free)

**Jan. 19-Mar. 9 Parenting in Recovery**, 8 Tuesdays, 6:00-8:00 p.m. The Parenting Place, Bremerton. Call 360-473-2134. (P, \$165)

**Jan. 25-Mar. 8 Children Who Have Witnessed Domestic Violence ~ Perpetrator**, 6 Mondays & 6 Wednesdays, 6:00-8:15 p.m. The Parenting Place, Bremerton. Call 360-473-2134. (P, \$250)

**Jan. 25-Mar. 8 Strengthening Families**, 8 Thursdays, 5:30-8:00 p.m. The Parenting Place, Port Orchard. Call 360-473-2134. (PE with children 10-14, free)

Mar. 9 Kathy Turner, **Modifications/Accommodations for Students with ADHD**, Tuesday, 7:00-8:30 p.m. CHADD Kitsap Peninsula Branch, at Group Health Cooperative, Silverdale. Call Linda, 360-779-5362. (SP, free)

## Online Distance Learning, Teleconferencing, Web Resources

Adlerian offerings are shown in boxes.

**Active Parenting Online Groups.** See [www.activeparenting.com/parents](http://www.activeparenting.com/parents). (P, free)

**ADD Resources.** Teleconferences. See [www.addresources.org](http://www.addresources.org). For recorded teleconferences, e-mail [office@addresources.org](mailto:office@addresources.org).

**Bellevue Community College.** See [www.gotobcc.com](http://www.gotobcc.com), [www.bellevuecollege.edu](http://www.bellevuecollege.edu).

**The Consciously Parenting Project.** Rebecca Thompson, **Connection Parenting**, 6 sessions by phone. Call 888-631-4441 or see [www.consciouslyparenting.com](http://www.consciouslyparenting.com). Also **Consciously Repairing Relationships**, 7 sessions, Web, phone. E-mail [info@consciouslyparenting.com](mailto:info@consciouslyparenting.com).

**Highline Community College.** **Basic Parenting ABCs.** For information, call Alicja, 206-878-3710, ext. 3789. To register, see [www.highline.edu](http://www.highline.edu). (PY ages 0-7, 2 credits)

Mark Lakewood, **Sudden Compliance Program, Building Strong Families.** 8 one-hour sessions via computer. See [www.suddencompliancwebinars.com](http://www.suddencompliancwebinars.com). (P, \$9.95/session, one session free)

**NASAP (North American Society of Adlerian Psychology).** **Courses for parents of teenagers.** E-mail NASAP, [info@alfredadler.org](mailto:info@alfredadler.org). (PT, \$)

**North Seattle Community College.** **Special Topics for Parents of Young Children.** Call Val Donato, 206-528-4625, or e-mail [vdonato@sccd.ctc.edu](mailto:vdonato@sccd.ctc.edu). (PI, PY, tuition \$40 +\$35 distance learning fee)

**Parent Coaching Bridge.** Jennifer Watanabe, **Parenting from Scratch: Using your instinct, your experience, and your knowledge to parent well**, 8 conference call sessions, Tuesdays, 6:00-7:30 p.m. June 16-Aug. 11, or 8 Saturday afternoons, 2:00-3:30 p.m., June 20-Aug. 15, support calls 8 Sundays, 2:00-3:00 p.m., June 21-Aug. 16. Call or e-mail Jennifer, 206-399-4355, [jenniferwatanabe@msn.com](mailto:jenniferwatanabe@msn.com). See [www.parentcoachingbridge.com](http://www.parentcoachingbridge.com). (P, \$150, 8 free Sunday afternoon support sessions)

**Priceless Parenting.** Kathy Slattengren. Sign up for course at [www.PricelessParenting.com](http://www.PricelessParenting.com). Brochure at [www.pricelessparenting.com/PricelessParentingBrochure.pdf](http://www.pricelessparenting.com/PricelessParentingBrochure.pdf). (P, Lesson 1 free, course \$99)

**Systematic Training for Effective Parenting (STEP).** [www.agsnet.com/parenting](http://www.agsnet.com/parenting) (click on Parenting Education Article Archive).

**Ultimate Parenting.** Kelly E. Nault-Matzen. Sign up for free online parenting course at [www.ultimateparenting.com](http://www.ultimateparenting.com).

# Parent Coaching, Mentoring

Parent coaching is a fairly new professional category with certification available. We do not vouch for the quality of specific listings here or elsewhere in the calendar. We are most familiar with **Adlerian-based services, shown in boxes**.

If you are interested in arranging an Adlerian parenting course, please call or e-mail us, 206-527-2566, [psas@att.net](mailto:psas@att.net), for information about presenters in your area.

**Tamara Anderson**, a registered mental health counselor, certified school counselor, adjunct instructor in counseling and school psychology at Seattle University, and parent. North Seattle office. Call or e-mail 206-985-3892, [tamara.anderson.m.ed@gmail.com](mailto:tamara.anderson.m.ed@gmail.com).

**Children's Services of Sno-Valley, Parent-Child Interaction Training**, 12-14 wks. of one-on-one parent coaching with child, North Bend. Call 425-888-2777. (*P & child 2-7 yrs., sliding fee scale*)

**Cocoon House**, a nonprofit funded by Snohomish County, offers phone intervention services to parents of teens, Everett. Call 425-259-5802. (*PT, free*)

**Margit Crane**, a gifted-teen coach, is the author of *Gifted with AD/HD: Insider Strategies To Increase Your Child's Happiness and Success* and publishes a free monthly newsletter. See [www.TheGiftedTeenCoach.com](http://www.TheGiftedTeenCoach.com), call 206-326-8446.

**Stephanie Cross**, a registered counselor, has taught Adlerian parenting for over 25 years at Everett Community College, Providence Regional Medical Center Everett, and at Sanity Circus for the Puget Sound Adlerian Society. Everett (will travel or coach by phone). Call or e-mail 425-258-3260, [steph.cross@verizon.net](mailto:steph.cross@verizon.net).

**Deaconess Children's Services, Parent-Child Interactive Therapy**, one-on-one parent coaching with child, Everett. Call 425-0146, ext. 116. (*P & child 2-7 yrs., sliding fee scale*)

**Roslyn Ann Duffy**, a registered counselor, is a parent educator, author, and speaker--locally, nationally, internationally. She is a co-author of *Positive Discipline: The First Three Years*, *Positive Discipline for Preschoolers*, and *Positive Discipline: A Teacher's Guide*, and author of the new *Top Ten Preschool Parenting Problems*, based on her parenting column "From a Parent's Perspective" in *Exchange Magazine*. Seattle. See [www.roslynduffy.com](http://www.roslynduffy.com). Call 206-527-9728.

**Family Help Line**. Phone consultation with parenting coaches is available Monday-Friday, 9:00 a.m.-5:00 p.m. Recorded information available 24/7. See [www.parenttrust.org](http://www.parenttrust.org). Call 1-800-932-4673. (*P, free*)

**Lori Goff, MA**, a certified parent coach and a certified teacher, offers coaching through **Parenting with Mindfulness**. Gig Harbor. See [www.pwmweb.org](http://www.pwmweb.org). Call or e-mail 206-3700-2618, [lori@goff.com](mailto:lori@goff.com).

**Lisa Greene** is a certified parent coach, Love and Logic specialist, and co-author of *Parenting Children with Health Issues and Special Needs*. See [www.ParentingChildrenwithHealthIssues.com](http://www.ParentingChildrenwithHealthIssues.com), [www.HappyHeartFamilies.com](http://www.HappyHeartFamilies.com). Bellevue (prefers coaching by phone). Call 425-891-2842.

**Jewish Family Service, Mom2Mom** mentoring for moms with new babies, all cultural backgrounds. Call Marjorie Schnyder, 206-861-3146.

**Deanne Lindstrom** is a retired counselor and teaches parenting of teens for Providence Regional Medical Center Everett. Sliding scale. Call 425-252-4979.

**Jody McVittie, MD**, a certified Positive Discipline associate, has taught Adlerian parenting for 14 years, trains parent educators, and consults for Seattle Public Schools. She coaches by phone, primarily with parents who have already taken a parenting class. Seattle. See [www.encouraging solutions.net](http://www.encouraging solutions.net), call 425-530-1289, or e-mail [jody@encouragingsolutions.net](mailto:jody@encouragingsolutions.net).

**Cecile Culp Mielenz, PhD**, a parent coach and child development specialist, is co-author of *Mentor Manager, Mentor Parent: How To Develop Responsible People and Build Successful Relationships at Work and at Home*. She is a recipient of the Outstanding National Educator award, teaches parent education for Shoreline Community College, and is director of the Woodinville Family Preschool. Woodinville, 425-318-0062.

**Melanie Miller, MEd**, a school counselor and a certified Positive Discipline associate, has taught parenting courses and courses for parent educators for six years. Eastside, 425-827-3554.

**National Parenting Support Hotline.** 1-800-448-3000.

**Arlene Raphael, MS**, an autism specialist, a special educator, and a certified Positive Discipline associate, has worked with special-needs children and parents in Portland for 36 years. Call 503-679-1198 or e-mail her at [araphael@aracnet.com](mailto:araphael@aracnet.com).

**Vicki Schoettle, MSW**, a parent consultant and mentor, works with parents who need more than friendly advice but less than therapy. Her work includes a home visit and phone or in-office coaching. Seattle, [www.parentconsult.net](http://www.parentconsult.net).

**Mary Scribner, RN**, a certified parent coach, coaches by phone, at her home office, or by home visits. Bainbridge Island, 206-780-9745, [www.soundparent.com](http://www.soundparent.com).

**Sound Parent**, an organization of certified parent coaches who offer their services over the phone or in person. 206-855-9364, [www.soundparent.com](http://www.soundparent.com).

**Jennifer Watanabe**, a certified parent coach, coaches by toll-free Telebridge (group phone call) on new parent communication, parenting styles, temperament, managing sleep, potty training, toddler behavior and discipline, and returning to work. Call or e-mail 206-399-4355, [jenniferwatanabe@msn.com](mailto:jenniferwatanabe@msn.com), or see [www.parentcoachingbridge.com](http://www.parentcoachingbridge.com).

## Special Topics

*The following organizations offer programs on special topics.*

*Adlerian offerings are shown in boxes.*

### *ADD/ADHD/Challenging Child*

*See also Special Needs, below.*

**ADD Resources.** **Monthly support groups** on ADHD: Mercer Island, Seattle, Tacoma, Shelton. Call 253-759-5085 or see [www.addresources.org/meetings](http://www.addresources.org/meetings). (PS, free)

**CHADD** (Children and Adults with ADD/ADHD). Volunteer organization, **monthly meetings** (3<sup>rd</sup> Tuesdays) at Evergreen Hospital, Kirkland, and 1<sup>st</sup> Wednesdays in Seattle. Newsletter, other meetings elsewhere. Call 206-622-2127 or see [www.nwchadd.org](http://www.nwchadd.org). (PS & children)

**Joyce Victor**, **Parenting the Spirited/Challenging Child**. Call Joyce, 206-860-7969. (PS of children 3 to 7 yrs., 11 wks., \$385/couple or reduced fee)

**The Parenting Place**. **The Challenging/Spirited Child**, Bremerton. Call 360-473-2134. (PS, \$80, \$100/ couple, book, childcare)

**Seattle Mental Health**. Call 206-324-2400.

**University of Washington Parenting Clinic**. Call 206-543-6010.

### **Addiction/Recovery** (Alcoholism and/or drugs)

**Leona Moran**. **Parenting in Recovery**, Arlington, Lynnwood, 12 wks. Call Leona, 425-486-2655. (P, free to parents in substance recovery & treatment)

**The Parenting Place**. **Parenting in Recovery**, Bremerton. Call 360-473-2134. (P, \$80, \$100/ couple)

**Parent Trust for Washington Children**. **North Seattle Families in Recovery**, Northeast Seattle, 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays, 6:30-8:00 p.m. Call Sarah M., 206-233-0156, ext. 228. (P & children, free)

**Parenting Place**. **MOMs Support Group**, Bremerton, Wednesdays, 6:00-8:00 p.m. (Moms off meth, free)

**Youth Eastside Services**. Lynne Haudenschild, **Parent Support Group**, Bellevue, Wednesdays, 6:30-8:00 p.m. (P, PT of children & teens with drug & alcohol issues, free, drop in), Also **AWARE Program**, Bellevue, 10 Mondays, 7:00-8:30 p.m. (P & kids with drug & alcohol issues, \$550, sliding fee.) For either group, call Intake, 425-747-4937.

### **Adoption**

**Adoption Resource Center**. **Workshops** on issues related to attachment. Seattle. Call 206-695-3235.

**Americans Adopting Orphans**. **Seminars and courses** on adoption and parenting. Seattle. Call 206-524-5437.

**Great Starts Birth & Family Education**. **Baby Care for the Adoptive Family**, and **Growth and Development of the Adoptive Family**. Seattle. Call 206-789-0883. (P, \$30/class, \$50/both)

### **African-American Families**

**Strengthening Multi-Ethnic Families and Communities**. Course offered at many locations. Please use the computer "find" function to find listings in the calendar.

## Anger Management

**Archdiocesan Housing Authority.** Lauriel Elsa-Gordon, **Anger Management**, 6 sessions, 6:00-8:00 p.m. Central Seattle. Call 206-328-5952 or see [www.ccsww.org/selfdevelopment](http://www.ccsww.org/selfdevelopment). (*Adults 18 & over, \$175*)

**Center for Human Services.** **Anger Management/Emotional Awareness Group**. 10 Thursdays, 4:00-5:30 p.m. Shoreline. Call or e-mail Kim, 206-631-8818, [kkcrayton@chs-nw.org](mailto:kkcrayton@chs-nw.org). (*Teens 13-17, free for Shoreline/Lake Forest Park low income, medical coupons accepted, \$200 for others*)

<p><b>Wellspring Family Services.</b> <b>Nonviolent Parenting Skills and Anger Management</b> for parents in the Domestic Violence Treatment Program, Downtown Seattle. Call 206-826-3044 (Intake).</p>
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## At-Home Mothers

**MOMS Club.** For at-home mothers. For information about a local group, e-mail [momsclub@aol.com](mailto:momsclub@aol.com). Also, North Seattle Family Center, call 206-364-7930.

## Child Safety

**Birds + Bees + Kids.** Amy Lang, **Casual Chat**, 1<sup>st</sup> Mondays, 7:30-8:30 p.m., Wallingford. (*P, free*). Also **Birds + Bees + Kids 101 Workshop**, Saturday, 9:00 a.m.-noon, Phinney Ridge. Call or e-mail Amy, 206-661-2245, [amy@birdsandbeesandkids.com](mailto:amy@birdsandbeesandkids.com). (*P, \$45, \$80/two*)

**Child Safety Solution.** **Workshops and school assemblies** for children, parents, and staff. Call or e-mail Judy Vanderwerf, 206-799-5505, [childsafetysolution@comcast.net](mailto:childsafetysolution@comcast.net). (*P, \$*)

**Harborview Center for Sexual Assault & Traumatic Stress.** **Parent-Child Interactive Therapy** for parents and caregivers of children ages 3 to 7, **Positive Parenting Program** for parents and caregivers of children and teens of all ages. Provided individually for each family. Call Alison Sands, 206-744-1634.

## Chinese Families

**FamilyWorks.** **Children from China Playgroup**. Wallingford, Seattle. 2<sup>nd</sup> & 4<sup>th</sup> Fridays, 5:30-7:00 p.m. Call 206-694-6727. (*PY & young children, free*)

## Court-Referred Parents

Many courses are accepted by the courts in fulfillment of court-ordered participation in a parenting course. Among these are **Sanity Circus**, sponsored by the Puget Sound Adlerian Society (206-527-2566), the **Nonviolent Parenting Skills and Anger Management Program** at Wellspring Family Services, (206-826-3044, Intake), and the **STEP** and **STEP/Teen** courses at Providence Regional Medical Center—Everett, (425-304-6000) and elsewhere. The following courses are specifically designed for court-referred parents. Ask for a certificate of participation.

**Bates Technical College. Parenting Basics**, Tacoma. Mondays, 12:30-2:00 p.m. Call 253-680-7511 or 253-680-7500. Adult-only class or class serving parents with children birth to 3 years old. *(Court-referred parents, high staff to client ratio, anecdotal records kept)*

**Break Through Parent Institute.** Maple Leaf, Northeast Seattle. Call 206-992-2831. *(P, \$, materials, intake interview required)*

**Divorce Lifeline & Family Center of South Snohomish County. For the Kids' Sake**, numerous times each month, various locations. Call 425-977-4767, see [www.divorcelineflne.org](http://www.divorcelineflne.org). *(P, sliding fee)*

Leona Moran, **Parenting in Recovery: The Next Step**, 12 wks., Snohomish County Human Services, Mondays, 4:45-6:45 p.m., Arlington; Tuesdays, 6:00-8:00 p.m., Lynnwood; Wednesdays, 6:00-8:00 p.m., Everett. Call 425-486-2655. *(P and/or family members, CPS and court approved, free)*

## Dads

**Auburn Family Resource Center. Men's Group**, 4<sup>th</sup> Mondays. Call Rodney or George, 253-854-0700. *(Dads, free, dinner and speaker June 23)*

**DADS. Courses and support groups** for struggling fathers. Call 206-722-3137, or e-mail [marvin.pastor@msn.com](mailto:marvin.pastor@msn.com), or see [www.aboutdads.org](http://www.aboutdads.org). *(Dads)*

**New Parents Services/Wellspring Family Services. Father's First Steps: Helping New Fathers Nurture Their Babies.** Six Saturdays, 12:30-2:00 p.m. Bellevue. Call 425-450-0332, ext. 219 or see [www.family-services.org](http://www.family-services.org). *(Dads & babies to 8 mo., \$96, scholarships)*

**Northwest Hospital. Foundations for Fatherhood.** Northgate. See [www.nwhospital.org](http://www.nwhospital.org). *(Expectant dads, \$30)*

**Parent Trust for Washington Children. Conscious Fathering.** *(Dads of infants, call for schedules & fees)*

Auburn Regional Medical Center, 253-333-2522

Bates Technical College South Campus and Olympia, 253-680-7500

Gracewinds Perinatal Services, 206-781-9871

Great Starts, 206-789-0883

Highline Community Hospital, 206-439-5576

Overlake Hospital, 425-688-5259

Swedish Hospital Ballard Campus, 206-215-3338

Swedish Hospital First Hill Campus, 206-215-3338

Tacoma General, 1-800-TGBIRTH.

## Daycare

**Childcare Resources.** Training for childcare providers in King County. STARS hours available. Call 253-852-1908, ext. 0 for application form.

**Childcare Resource & Referral.** Training for childcare workers in Snohomish and Skagit counties. STARS hours available. Call 425-259-2973 (Snohomish Co.) or 360-416-8299 (Skagit Co.) for application form.

## Deafness

**Deaf Connection.** Capitol Hill, Seattle, 2<sup>nd</sup> Saturdays, 10:00 a.m.-noon. Call 206-547-8339 v/tty. *(P with deaf, hard of hearing, or deaf/blind children, free)*

## Disabilities

See Special Needs, below.

## Divorce

**Bellevue Community College. Divorce: Endings and New Beginnings.** Call 425-564-2366 or see [www.bcc.ctc.edu/parent-ed](http://www.bcc.ctc.edu/parent-ed). *(P, \$)*

**Divorce Lifeline (Lutheran Community Services). For the Kids' Sake,** 4-hr. court-mandated seminar for divorcing parents in Snohomish County. Call 425-977-4767. **Adult Support Group,** 10 wk., Seattle, Bellevue, Lynnwood, SeaTac. Call 206-694-5762. *(P, sliding scale)*

**Seattle Divorce Services.** Helping couples in conflict achieve peaceful and respectful divorce through Collaborative Law. Call Michael V. Fancher, attorney, 206-784-3049, or see [www.seatledivorceservices.com](http://www.seatledivorceservices.com).

## Domestic Violence

**Harborview Center for Sexual Assault & Traumatic Stress. Parent-Child Interactive Therapy** for parents and caregivers of children ages 3 to 7, **Positive Parenting Program** for parents and caregivers of children and teens of all ages. Provided individually for each family. Call Alison Sands, 206-744-1634.

**Jewish Family Service, in collaboration with Wellspring Family Services. Kids Club: Helping Children Who Witness Domestic Violence.** Seattle, 12-wk. Call Project DVORA, 206-461-3240. *(Mothers & children who have been affected by domestic violence, free, all affected families welcome)*

**New Beginnings. Domestic Violence Parenting Class.** North Seattle. Call 206-783-2848. *(P, childcare)*

**The Parenting Place. Helping Children Who Have Witnessed Domestic Violence,** Bremerton. Call 360-473-2134. *(P who have been mandated by the courts to take a domestic violence parenting class, \$100). Also classes for survivors, \$100.*

<p><b>Wellspring Family Services. Nonviolent Parenting Skills and Anger Management</b> for parents in the Domestic Violence Treatment Program. Downtown Seattle. Call 206-826-3044 (Intake). <i>(P)</i></p>
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## Foster Parenting

**Greater Maple Valley Community Center. Foster Parent Support Group.** Third Tuesdays, 7:00-9:00 p.m. Call 425-432-1272. *(FP)*

## GLBT

**P-Flag** (Parents, Families, and Friends of Lesbians and Gays). Several **groups** in the greater Puget Sound area. Call 206-325-7724.

**Positive Discipline for GLBT Families.** Call Lee Mozena , 206-368-9608. Six-week course. *(P of children 2-10 yr., \$200/family, babes-in-arms welcome, no childcare, families requiring an 8-wk. class can meet additional times for a small fee)*

## Grandparenting

**Bates Technical College. Conscious Fathering.** Tacoma and Olympia, call 253-680-7500 or 1-800-562-7099, ext. 7500. *(Grandpa free with dad, dad \$35)*

**Casey Family Program. Grandparents Reparenting.** Rainier Community Center, Columbia city, south Seattle. Wednesdays, 12:30-2:00 p.m. Call 206-322-6711. *(G & other relatives raising grandchildren, free)*

**Childbirth Education Association. Grandparents.** Northwest Seattle. Call 206-789-0883. *(G, \$20)*

**Encompass. Kinship Support Group.** North Bend, 2<sup>nd</sup> & 4<sup>th</sup> Mondays, 6:30-8:00 p.m. Call 425-888-2777. *(G, childcare, free)*

**Family Support Center of South Snohomish County. Relatives As Parents.** Lynnwood, 4<sup>th</sup> Mondays, 7:00-8:30 p.m. Call 425-670-8984. *(G & other relatives, childcare, free)*

**Grandparents As Parents.** Everett. Support and courses for grandparents raising grandchildren. Call 425-353-6680, or see the Web at <http://home1.gte.net/res02wo7/index.htm>. *(G)*

**Highline Community Hospital. They Don't Come with Instructions: A Class for Grandparents, Families, and Friends.** Burien. Call 206-439-5576. *(G, \$15/family)*

**King County Kinship Collaboration. King County Kinship Support Groups.** Groups in Seattle, Bellevue, Kent, North Bend, and Federal Way. Call 206-268-6785, or e-mail [kckcadmin@seniorservices.org](mailto:kckcadmin@seniorservices.org). *(G & other kin raising children, free)*

**Overlake Hospital. Congratulations! You Are Almost a Grandparent.** Bellevue. Every other month. Call 425-688-5259 or e-mail [teresa.botts@overlakehospital.org](mailto:teresa.botts@overlakehospital.org). *(G, \$30/grandparent or couple)*

**Rainier Beach Family Center. Grandparents and Kinship Caregivers in Action.** Southeast Seattle. Thursdays, 6:30-8:30 p.m. Call 206-723-1301, ext. 10. *(G, free, dinner at 6:00, field trips)*

**Renton Area Youth & Family Services (RAYS). KinCare Support Groups and Activities.** Seattle/Skyway/Renton. Call 206-772-2050 or e-mail [cynthiag@rays.org](mailto:cynthiag@rays.org). *(G & other kin raising children, free)*

**Swedish Hospital. Grandparents.** First Hill Campus, Seattle. Call 206-215-3338 or see [www.swedish.org](http://www.swedish.org). *(G, \$35/couple)*

**Valley Medical Center. Expecting a Grandbaby.** Renton. Call 206-575-2229 or see [www.valleymed.org/services/health\\_wellness/birthprep.asp](http://www.valleymed.org/services/health_wellness/birthprep.asp). *(G, \$20, \$30/couple)*

## Health and Safety

Call hospitals for information on many health and safety classes for parents, including childbirth and newborn classes:

Auburn Regional Medical Center, 253-333-2522  
Children's Hospital (Northeast Seattle), 206-789-2306  
Columbia Health Center (Southeast Seattle), 206-296-4650, ext. 6052  
Evergreen Healthcare (Kirkland), 425-899-3000  
Highline Community Hospital (Burien), 206-439-5576  
Northwest Hospital (Northeast Seattle), 206-368-1784  
Overlake Hospital (Bellevue), 425-688-5259  
Providence Regional Medical Center--Everett, 425-304-6000  
Swedish Hospital (Central Seattle, Ballard, and Issaquah), 206-386-2502  
Tacoma General (1-800-TGBIRTH),  
Valley Medical Center (Renton), 425-656-4006

Also, family centers offer infant CPR classes.

**Great Starts Birth & Family Education.** Childbirth preparation, newborn care, and breastfeeding **classes**. Several locations in King County. Call 206-789-0883 or see [www.greatstarts.org](http://www.greatstarts.org).

**Healthy Start. In-home support** for new north and east King County and south Snohomish County moms and moms-to-be 22 years or younger, with babies under 6 mo. Call Mary or Pam, 425-869-6658, or Brooke, 206-631-8807. (TP, free)

## Infants, Toddlers, and Preschoolers

**Attachment Parenting International, Seattle Chapter.** **Meetings**, 2<sup>nd</sup> Saturdays, 10:00 a.m.-noon. Phinney Ridge Neighborhood Center, North Seattle. Call or e-mail Sara, 206-323-7479, [info@apiseattle.org](mailto:info@apiseattle.org), or see [www.apiseattle.org](http://www.apiseattle.org). (PI, PY)

**Auburn Family Resource Center.** **Several groups** for parents, parents & children, and dads. Call 253-854-0700. (P, \$)

**Bates Technical College.** **Parent-Infant Program, Parent-Toddler Program, and Parent-Older Toddler Program**, 8 wks., various times in Auburn, Bonney Lake, Brown's Point, Dash Point, Federal Way, Gig Harbor, Puyallup, Tacoma, and University Place. (PI, PY & children, \$72/family, *scholarships*). **Preschools** in Tacoma, Burien, Federal Way, Gig Harbor, Purdy, Puyallup, Milton, Bonney Lake, University Place (PI, PY). Also **Bringing Baby Home: Baby-Proof Your Relationship**. Call 253-680-7500 or see [www.bates.ctc.edu/home](http://www.bates.ctc.edu/home), click on Educational Offerings, Home and Family Life, Parent Education, View Winter Schedule.

**Bellevue Community College.** **Parent-Infant Class, Parent-Wobbler Class, Parent-Toddler Class, Cooperative Preschool** in Bellevue, Mercer Island, Sammamish, Snoqualmie, Carnation, Renton. Call 425-564-2365 or see [www.bellevuecollege.edu/parented](http://www.bellevuecollege.edu/parented). (PI, PY & children 0-5, \$)

**Bethany Community Church.** **Bringing Baby Home**. Call Margo or Mary, 206-484-8573. Green Lake, Seattle. (PI)

**Campfire. Play & Learn in Spanish**, Shoreline, Tuesdays 10:00 a.m.-noon, Wednesdays 4:00-6:00 p.m. Call Maria, 206-826-8932 or 206-461-8550. (*Spanish-speaking PI, PY & children, free*)

**Children's Home Society, SPARK** groups, English & **Spanish**, Auburn Family Resource Center. Call 1-877-817-7275. (*PY, lower-income parents of children under 6, free, childcare, lunch, reimbursement for transportation, uses the Gottman Loving Couples, Loving Children curriculum*)

**Community Birth & Family Center. First Weeks, Next Months—Caring For and Loving Your 3 to-6 Month Old Infant, Sitters and Rollers, Crawlers and Cruisers, Let's Talk about Sleep, First Foods, Breastfeeding Support Services**, Eastlake, Seattle. Call 206-720-0511 or see [www.communitybirth.org](http://www.communitybirth.org). (*PI, PY, some classes free, by donation, or by fee*)

**Community for Mindful Parents.** Offers **Listening Mothers** and **Reflective Parenting** courses. E-mail [listeningmothers@mindfulparentscommunity.com](mailto:listeningmothers@mindfulparentscommunity.com), or [reflectiveparenting@mindfulparentscommunity.com](mailto:reflectiveparenting@mindfulparentscommunity.com).

**Edmonds Community College. Parent Infant/Toddler Program**, 10 wk., 9:30-11:30 a.m. weekly or 1:00-3:00 p.m. Thursdays. Lynnwood. Call 425-640-1665 or e-mail [fled@edcc.edu](mailto:fled@edcc.edu). (*PI, PY & children born 4/06-1/07 (Mondays or Tuesdays), born 9/06-7/07 (Wednesdays), born 9/06-7/07 (Thursdays), born 11/07-6/08 (Thursdays p.m.), or born 6/07-1/08 (Fridays), \$110, scholarships). Daddy & Me*, 10 Tuesdays, 6:00-8:00 p.m. Lynnwood. Call 425-640-1665 or e-mail [fled@edcc.edu](mailto:fled@edcc.edu). (*Dads & children born 1/06-3/07, \$75*)

**Everett Community College. Parent Education/Parent Cooperative Preschools.** Toddler & pre-school programs in Stanwood, Darrington, Marysville, Tulalip, Everett, Mukilteo, Lake Stevens, Snohomish, Sultan. Call 425-388-9016. (*PI, PY, college credit*)

**Evergreen Hospital. Parent-Baby Series.** Kirkland. **Snugglers** (0-3 mo.), Tuesday or Wednesday, 12:30-2:30 p.m.; **Giggles** (3-6 mo.) Tuesday or Wednesday 9:30-11:30 a.m.; **Movers** (6-9 mo.), Thursday, 12:30-2:30 p.m.; **Explorers** (9-12 mo.), Thursday, 9:30-11:30 a.m. (*PI, PY, Snugglers series free, others \$77 each*). **Happiest Baby on the Block**, some Saturdays, 10:00 a.m.-noon. (*PI, \$45*). **Bringing Baby Home**, 2 Saturdays, 9:00 a.m.-4:00 p.m. (*PI, \$125/couple*). Call 425-899-3000 or see [www.evergreenhealth.org](http://www.evergreenhealth.org).

**Ewa Health Education. Happiest Baby on the Block®**, 2-hr., \$40/couple, and **Bringing Baby Home®**, two 8-hr. sessions, \$150/couple. Federal Way. Call Jennifer Wojciechowski, 253-946-0136, see [ewahealth@msn.com](mailto:ewahealth@msn.com). (*PI*)

**FamilyWorks. Drop-in Playgroups** Monday through Friday. Wallingford, Seattle. Call 206-694-6727. (*PI, PY, free*)

**Great Starts Birth & Family Education.** Childbirth preparation, newborn care, and breastfeeding **classes**. Several locations in King County. Call 206-789-0883, or see [www.greatstarts.org](http://www.greatstarts.org). (*PI, \$*)

**Green River Community College. Cooperative Preschool Program**, quarterly courses, 2 credits. Kent, Covington, Black Diamond, Auburn, Enumclaw. Call Family Studies Dept., 253-833-9111, ext. 2729. (*PI, PY, \$*)

**Healthy Start. In-home support** for new north and east King County and south Snohomish County moms and moms-to-be 22 years or younger, babies under 6 mo. Call Mary or Pam, 425-869-6658. For Bothell, call Brooke, 206-631-8835. (*TP, free*)

**Highline Community College. Parent-Toddler Group and Cooperative Preschool**, Tukwila. Call Mar-lus, 206-768-2822. *(PY, \$)*

**Jewish Community Center Parenting Center. Nurturing New Families.** Mercer Island. Play, signing, field trips. Call Carla Hershman, 206-232-7115, ext. 304. *(PI, PY & children, all faiths, all ethnicities, \$120/year)*

**Jewish Family Service. Bringing Baby Home.** Call Carmel, 206-461-3240, ext. 3148. **Next Steps: For Bringing Baby Home Grads, Mom2Mom (peer volunteers, free), Mothers Circle (non-Jewish mothers raising Jewish children, free).** Call Marjorie, 206-461-3240, ext. 3146. Roosevelt Square, northeast Seattle. *(PI, PY)*

**Mommy Matters.** Melissa Benaroya & Robin Dowdy. Wednesdays, July 8-Aug. 12, 10:00-11:30 a.m. or 7:00-8:30 p.m. Greenwood, Seattle. Call or e-mail Melissa, 206-226-6707, [Melissa@beneroya.net](mailto:Melissa@beneroya.net). *(Moms of toddlers, \$150)*

**MOPS. Mothers of Preschoolers.** See [www.mops.org](http://www.mops.org). *(PI, PY)*

**Mothers & More.** North Seattle. **Meetings, playgroups, book club, mom's night out.** Call Molly, 425-640-5705 or see [www.mothersandmore.org](http://www.mothersandmore.org). *(PI, PY)*

**Mothers of Multiples.** Halls Lake. Call or e-mail Darlene Miller, 206-546-0814, [rkmiller4@comcast.net](mailto:rkmiller4@comcast.net), or see [www.nomotc.org](http://www.nomotc.org).

**New Parents Services/Wellspring Family Services. Bringing Baby Home**, 2 Saturdays, 9:00 a.m.-4:00 p.m. Bellevue. Call 425-450-0332, ext. 219. *(PI, \$150, scholarships)*

\_\_\_\_\_. **Father's First Steps.** 6 Saturdays, 12:30-2:00 p.m. Bellevue. Call 425-450-0332, ext. 219. *(Dads & babies to 8 mo., \$96, scholarships)*

\_\_\_\_\_. **Listening Mothers**, 8 Mondays, 10:30 a.m.-noon. Bellevue. Call 425-450-0332, ext. 219. *(Moms & infants under 8 mo., \$120, scholarships)*

\_\_\_\_\_. **Reflective Parenting Workshops.** 8 Wednesdays, 5:30-7:30 p.m. Bellevue. Call 425-450-0332, ext. 219. *(P, \$200, \$300/couple, scholarships)*

**North Seattle Family Center. Parents As Teachers.** Northeast Seattle. Also **Play & Learn**, several sites. Call 206-364-7930. *(PY of children 0-3, free, childcare).*

**North Seattle Community College. Parent Education Cooperative Preschool Programs.** Various locations. Call Val Donato, 206-529-6029, or see <http://coops.northseattle.edu>. *(PY and children 12 mo.-5 yr., 2.5 credits, lab fee, tuition)*

**North Seattle Families of Multiples. Support group for parents of twins, triplets.** Call 206-297-2628 or see [www.orgsites.com/wa/nsfom](http://www.orgsites.com/wa/nsfom).

**Northwest Hospital. New Family Skills.** See [www.nwhospital.org](http://www.nwhospital.org). Also **Parenting Your Infant**, 2-hr. class. Call 206-368-1564. *(PI, \$10)*. Also **Listening Mothers**, 6 wk., sponsored by New Parents Services/Wellspring Family Services. Call 206-521-8093 or 425-450-0332, ext. 219. *(PI, \$50, scholarships)*. Also **Grandparents**, 2 hrs., Northgate Area, Seattle. Call 206-789-0883 *(G, \$20)*

**Overlake Hospital. Conscious Fathering** (new dads and babies), **You & Your New Baby** (moms with babies 4-12 weeks old), Bellevue. Call 425-688-5259 or e-mail [teresa.botts@overlakehospital.org](mailto:teresa.botts@overlakehospital.org).

**Parent Trust**, several King and Snohomish County locations. **English & Latino groups**. Call Family Help Line, 206-233-0139 or 800-932-4673, or see [www.parenttrust.org](http://www.parenttrust.org). (P)

**PEPS** (Program for Early Parent Support). **Little PEPpers**. Wallingford, Seattle. (PI, PY, 6 wk. \$40, 12 wk. \$75, *scholarships*). Also **Baby PEPers**, **Bringing Baby Home**, and **While You Are Waiting Group**. See [www.pepsgroup.org](http://www.pepsgroup.org).

**Relationship Research Institute**. **Bringing Baby Home**. Several locations in the Seattle-Bellevue-Kirkland area. Call 206-832-0300 or see [www.bbhonline.org](http://www.bbhonline.org). (PI, \$\$)

**Seattle Central Community College**. **The Parent Child Center & SCCC Cooperative Preschools**. Call 206-587-6902 or see [www.seattlecentral.org/parentchildcenter](http://www.seattlecentral.org/parentchildcenter). (PI, PY & children, \$122.50/quarter)

**Shoreline Community College**. **Parent Education/Parent Cooperative Preschool Program**. Infant, toddler, & preschool programs in Shoreline, Lake Forest Park, Bothell, Woodinville, Kirkland. Call 206-546-4593 or go to [www.shoreline.edu/parentcoop.html](http://www.shoreline.edu/parentcoop.html). (PI, PY & children, ongoing registration, college credit, \$2)

**Shorenorth Parent Education Center and Cooperative Preschool**. **Parent Education Classes**. Lake Forest Park. Call 206-440-1411 or see [www.shorenorth.org](http://www.shorenorth.org). (PI, PY to age 3½, \$)

**SPARK (Strong Partners & Relationships for Kids)**. 12-wk. focus on learning and practicing communication and conflict resolution skills to sustain healthy relationships, in English or **Spanish**. Children's Home Society, Auburn, Kent, Seattle. Call 1-877-817-7275. (PY, lower income, focus on children under 6 or pregnant, materials, free, childcare, reimbursement for transportation, meals, uses Gottman curriculum, funded by Head Start)

**Swedish Medical Center**. **Bringing Baby Home**. Seattle. Call 206-386-2502. (PI, \$150)

\_\_\_\_\_ **Conscious Fathering**. Seattle. Call 206-386-2502. (Dads, \$40)

\_\_\_\_\_ **Listening Mothers**. First Hill Campus, Seattle. Call 425-450-0332. (PI, \$80/8 wks.)

\_\_\_\_\_ **Mother-Baby Group**. First Hill Campus, Seattle. Call 206-386-3321. (PI, \$20/4 wks.)

\_\_\_\_\_ **Mother-Baby Group**. Ballard, Seattle. Call 206-781-6055. (PI, \$40/8 wks.)

**University Presbyterian Church**. **Bringing Baby Home**. University District, Seattle. Call Jennifer, 206-524-7301, ext. 192. (PI)

**Valley Medical Center**. **Sign with Your Baby**. Renton. Call 425-656-4215. (PI, \$48 for 2 adults & baby, includes video & booklet)

**Visually Speaking**. **Sign Language for Infants**. Seattle and Bellevue. Call 206-282-7571 or e-mail [info@visuallyspeaking.info](mailto:info@visuallyspeaking.info). (PI, \$35, \$45/couple)

**Wonderland Developmental Center**. **Play groups**. Shoreline. Call Gita, 206-364-3777. (PI, PY & children 18 mo.-5 yr., free)

## *Interfaith Parenting*

**Jewish Family Service. Mothers Circle.** Seattle. Call or e-mail Marjorie, 206-861-3146, [familylife@jfsseattle.org](mailto:familylife@jfsseattle.org). *(Non-Jewish moms raising Jewish children)*

## *Japanese Families*

**FamilyWorks. Japanese Playgroup.** Wallingford, Seattle, Tuesdays, 3:00-5:00 p.m. Call 206-694-6727. *(PY & young children, free)*

## *Jewish Families*

**Jewish Community Center Parenting Center. Nurturing New Families.** Mercer Island. Play, signing, field trips. Call Carla Hershman, 206-232-7115, ext. 304. *(PI, PY & children, all faiths, all ethnicities, \$120/year). Other programs also.*

**Jewish Family Service. Bringing Baby Home.** Call Carmel, 206-461-3240, ext. 3148. **Next Steps: For Bringing Baby Home Grads, Mom2Mom** *(peer volunteers, free)*, **Mothers Circle (non-Jewish mothers raising Jewish children)**. Call Marjorie, 206-461-3240, ext. 3146. *(PI, PY, free)*. Other programs also.

## *Military Families*

**Navy Family Service Center. Courses and support** open to all military families. Everett area. Call 425-304-3367.

## *Muslim, Iraqi Families*

**Southwest Youth & Family Services. Iraqi Family Activities.** West Seattle. Call Muhamed Qatrani or Yahya Al-Garib, 206-937-7680.

## *Parenting Plans*

**Break Through Parent Institute. Professional parenting plans** negotiated with divorcing parents. Northeast Seattle. Call 206-992-2831. *(P, 4 1-hr. sessions, workbook, \$150)*

## *Preparation for Parenting*

*See listings under "Health and Safety" section, above.*

## *Russian Families*

**Federal Way Youth & Family Services. Strengthening Multi-Ethnic Families & Communities.** Call Vera, 253-335-2480. *(P who speak Russian, free to families who live in Federal Way)*

**Kindering Center. Parenting Plus in Russian.** Bellevue. Call 425-653-4302. *(P, free)*

**Northshore Family Center. Russian First Steps Plan & Learn**, Bothell, 10:30 a.m.-noon. Call 425-205-2004. *(PI, PY & children 0-5, free)*

## Sexuality

**Birds + Bees + Kids**, Amy Lang, **Casual Chats at Mosaic Coffeehouse**, Wallingford, Northeast Seattle. 1<sup>st</sup> Mondays, 7:30-8:30 p.m. Call or e-mail 206-661-2245, [amy@birdsandbeesandkids.com](mailto:amy@birdsandbeesandkids.com). *(PE, play space, donations)*. Also **Birds + Bees + Kids 101** *(PE, \$45, \$80/2 for 3-hr. workshop scheduled at homes, or \$45 or \$80/pair for 1½ hr. workshop)*. Also **lecture** scheduled for your group.

**Great Conversations. For Girls Only: A Heart-to-Heart Talk on Growing Up** and **For Boys Only: The Joys and Challenges of Growing Up**. Seattle Children's Hospital, Northeast Seattle. Call 206-789-2306 or see [www.greatconversations.com](http://www.greatconversations.com). *(P & sons or daughters ages 10-12, \$50/parent & child, \$5/additional child)*

**Overlake Hospital. As Boys/Girls Grow Up: Aspects of Puberty, Sex Education and Relationships**. Bellevue. Call 425-688-5257 or e-mail [teresa.botts@overlakehospital.org](mailto:teresa.botts@overlakehospital.org). *(P & sons 10-12, daughters 9-12, \$35/parent & child, \$10/additional person, dessert snacks, book)*.

**Parents Speak Up. Free Workshop Leader Training**, and **Parent Workshops**. US Dept. of Health and Human Services, Seattle. Call or e-mail Marie Wakan, 509-747-4994, [marie@kauffmaninc.com](mailto:marie@kauffmaninc.com). *(FT, P, free)*

**Planned Parenthood. Growing Up Male/Female**. Call 206-328-7715. *(P & son/daughter 10-12 yrs., \$25/family, scholarships, snacks, call to co-sponsor with your group)*

**Planned Parenthood. Teen Speak**. Call 206-328-7715. *(P & son/daughter 13-15 yrs., \$25/family, Scholarships, snacks, call to co-sponsor with your group)*

**Swedish Medical Center. Growing Up Female/Male**. Seattle. Call 206-386-2502. *(P & daughters/sons 10-12, snacks, \$25/family, \$5/additional child or adult, scholarships)*

## Single Parenting

**Children's Home Society, SPARK** groups, English & **Spanish**, Auburn Family Resource Center. Call 1-877-817-7275. *(SP, lower-income parents of children under 6, free, childcare, lunch, reimbursement for transportation, uses the Gottman Loving Couples, Loving Children curriculum)*

**Highline Community College. Single Parents Support Group**, Burien, 5:00-7:00 p.m. Call 206-878-3710, ext. 3030. *(SP)*

**Youth Eastside Services**. Lynne Haudenschild, **Single Parent Support Group**. Bellevue, 6:30-8:00 p.m. Call 425-747-4937. *(SP, \$10, sliding fee scale)*

## Spanish-Language Families

**Auburn Family Resource Center & Seattle & King County Public Health. Parenting Classes in Spanish**. Last Wednesdays of the month, 6:00-8:00 p.m. Auburn. Call Telma, 253-854-0700. *(Spanish-speaking PT, free, childcare, snacks)*

**Bates Technical College. Spanish Effective Parenting for Parents of Children Ages 2-18** (STEP). Call Lynn, 253-680-7511. *(Spanish-speaking P, \$59)*

**Campfire USA. Grupo de Juego en Español**, Tuesdays, 10:00 a.m.-noon, & Wednesdays, 4:00-6:00 p.m. At Wonderland Developmental Center, Shoreline. Call 206-364-3777. *(Spanish-speaking PY & children)*

**Children's Home Society. SPARK** groups, Auburn Family Resource Center. Call 1-877-817-7275. *(Spanish-speaking PY, lower-income couples or single parents of children under 6, free, childcare, lunch, reimbursement for transportation, uses the Gottman Loving Couples, Loving Children curriculum)*

**Deaconess Children's Services, Parent Trust. Latinos Unidos Parent Support Group**, Monroe. Call Family Help Line, 1-800-932-4673 or see [www.parenttrust.org](http://www.parenttrust.org). *(Spanish-speaking P, free)*

**Familias Unidas . Latino Resource Center**. Everett. Call 425-513-2880 or see [www.familiasunidas.lcs.org](http://www.familiasunidas.lcs.org). *(Spanish-speaking PY & children)*

**FamilyWorks. Grupo de Juego en Español/Spanish-Speaking Playgroup**, Wallingford, North Seattle, Tuesdays, 11:00 a.m.-12:30 p.m. Call 206-694-6730. *(Spanish-speaking PY & children 0-5, free)*

Tania Hino. **Disciplina con valor, amor, y firmeza**, 7 wks. Call 206-399-0232. *(Spanish-speaking P, materials, childcare)*

**Kindering Center. Parenting Plus in Spanish**, Bellevue. Call 425-653-4302. *(Spanish-speaking P, childcare, free)*

Anita Morales, **Disciplina con valor, amor, y firmeza**, 7 wks. Call 296-409-2120. *(Spanish-speaking P, materials, childcare)*

**North Seattle Family Center. Para Familias Latinas**, Lake City, Saturdays, noon-3:00 p.m. Call 206-364-7930. *(Spanish-speaking PY, childcare, free)*. Also Play & Learn, **Aprender Jugando**, Mondays, 10:00 a.m.-noon. Call 206-364-7930. *(Spanish-speaking PY & children 3 and under, free)*

**Northshore Family Center. Loving Families**, Bothell. Call 206-362-6979. *(P, stipend for participation in research project)*

**Puget Sound Adlerian Society. Disciplina con valor, amor, y firmeza** (Sanity Circus in Spanish). Seattle. Call PSAS, 206-527-2566. *(Spanish-speaking P, free, handouts, childcare)*

**Renton Area Youth & Family Services. Strengthening Multi-Ethnic Families & Communities**. 12-wk. course, Renton & Tukwila. Call Billie McKibben, 206-772-2050 or Victor Ramirez, 206-387-1842. *(Spanish-speaking P, free, meal, literacy enhanced childcare, homework assistance.)*

**Sea Mar Community Health Centers. Parenting courses in Spanish** at various sites in Snohomish County. Call Sandy, 360-657-3075. *(Spanish-speaking P)*

**Shoreline Family Support Center. First Steps in Spanish**, Shoreline. Call Llane or Silvia, 206-631-8835. *(P & children preparing for kindergarten)*. Also **First Steps Play & Learn en Español**. *(Spanish-speaking P & children birth to 5)*

**Southwest Youth & Family Services. Parenting courses and support groups**. Call 206-937-7680. *(Spanish-speaking P, free, childcare)*

**SPARK (Strong Partners & Relationships for Kids).** 12-wk. focus on learning and practicing communication and conflict resolution skills to sustain healthy relationships, in English or **Spanish**. Children's Home Society, Auburn, Kent, Seattle. Call 1-877-817-7275. *(PY, lower income, focus on children under 6 or pregnant, materials, free, childcare, reimbursement for transportation, meals)*

### *Special Needs*

*See also ADD/ADHD/Challenging Child, above.*

**The ARC of King County. Parent-to-Parent Support.** Call Jodi, 206-364-4645, ext. 121, or e-mail [p2p@arcokingcounty.org](mailto:p2p@arcokingcounty.org). *(SN, also Asian, African-American, & Latino outreach groups)*

**Asperger Support Network. Ongoing support group.** Seattle. Call Helen Powell, 206-568-7634, or send blank e-mail to [seattleasnews-subscribe@yahoogroups.com](mailto:seattleasnews-subscribe@yahoogroups.com). *(SN)*

**Children's Therapy Center. Playgroups.** Kent. Call Sandy, 253-854-5660. *(SN & children under 3 with developmental disabilities)*

**Deaconess Children's Services. The Incredible Years.** Everett. 16-wk. courses for parents of acting-out children 2-7, 14-wk. courses for parents of acting-out children 0-2. Call 425-259-0146, ext. 116. *(P living in Snohomish County, free)*

**Deaconess Children's Services. Parent Child Interactive Therapy.** Everett. Call 425-259-0146, ext. 116. *(P & children 2-7, free to DSHS referrals, sliding scale otherwise)*

**The Family Center of South Snohomish County. Aspergers & Autism Spectrum Disorders Parent Support Group.** Lynnwood. 1<sup>st</sup> & 3<sup>rd</sup> Mondays, 7:00-8:30 p.m. Call 425-670-8984. *(SN, free, speakers on 3<sup>rd</sup> Mondays)*

**Northshore Family Center. Northshore Special Families.** Bothell. Call 425-408-7992 425-466-5032 or see [www.northshore-specialfamilies.org](http://www.northshore-specialfamilies.org). *(SN, parent-led, dinners, events)*

**Odessa Brown Children's Clinic. Marla York, Children with Sickle-Cell Anemia and Adults,** Sickle-Cell Task Force, Central Seattle, 2<sup>nd</sup> & 4<sup>th</sup> Mondays, 6:00-8:00 p.m. Call 206-329-7870, ext. 235. *(SN)*

**Parenting Children with Health Issues. Love and Logic**-based workshops for parents of children with chronic illness or other special needs. Call Lisa Greene, 425-891-2842 or see [www.HappyHeartFamilies.com](http://www.HappyHeartFamilies.com) and [www.ParentingChildrenwithHealthIssues.com](http://www.ParentingChildrenwithHealthIssues.com). *(SN)*

**Parenting the Special Needs Child.** Woodinville. **Ongoing support group.** Call Jolynn-Marie Wagner, Ph.D., 425-486-9952. Also, **Parent-Child Interactive Group.** *(SN)*

**Seattle Children's. Autism 101 & Autism 102.** Laurelhurst. Call 206-789-2306. *(SN, \$10/family/class)*

**Sunrise Professional Center.** Beth Jensen. **Support group for parents of children with autism.** Woodinville. Wednesdays, 7:00-8:00 p.m., Thursdays, noon-2:00 p.m. Call 425-830-2493. *(SN, free)*

**Wonderland Development Center. Caterpillar Playgroup.** Shoreline. Mondays & Thursdays, 10:00-11:30 a.m. Also **Play & Learn**, Broadview Branch Library, Seattle, Wednesdays, 10:30-11:30 a.m. Call 206-364-3777. *(SN, children 18 mo.-5 yr., free)*

## Step Parenting

**Family Therapy Services.** **Stepfamily Strengths**, Everett, 1<sup>st</sup> Mondays, 6:30-8:00 p.m. Call Beth, 425-259-5096. (S)

**Active Parenting for Stepfamilies.** **Stepfamily Solutions.** Poulsbo. Call or e-mail Anne, 360-779-4005, [stepfamilyolutionsllc@earthlink.net](mailto:stepfamilyolutionsllc@earthlink.net). (S)

## Teenagers

(See also the Addiction/Recovery section above, and courses keyed "PT" in the Fall Schedule.)

**Center for Human Services.** **Anger Management/Emotional Awareness Group.** 10 Thursdays, 4:00-5:30 p.m. Call or e-mail Kim, 206-631-8818, [kcrayton@chs-nw.org](mailto:kcrayton@chs-nw.org). (Teens 13-17, free for Shoreline/Lake Forest Park low income, medical coupons accepted, \$200 for others)

**Changes Parent Support Network.** **Support groups and workshops** for parents of teens, Seattle, Des Moines, Redmond, Everett. Call 1-888-468-2620. (PT, free)

**Cocoon House.** **Classes and support group for parents of teens**, Everett, Monroe, Lynnwood. Call 425-317-9898. (PT, free, in **Spanish** in Everett)

**Friends of Youth.** **Systematic Training for Effective Parenting of Teens** (STEP/Teen). Eight-wk. course. Issaquah. Call 425-392-6367. (PT, \$45, \$60/couple)

**King County Superior Court.** **The Step-Up Program.** 20-wk. ongoing program for teens who have used violence in the home, and their parents. Call 206-296-7841 for intake interview. (PT, free)

**Youth Eastside Services.** **Systematic Training for Effective Parenting of Teens** (STEP/Teen). Bellevue. Call 425-747-4937. (PT, \$120/couple, includes book)

## Teen Parents

**Bates Technical College and Puyallup Teen Resource Center.** **Classes for teen parents and their infants or toddlers**, Thursdays after 3:00 p.m. Tacoma and Puyallup. Call 253-680-7503. (TP & young children, free)

**Deaconess Children's Services.** **Teen Parent Advocacy**, at Providence Hospital Pacific Campus, Everett, Fridays, 2:30-4:30 p.m. Call 425-259-0146, ext. 108 or 118. (TP, pregnant teens, free, childcare, snacks, limited transportation)

**El Centro do la Raza.** **Next Generation.** Home visiting services for pregnant and parenting teens. Beacon Hill. Call 206-325-3192. (TP, pregnant teens, free, two-year program, English & **Spanish**)

**FamilyWorks & North Seattle Family Center.** **Teen Parent Group.** Saturdays, 4:00-6:00 p.m., at NSFC. Call or e-mail Gladys, 206-694-6729, [gladysm@familyworksseattle.org](mailto:gladysm@familyworksseattle.org). (TP & young children, meals, free)

**Healthy Start.** **In-home support** for new north and east King County and south Snohomish County moms and moms-to-be 22 years or younger, babies under 6 mo. Call Mary or Pam, 425-869-6658, or Brook, 206-631-8807. (TP, free)

**Monroe Valley General Hospital. Teen Parent and Pregnancy Support Group**, 3:00-4:00 p.m. Call Community Relations, 360-794-1411. (TP)

**Rainier Beach Family Center. Teens As Parents.** Tuesdays, 4:30-6:30 p.m. Call 206-723-1301. (TP & young children, free)

**Southwest Youth & Family Services. Young Parent Family Advocate**, West Seattle. Call Curn Domingo, 206-937-7680, ext. 222. (TP 16-24 yrs.)

**YWCA East Cherry Branch. Young Parents.** 12 Wednesdays, 6:00-8:00 p.m., Central Area. Call Tan Walker, 206-957-2020, ext. 312. (TP 15-25 yr. or pregnant, free, childcare, dinner, transportation)

## Support Groups

*Most of these ongoing support groups do not require pre-registration, but please call to verify. Many welcome caregivers as well as parents. Adlerian-based groups are shown in boxes.*

### Mondays

#### Seattle

Judy Herrigel, **First Weeks**, Community Birth & Family Center, Montlake, noon-2:00 p.m. Call 206-720-0511. (PI to 3 mo., \$5 donation)

**Korean Playgroup**, FamilyWorks, Wallingford, 10:00-11:30 a.m. Call 206-694-6727. (PY & children from Korea, free)

**Understanding the Moods of Motherhood**, Swedish Hospital, First Hill. 4:00-5:30 p.m. Call 206-386-3321. (New moms, free)

**1<sup>st</sup> Mondays: Birds + Bees + Kids - Monthly Casual Chats at Mosaic Coffeehouse**, Amy Lang, 7:00-8:00 p.m. Wallingford. E-mail [amy@birdsandbeesandkids.com](mailto:amy@birdsandbeesandkids.com) or see [www.birdsandbees.com](http://www.birdsandbees.com). (P, donations requested, have questions answered, playroom)

**1<sup>st</sup> & 3<sup>rd</sup> Mondays: María De Jesús, Aprender Jugando: Play & learn en Español**, North Seattle Family Center, Lake City, 10:00-11:30 a.m. Call 206-364-7930. (PY & children 0-3, free)

**1<sup>st</sup> & 3<sup>rd</sup> Mondays: Parents' Group**, Wellspring Family Services, Pioneer Square, 6:30-8:00 p.m. Call 206-461-8369. (P helping children who have witnessed domestic violence, \$)

**2<sup>nd</sup> Mondays: P-Flag**, Parents, Families, and Friends of Lesbians and Gays, Capital Hill, 7:00 p.m. Call 206-325-7724. (P)

**2<sup>nd</sup> & 4<sup>th</sup> Mondays: Multi-Family Groups**, Valley Services Counseling & Consultation, Auburn. 6:00-7:30 p.m. Call Amanda, 253-205-0544. (P, potluck)

**Alternate Mondays: Proud Parenting**, Open Arms Campaign, at Southwest Youth & Family Services, 6:00-8:00 p.m. Call toll free 1-877-534-1723. (*GLBT parents & children, potluck dinner, social activities*)

## Eastside

**First Steps Play & Learn**, Northshore Family Center, Bothell, 10:30 a.m.-noon. Call 425-205-2004. (*PI, PY & children 0-5, free*)

Lynne Haudenschild, **Single Parent Support Group**, Youth Eastside Services, Bellevue, 6:30-8:00 p.m. Call 425-747-4937. (*SP, \$10, sliding fee scale*)

**2<sup>nd</sup> Mondays: Eastside Parents' Support Group**, ADD Resources, Mercer Island, 7:00-9:00 p.m. May 12: Kim Kendall, PhD, on "Understanding AD/HD in Girls and Women." See [www.addresources.org](http://www.addresources.org). (*P, free, speaker, Q/A*)

**2<sup>nd</sup> & 4<sup>th</sup> Mondays: St. Madeleine's Networking Moms**, Bellevue, 6:30-8:30 p.m. Call 425-775-7022. (*For Catholic working mothers*)

**4<sup>th</sup> Mondays: Eastside Mothers of Multiples**: Bellevue, 7:30 p.m. Call 425-882-3271. (*Moms*)

## Elsewhere

**Caterpillar Play Group**, Wonderland Developmental Center, Shoreline. Call Gita, 206-364-3777. (*PI, PY & children 18 mo.-5 yr., free*)

**Changes Parent Support Group**—South King County, Des Moines, 7:00-9:30 p.m. Call 1-888-468-2620. (*PT*)

**Parent Infant/Toddler Education Classes**, Edmonds Community College, 9:30-11:30 a.m. Call 425-640-1665 or e-mail [fled@edcc.edu](mailto:fled@edcc.edu). (*P & children born 4/06-1/07, \$110, scholarships*)

**Parent Support Group**, Children's Home Society, Kent, 6:00-7:30 p.m. Call Tamzyn at 253-854-0700. (*Parents enrolled in a CHS program, limited childcare*)

**Parent Support Group**, Sky Valley Community Resource Center, 6:30-8:30 p.m. Call Maggie, 360-793-2400. (*P*)

**Parent Trust**, Deaconess Children's Services, Everett, Monroe. Call the Family Help Line, 1-800-932-4673, or see [www.parenttrust.org](http://www.parenttrust.org). (*English-speaking & Latino P, childcare, free*)

**Parenting Enhancement Group**, Compass Health, Monroe, 4:00-5:30 p.m. Call Patti, 360-794-9898. (*P*)

**Play & Learn, Jugando y Aprendiendo**, Shoreline Family Support Center, 10:30 a.m.-noon. Call Silvia, 206-631-8835. (*English- & Spanish-speaking PI, PY, caregivers & children 0-7, free, drop in*)

**Toddler Time**, Greater Maple Valley Community Center, at Gracie Hansen Community Center, Ravensdale, 9:30-11:30 a.m. Call 425-432-1272. (*PI, PY/caregiver & children 0-5, \$2/family*)

**1<sup>st</sup> Mondays: Parent Support Group**, Changes Parent Support Network, Des Moines. Call 1-888-468-2620. (*PT, free potluck 6:00-7:30 p.m.*)

**1<sup>st</sup> Mondays:** **Stepfamily Strengths**, Family Therapy Services, Everett, 6:30-8:00 p.m. Call Beth, 425-259-5096. (*S*)

**1<sup>st</sup> Mondays:** **Grandparents Support Group**, Encompass, North Bend, 6:30-8:00 p.m. Call Angela, 425-888-2777, ext. 243. (*G, childcare, free*)

**1<sup>st</sup> & 3<sup>rd</sup> Mondays:** **Asperger Parent Support Group**, The Family Center, Lynnwood, 7:00-8:30 p.m. Call or e-mail Pam, 425-670-8984, ext. 22, [pgraham@lcsnw.org](mailto:pgraham@lcsnw.org). (*P, caregivers, free, childcare, guest speakers on 3<sup>rd</sup> Mondays*)

**2<sup>nd</sup> Mondays** (usually): **Parent Support Group**, RAYS Family Support & Prevention Services, Renton, 6:30-8:00 p.m. Call Billie McKibben, 206-772-2050. (*P, G, free, childcare, pizza*)

**2<sup>nd</sup> & 4<sup>th</sup> Mondays:** **Grandparents Support Group**, Encompass, North Bend. Call or e-mail Kerry Beymer, 425-888-2777, ext. 229. (*G, free*)

**3<sup>rd</sup> Mondays:** **Tacoma Parents' Support Group**, ADD Resources, Tacoma General Hospital, 7:00-9:00 p.m. See [www.addresources.org](http://www.addresources.org). (*P, free, speaker, Q/A*)

**4<sup>th</sup> Mondays:** **Men's Group**, Auburn Family Resource Center, 6:00-7:00 p.m. Call Rodney or George, 253-854-0700. (*Dads, speaker June 23, dinner, free*)

**4<sup>th</sup> Mondays:** **Relatives As Parents (RAP)**, The Family Center, Lynnwood and elsewhere in Snohomish County, 7:00-8:30 p.m. Call Amy, 425-670-8984, ext. 12. (*G & other relatives, childcare, free*)

## *Tuesdays*

### *Seattle*

Patty Cogan, **First-Year Home Group**, Queen Anne, 5:00-6:30 p.m. Call 206-378-0477. (*P & their internationally adopted infants & young children, \$*)

**Grupo de Juego en Español**, FamilyWorks, Wallingford, 11:00 a.m.-12:30 p.m. Call or e-mail Mayra, 206-694-6730, [mayrac@familyworksseattle.org](mailto:mayrac@familyworksseattle.org). (*Spanish-speaking P & children under 5, songs, snacks, free*)

**Japanese Playgroup**, Wallingford, 3:00-5:00 p.m. E-mail Reiko, [wallingfordplaygroup@hotmail.com](mailto:wallingfordplaygroup@hotmail.com). (*PY & children, free*)

**Kinship Pilot Site: Relatives Raising Children**, Rainier Beach Family Center, 6:00-8:30 p.m. Call Fai Mathews, 206-723-1301, ext. 13. (*G, kin, childcare, transportation, field trips, free*)

**Latino Parenting**, Southwest Youth & Family Services, 5:30-7:00 p.m. Call 206-937-7680. (*Spanish-speaking P, childcare, refreshments, free*)

**Little PEPperS**, PEPS (Program for Early Parent Support), Wallingford, 10:00-11:30 a.m. Call Mary Gentry, 206-547-8570, ext. 21, for 2008 schedule. (*PI, PY 0-3 yr., \$40/6 wk., scholarships*)

**Parents Who Care: Parenting Tools and Information**, Southeast Youth & Family Services, Columbia City (Seattle), 6:00-7:30 p.m. Call 206-721-5542. (*P, free*)

**Play & Learn**, Cascade People's Center, Downtown, 5:30-7:30 p.m. Call 206-587-0320. *(PI, PY, G, & other family, friend, & neighbor caregivers & children under 5, free, bilingual **Spanish-speaking presenter**, book)*

**Play & Learn**, Cascade People's Center, at Garfield Community Center, Central Area, 10:30 a.m.-12:30 p.m. Call 206-587-0320. *(PI, PY, G, & other family, friend, & neighbor caregivers & children under 5, food, book, free, **bilingual Spanish-speaking presenter**, book, also Thursdays)*

Kerianne Gardner, **Play & Learn**, North Seattle Family Center, with Jackson Park House and Village, Northeast Seattle, 10:00 a.m.-noon. Call 206-364-7930. *(PY & children 3-5, free)*

**Play & Learn**, Wonderland Developmental Center, at the Broadview Public Library, 10:30-11:30 a.m. Call Gita, 206-364-3777. *(PY, free)*

Lourdes Ruiz, **Play & Learn**, North Seattle Family Center, Lake City, Northeast Seattle, 10:00-11:30 a.m. Call 206-364-7930. *(**Spanish-speaking PY** & children 0-3, free)*

**Teens As Parents**, Rainier Beach Family Center, 6:00-8:00 p.m. Call 206-723-1301 or e-mail [rbfcinfo@atlanticstreet.org](mailto:rbfcinfo@atlanticstreet.org). *(TP & children, pregnant couples, field trips, speakers, activities, dinner, baby supplies, free)*

**3<sup>rd</sup> Tuesdays: North Seattle Families of Multiples**, 7:00 p.m. Call 206-297-2628. *(P of multiple-birth children)*

**3<sup>rd</sup> Tuesdays: Family Resource & Support Group**, Sound Mental Health, Northgate, 6:15-8:15 p.m. Call or e-mail Cathy Clem, 206-459-6467, [cathyc@smh.org](mailto:cathyc@smh.org). *(P, childcare, potluck, free)*

**4<sup>th</sup> Tuesdays: Family Resource & Support Group**, Sound Mental Health, Capital Hill/Madison, noon-1:30 p.m. Call or e-mail Cathy Clem, 206-459-6467, [cathyc@smh.org](mailto:cathyc@smh.org). *(P, brown-bag lunch, beverages provided, free)*

## **Eastside**

**Changes, Parent Support Group**—East King County, Redmond, 7:00-9:30 p.m. Call 1-888-468-2620. *(PT)*

**Play & Learn**, Northshore Family Center, Bothell, 10:30 a.m.-noon. Call 425-205-2004. *(PI, PY & children 0-5, free)*

**1<sup>st</sup> Tuesdays: Parent Support Group**, Changes Parent Support Network, Redmond. Call 1-888-468-2620. *(PT, free, potluck 6:00-7:00 pm.)*

**1<sup>st</sup> or 3<sup>rd</sup> Tuesdays: MOPS Group** (Mothers of Preschoolers), [www.mops.org](http://www.mops.org).

**2<sup>nd</sup> Tuesdays: Mamas & Papas Relative Caregiver Support**, Kindering Center, Bellevue. 6:00-7:30 p.m. Call or e-mail Julie Fisher, 425-653-4314, [juliefisher@kindering.org](mailto:juliefisher@kindering.org). *(G and other kin, pizza, free, childcare, occasional guest speakers)*

**2<sup>nd</sup> Tuesdays: Family Resource & Support Group**, Sound Mental Health, Bellevue, noon-1:30 p.m. Call or e-mail Cathy, 425-653-4917, [cathyc@smh.org](mailto:cathyc@smh.org). *(P, bring brown-bag lunch, beverages provided, free)*

**2<sup>nd</sup> & 4<sup>th</sup> Tuesdays: Spanish-speaking Mothers Support Group**, Kindering Center, Bellevue, 6:00-8:00 p.m. Call Alicia Martinez, 425-747-4004, ext. 5412. *(Mothers, free, childcare)*

**3<sup>rd</sup> Tuesdays: Children & Adults with Attention Deficit Disorder** (CHADD), Kirkland, 7:00-9:00 p.m. Call 206-622-2127 or see [www.nwchadd.org](http://www.nwchadd.org). (*P & children with ADD*)

**3<sup>rd</sup> Tuesdays: Eastside Parent Support Group**, Kirkland, 7:00-8:30 p.m. E-mail Melanie Miller, [melanieposdisc@att.net](mailto:melanieposdisc@att.net). (*P, G, caregivers who have taken an Adlerian parenting course or who have read Positive Discipline by Jane Nelsen, free*)

## Elsewhere

**Drop-in Support Group**, Cocoon House, Everett, 6:30-8:00 p.m. Call 425-317-9898. (*PT, free*)

**Daddy & Me**, Edmonds Community College, Lynnwood, 6:00-8:00 p.m. Call 425-640-1665 or e-mail [fled@edcc.edu](mailto:fled@edcc.edu). (*Dads & children born between 7/06 & 1/08, \$75, scholarships*)

**Jugar y Aprender**, Shoreline Family Support Center, 10:00-11:30 a.m. Call Sylvia, 206-631-8835. (*Spanish-speaking PY & children 0-7 yrs., free*)

**Lake Stevens Parent Support Group**, Lake Stevens Youth Coalition, 6:30-8:30 p.m. Call Tammy, 425-334-4071. (*P*)

**Latino Parent Trust Support Group**, Everett. Call the Family Help Line, 1-800-932-4673 or see [www.parenttrust.org](http://www.parenttrust.org). (*Spanish-speaking P, free, children's program*)

**PACE** (Parent and Child Education), Children's Home Society Auburn Family Resource Center, 6:00-7:30 p.m. Call 253-854-0700. (*PY, PE, childcare, 4<sup>th</sup> Tuesdays with children 1-12, free*)

**Parent Education Infant/Toddler Program**, Edmonds Community College, 9:30-11:30 a.m. Call 425-640-1665 or e-mail [fled@edcc.edu](mailto:fled@edcc.edu). (*P & children born 3/07-1/08, \$100, scholarships*)

**Parent Talk**, Darrington Family Support Center, 6:00-8:00 p.m. Call Paula, 360-436-0308. (*P, childcare*)

**Parent Trust Support Group**, Children's Home Society of Washington, Auburn. Call the Family Help Line, 1-800-932-4673, or see [www.parenttrust.org](http://www.parenttrust.org). (*P, free*)

**Parent Trust Support Group**, Bellingham. Call the Family Help Line, 1-800-932-4673, or see [www.parenttrust.org](http://www.parenttrust.org). (*P, free, children's program*)

**Play & Learn in Spanish**, Campfire, Shoreline, 10:00 a.m.-noon. Call Maria, 206-826-8932 or 206-461-8550. (*Spanish-speaking PI, PY & children, free*) **Teen Parent and Pregnancy Support Group**, Monroe Valley General Hospital, 3:00-4:00 p.m. Call Community Relations, 360-794-1411. (*PT*)

**Play & Learn, Jugando y aprendiendo**, Shoreline Family Support Center, at Third Place Commons, Lake Forest Park Shopping Center, 10:00-11:30 a.m. Call Silvia, 206-631-8835. (*English- & Spanish-speaking PI, PY & children 0-7, free, drop in*). Also separate class for *Spanish-speaking parents*, 10:30 a.m.-noon.

**Support Group for Parents of Teens**, Cocoon House, Everett, 6:30-8:30 p.m. Call 425-317-9898. (*PT, free*)

**Toddler Time**, Greater Maple Valley Community Center, 9:30-11:30 a.m. Call 425-432-1272. (*PI, PY/caregivers & children 0-5, suggested donation \$1, also Thursdays*)

**1<sup>st</sup> Tuesdays:** **Family Resource & Support Group**, Sound Mental Health, Auburn, 6:15-8:15 p.m. Call or e-mail Cathy, 206-459-6467, [cathyc@smh.org](mailto:cathyc@smh.org). (*P, childcare, potluck, free*)

**1<sup>st</sup> Tuesdays:** **MOMS Club**, South Snohomish/Mill Creek/Bothell, 10:00-11:30 a.m., 425-337-0722. (*Moms*)

**1<sup>st</sup> Tuesdays:** **Support Group for Parents of Children with Special Needs**, Providence General Medical Center, Everett, 10:00-11:30 a.m. Call Sister Gail, 425-261-4041. (*P*)

**1<sup>st</sup> & 3<sup>rd</sup> Tuesdays:** **Moms and Moppets**, for moms of newborns-5 yrs., Bothell, 9:00-11:30 a.m. Call 425-488-2500. (*Moms & newborns, \$, childcare*)

**1<sup>st</sup> & 3<sup>rd</sup> Tuesdays:** **Parent Support Group**, Lake Stevens Family Center, 5:15-6:30 p.m. (*P, childcare, free*)

**1<sup>st</sup> & 3<sup>rd</sup> Tuesdays:** **Parent Support Network**, South Everett Neighborhood Center, 6:00-7:30 p.m. Call Kristen McPherron, 425-355-6005. (*P*)

**1<sup>st</sup> & 3<sup>rd</sup> Tuesdays:** **Play & Learn**, Auburn Family Resource Center, 9:00-11:00 a.m. Call 253-854-0700. (*PI, PY & children 0-3, free*)

**2<sup>nd</sup> Tuesdays:** **Children and Adults with Attention Deficit Disorders (CHADD)**, Kitsap Peninsula, 7:00-9:00 p.m. Call 206-622-2127 or see [www.nwchadd.org](http://www.nwchadd.org). (*P & children with ADD, lending library, books for sale, refreshments*)

**2<sup>nd</sup> Tuesdays:** **MOM's Club of Maple Valley**, Greater Maple Valley Community Center, 11:30 a.m.-1:00 p.m. Call 425-432-1272. (*Moms*)

**3<sup>rd</sup> Tuesdays:** **Foster Parent Support Group**, Greater Maple Valley Community Center, 7:00-9:00 p.m. Call 425-432-1272. (*FP*)

## *Wednesdays*

### *Seattle*

**ADD/ADHD Parent Support Group**, Rainier Family Support Center, 6:00-7:30 p.m. Call 206-723-8590. (*PS, childcare*)

**Baby Play**, FamilyWorks, Wallingford, 1:00-2:00 p.m. Call 206-694-6727. (*PI & babies 0-1, free*)

Kaaren Sidoine, **Brain Play**, North Seattle Family Center, at Bitterlake Community Center, 10:00 a.m.-noon. Call 206-364-7930. (*PY & children 0-3 yrs., free, donations appreciated*)

**Changes, Parent Support Group**—Seattle, 7:00-9:30 p.m. Call 1-888-468-2620. (*PT*)

Judy Herrigel, **First Weeks**, Community Birth & Family Center, Montlake, noon-2:00 p.m. Call 720-0511. (*PI to 3 mo., \$5 donation*)

Patty Cogan, **First-Year Home Group**, Queen Anne, 10:00-11:30 a.m. Call 206-378-0477 (*P & their internationally adopted infants and young children, \$*)

Abbey Moon Jordan, **Grandparents and Relatives Reparenting**, Casey Family Program, Central Area, 12:30-2:00 p.m. Call or e-mail Abbey, 206-731-2557, [abbey.moon@metrokc.gov](mailto:abbey.moon@metrokc.gov). (*G and other relatives, free*)

**Latino Support Group**, Southwest Youth & Family Services, at Concord Elementary School, 6:00-7:30 p.m. Call 206-937-7680. (*P, childcare, free, refreshments*)

**Parent & Child Play & Learn**, Rainier Beach Family Center, at the Rainier Beach Community Center, Southeast Seattle, 10:00-11:30 a.m. Call 206-723-1301. (*PY & children 0-3, free*)

**Parent Support Group**, Central Area Health Clinic at Central Area Youth & Family Services, 6:30-8:00 p.m. Call 206-205-6029. (*P, childcare, bus tokens*)

Kaaren Sidoine, **Play & Learn**, North Seattle Family Center, at Bitter Lake Community Center, 10:00 a.m.-noon. Call 206-364-7930. (*PY & children 0-5, free*)

Colleen Maxwell, **Play & Learn**, North Seattle Family Center, Lake City, 10:00 a.m.-noon. Call 206-364-7930. (*PY & children 0-5, free*)

**Play & Learn**, FamilyWorks, Wallingford, 10:30 a.m.-noon. Call 206-576-6534. (*PY & young children, free*)

Terri Hollinsworth, **Support Circle for Parents of Middle School Children**, Ravenna, 11:00 a.m.-1:00 p.m. Call Terri, 206-281-8403. (*P, 6-wk. group, \$40, sliding scale*)

**Talk Time: Families in a New Culture**, North Seattle Community College, at North Seattle Family Center, Lake City, 12:30-2:30 p.m. Call 206-364-7930. (*P with limited English skills, childcare, \$25/quarter*)

**Young Moms' Support Group**, YWCA East Cherry Branch, Central Seattle, 6:00-8:00 p.m. Call 206-568-7845. (*Moms 14-23 yr., childcare, snacks, transportation home, free, resources*)

**1<sup>st</sup> Wednesdays: Parent Support Group**, Changes Parent Support Network, Wallingford, 7:00-9:30 p.m. Call 1-888-468-2620. (*PT, free, potluck 6:00-7:00 p.m.*)

**1<sup>st</sup> & 3<sup>rd</sup> Wednesdays: North Seattle Families in Recovery**, Parent Trust for Washington Children, University District, 6:30-8:00 p.m. Call Sarah M., 206-233-0156, ext. 228. (*P & children, childcare, free*)

**1<sup>st</sup> & 3<sup>rd</sup> Wednesdays: While You Are Waiting**, PEPS, Wallingford, 10:00 a.m.-noon. Call Mary Gentry, 206-547-8570, ext. 21. (*Expectant P, P & babies, free, drop-in*)

**1<sup>st</sup> & 3<sup>rd</sup> Wednesdays: Grandparents As Parents**, Rainier Community Center, 6:00-8:00 p.m. Call or e-mail Indiana Allen, 206-595-9047, [lallen7002@aol.com](mailto:lallen7002@aol.com). (*G, childcare, dinner, free*)

**2<sup>nd</sup> & 4<sup>th</sup> Wednesdays: Home Schoolers Group**, North Seattle Family Center, Lake City, 10:00 a.m.-11:00 a.m. Call Patti Drummond, 206-364-7930, ext. 2724. (*P, free*)

**4<sup>th</sup> Wednesdays: Support Group for Spanish-Speaking Parents**, FamilyWorks, 7:00-8:00 p.m. Call Mayra, 206-694-6730. (*Spanish-speaking parents who have taken an Adlerian parenting course (shown in boxes), free, childcare.*)

**4<sup>th</sup> Wednesdays: Kinship Support Group**, UJIMA Community Services, Southeast Seattle, 6:00-8:00 p.m. Call or e-mail Danielle Clayton, 206-760-3456, [danielle@ococujima.org](mailto:danielle@ococujima.org). (*G, , free*)

**4<sup>th</sup> Wednesdays:** **Family Resource & Support Group**, Sound Mental Health, Madison Park, noon-1:30 p.m. Call or e-mail Kim Thomas, 206-302-2344, [kimth@smh.org](mailto:kimth@smh.org). (*P, bring lunch, beverage provided, free*)

## Eastside

**Play & Learn**, Northshore Family Center, Bothell, 10:30 a.m.-noon. Call 425-205-2004. (*Spanish-speaking PI, PY & children birth to 5, free*)

**Loving Families** and **Familias en Amor**, Northshore Family Center, Bothell, 6:00-8:30 p.m. Call 206-362-6979. (*Married couples with children, workshops and family events, English or Spanish, childcare*)

Lynne Haudenschild, **Parent Support Group**, 7:00-8:30 p.m., Youth Eastside Services, Bellevue, for parents of youth possibly using drugs or alcohol. Call 425-747-4937. (*PT, drop in, free*)

**Primeros Pasos Play & Learn**, Northshore Family Center, Bothell, 10:30 a.m.-noon. Call 425-205-2004. (*Spanish-speaking parents PI, PY & children 0-5, free*)

**Russian First Steps Plan & Learn**, Northshore Family Center, Bothell, 10:30 a.m.-noon. Call 425-205-2004. (*PI, PY & children 0-5, free*)

**Support Group for parents of children with autism**. Beth Jenson, Sunrise Professional Center, Woodinville, 7:00-8:00 p.m. Call 425-830-2493 (*SN, free*)

**1<sup>st</sup> & 3<sup>rd</sup> Wednesdays:** **Beyond the Baby Blues**, New Parents Services/Wellspring Family Services, Bellevue, 12:30-1:30 p.m. Call 425-450-0332, ext. 219. (*PI, free drop-in*)

**1<sup>st</sup> & 3<sup>rd</sup> Wednesdays:** **Kinship Support Group**, Encompass, Duvall, 6:30-8:00 p.m. Call 425-788-7924. (*G & other relatives, childcare, free*)

**1<sup>st</sup> & 3<sup>rd</sup> Wednesdays:** **Pregnancy & Post-Partum Support Group**, New Parents Services/Well-spring Family Services, Bellevue, noon-1:00 p.m. Call 425-453-7890, ext. 268. (*Expecting and new moms, free*)

**4<sup>th</sup> Wednesdays:** **Family Resource & Support Group**, Sound Mental Health, Bellevue, 6:30-8:30 p.m. Call or e-mail Cathy, 425-653-4917, [cathyc@smh.org](mailto:cathyc@smh.org). (*P, childcare, potluck, free*)

## Elsewhere

**CPC Group**, Auburn Family Resource Center & Children's Therapy Center, 9:00-10:00 a.m. Call 253-354-0700. (*P & children, free*)

**Families in Recovery Parent Trust Support Group**, Bellingham. Call the Family Help Line, 1-800-932-4673 or see [www.parenttrust.org](http://www.parenttrust.org). (*P, free*)

**MOMs Support Group**, The Parenting Place, Bremerton, 6:00-7:30 p.m. Call 360-473-2134. (*Moms off meth, free*)

**Parent Education Infant/Toddler Program**, Edmonds Community College, 9:30-11:30 a.m. Call 425-640-1665 or e-mail [fled@edcc.edu](mailto:fled@edcc.edu). (*P & children born 6/07-4/08, \$100, scholarships*)

**Parent Support Group**, Providence Everett Medical Center. Call Candy Ashbrook, 425-258-7783.  
(Non-offending parents of sexually abused children)

**Parents of Teens Skills Group**, Kent Youth & Family Services, 6:30-8:30 p.m. Call 253-859-0300.  
(PT, free)

**Parent Trust Support Group**, at Deaconess Children's Services, Everett. Call the Family Help Line,  
1-800-932-4673 or see [www.parenttrust.org](http://www.parenttrust.org). (P, children's program, free)

**Parents of Teens Support Group**, Parents Anonymous, Auburn, 7:00-8:30 p.m. Call 253-233-0139.  
(PT)

**People First**, Stanwood Camano Community Resource Center, Stanwood, 2:00-3:00 p.m. Potluck 6:00  
p.m. 2nd wk. of every month. Call 360-629-5257. (Individuals with developmental disabilities &  
their families)

**Play & Learn**, Cascade People's Center, New Futures site, SeaTac, 10:00 a.m.-noon. Call 206-587-  
0320. (PI, PY, G, and other family, friend, & neighbor caregivers & children under 5, free, **bilingual  
Spanish-speaking facilitator**, book)

**Plan & Learn**, RAYS, Renton/Skyway, 3:30-5:00 p.m. Call 206-772-2050. (PI, PY, caregivers &  
children birth to 5, snacks, free)

**Play & Learn in Spanish**, Campfire, Shoreline, 4:00-6:00 p.m. Call Maria, 206-826-8932 or 206-  
461-8550. (**Spanish-speaking PI, PY & children, free**)

**Play & Learn, Jugando y aprendiendo**, Shoreline Family Support Center, 10:30 a.m.-noon. Call Sil-  
via, 206-361-8835. (English- & **Spanish-speaking PI, PY & children 0-7 yr., free, drop in**)

**Playtime**, Lake Stevens Family Center, 10:00 a.m.-noon. Call 425-397-7433. (P or caregiver & chil-  
dren birth-5 yrs., free)

**Single Parents Support Group**, Highline Community College, Burien, 5:00-7:00 p.m. Call 206-878-  
3710, ext. 3030. (SP)

**Waddlers**, Edmonds Community College, Lynnwood, 9:30-11:30 a.m. Call 425-640-1665 or see  
[www.edcc.edu.hhf/flcd](http://www.edcc.edu.hhf/flcd). (PY & children born between 6/07 and 1/08, \$)

**1<sup>st</sup> & 3<sup>rd</sup> Wednesdays: Community Assessed Resource Center**, Lake Stevens Family Center, 5:00-  
6:30 p.m. Call 425-397-7433. (Service providers, P of at-risk youth, free)

**1<sup>st</sup> & 3<sup>rd</sup> Wednesdays: Play & Learn**, Auburn Family Resource Center, 1:00-2:30 p.m. Call 253-  
854-0700. (PI, PY & children 0-3, free)

**2<sup>nd</sup> Wednesdays: Family Resource & Support Group**, Sound Mental Health, Auburn, 11:45 a.m.-  
1:15 p.m. Call or e-mail Cathy Clem, 206-459-6467, [cathyc@smh.org](mailto:cathyc@smh.org). (P, bring brown-bag lunch,  
beverages provided, free)

**2<sup>nd</sup> & 4<sup>th</sup> Wednesdays: Sound Parenting**, Lynnwood, 6:30-8:30 p.m. Call Julie, 425-775-4059. (P)

**2<sup>nd</sup> & 4<sup>th</sup> Wednesdays: Mothers "n" More**, Bothell/Mill Creek, 7:00-9:00 p.m. Call 425-745-8312.  
(Formerly employed mothers)

**2<sup>nd</sup> & 4<sup>th</sup> Wednesdays: Play & Learn**, Auburn Family Resource Center, 9:30-11:00 a.m. Call 253-  
854-0700. (PI, PY & children 0-3, free)

## Thursdays

### Seattle

Judy Herrigel, **First Weeks**, Community Birth & Family Center, Montlake, noon-2:00 p.m. Call 206-720-0511. *(PI to 3 mo., \$5 donation)*

**Grandparents and Kinship Caregivers in Action**, Rainier Beach Family Center, 6:30-8:00 p.m. Call or e-mail Lynell Owens, 206-723-1301, [lynello@atlanticstreet.org](mailto:lynello@atlanticstreet.org). *(G, kin, & children, dinner, childcare, transportation, field trips, therapy, free)*

**Latino Parenting**, Southwest Youth & Family Services, at Highline Head Start, 5:30-8:00 p.m. Call 206-937-7680. *(P, childcare, refreshments)*

**Native American Parent Support Group**, sponsored by Ilwasal and Pathfinder School, Southwest Seattle, 6:00-8:30 p.m. Call Annie Soustek, 206-343-3111. *(PE)*

**Play & Learn**, Cascade People's Center, at Garfield Community Center, Central Seattle, 10:30 a.m.-12:30 p.m. Call 206-587-0320. *(PI, PY, G, & other family, friend, & neighbor caregivers & children under 5, free, bilingual Spanish-speaking facilitator, food, book, also Tuesdays)*

**Support Group for parents of children with autism**. Beth Jenson, Sunrise Professional Center, Woodinville, noon-2:00 p.m. Call 425-830-2493 *(SN, free)*

**1<sup>st</sup> & 3<sup>rd</sup> Thursdays: Second Chance Kinship Caregivers**, Greater Mount Baker Baptist Church, 6:00-8:00 p.m. Call or e-mail Helen Sawyer, 425-917-8782, [hjsawyerl@cs.com](mailto:hjsawyerl@cs.com). *(G, childcare, dinner, free, bus #48 & #14)*

**1<sup>st</sup> & 3<sup>rd</sup> Thursdays: Relatives Raising Relative Children**, Southeast Youth & Family Services, 6:00-8:00 p.m. Call Ali Phoenix, 721-5542, ext. 16, or Helen Sawyer, 206-721-5542, ext. 45. *(Caregivers, light dinner, childcare, free)*

**2<sup>nd</sup> & 4<sup>th</sup> Thursdays: Grandparent/Kinship Support Group**, RAYS West Hill Family Enrichment Center. 12:30-2:00 p.m. Call or e-mail Cynthia Green, 206-772-2050, [cynthiag@rays.org](mailto:cynthiag@rays.org). *(G, childcare, lunch, free)*

**3<sup>rd</sup> Thursdays: Kinship & Grandparent Support Group**, High Point Family Center, 5:30-7:00 p.m. Call or e-mail Dena Nelson, 206-923-3266, [denan@nhwa.org](mailto:denan@nhwa.org). *(G, childcare, dinner, free)*

**Monthly: Next Steps: For Bringing Baby Home Grads**, Jewish Family Service, Central Area, 6:15-8:00 p.m. call Marjorie, 206-461-3240, ext. 3146. *(PI, \$18/session, pay-ahead and bring-a-friend specials)*

### Eastside

**Aprender jugando**, Northshore Family Center, Bothell, 10:30 a.m.-noon. Call 425-205-2004. *(Spanish-speaking PI, PY & children birth to 5, free)*

**Beyond the Baby Blues**, New Parents Services/Wellspring Family Services, Bellevue, 12:30-1:30 p.m. Call 425-450-0332, ext. 219. *(P, free, drop-in—call to confirm)*

**Loving Families** and **Familias en Amor**, Northshore Family Center, Bothell, 6:00-8:30 p.m. Call 206-362-6979. *(Married couples with children, workshops and family events, English or Spanish, child-care)*

**1<sup>st</sup> Thursdays: Eastside Mothers' Club**, Kirkland, 9:30 a.m. Call 425-401-0377.

**3<sup>rd</sup> Thursdays: P-Flag**, Parents, Families, and Friends of Lesbians and Gays, Bellevue, 7:30-9:30 p.m. Call 425-775-7201.

## *Elsewhere*

**Anger Management/Emotional Awareness Group**, Center for Human Services, Shoreline, 4:00-5:30 p.m.. Call or e-mail Kim, 206-631-8818, [kcrayton@chs-nw.org](mailto:kcrayton@chs-nw.org). *(Teens 13-17, free for Shoreline./ Lake Forest Park low income, medical coupons accepted, \$200 for others)*

**Apreniendo Jugando**, Familias Unidas Latino Resource Center, Everett. Call 425-513-2880. *(P & young children, Spanish language, snacks)*

**Caterpillar Play Group**, Wonderland Developmental Center, Shoreline. Call Gita, 206-364-3777. *(PI, PY & children 18 mo.-5 yr., free)*

**Changes Parent Support Group**—various locations, 7:00-9:30 p.m. Call 1-888-468-2620. *(PT)*

**First Steps Play & Learn**, Ballinger Family Support Center, Shoreline, 11:00 a.m.-noon. Call Tamara, 206-362-2842. *(PY & children under 5)*

**Healthy Start**, Shoreline Family Support Center, 4:00-6:00 p.m. Call Josie, 206-362-7282, ext. 220. *(P & parents-to-be, ages 16- 22, free, home visits, resources, field trips, childcare, available in Spanish)*

**Jugar y Aprender**, Shoreline Family Support Center, 4:00-5:30 p.m. Call Silvia, 206-631-8835. *(Spanish-speaking PY & children 0-7, free)*

**Latino Parent Trust**, South Everett Neighborhood Center, Everett. Call 425-355-6005. *(Spanish-speaking P)*

**Multi-Culture Play Group**, The Family Center, Lynnwood, at Grace Fellowship Church, 10:00-11:30 a.m. Call 425-670-8984. *(PI, PY & children 5 and under, drop-in, free)*

**Parent Education Infant/Toddler Program**, Edmonds Community College. Call 425-640-1665 or e-mail [fled@edcc.edu](mailto:fled@edcc.edu). *(9:30-11:30 a.m. for P & children born 5/08-1/09, 9:30-11:30 a.m., scholarships)*

**Parents of Youth with Disabilities**, Parent Trust, Kent, 7:00-9:00 p.m. Call Betty, 253-941-5834. *(PT)*

**Toddler Time**, Greater Maple Valley Community Center, 9:30-11:30 a.m. Call 425-532-1272. *(PI, PY/caregivers & children 0-5, suggested donation \$1)*

**1<sup>st</sup> Thursdays: Children and Adults with Attention Deficit Disorders (CHADD)**, Olympia. Call 206-622-2127 or see [www.nwchadd.org](http://www.nwchadd.org). *(P & children with ADD, lending library, books for sale, refreshments)*

**1<sup>st</sup> Thursdays:** **Conscious Fathering**, Bates Technical College South Campus, Tacoma, 6:00-9:00 p.m. Call 253-680-7511. (*Dads \$35, grandpas free, schedule change for Apr. (12<sup>th</sup>), & July (12<sup>th</sup>)*)

**1<sup>st</sup> Thursdays:** **Parent Support Group**, Changes Parent Support Network, Everett, 7:00-9:30 p.m. Call 1-888-468-2620. (*PT, free, potluck 6:00-7:00 p.m.*)

**1<sup>st</sup> Thursdays:** **Relatives Are Parenting, Too**. Federal Way Headstart, 12:30-2:30 p.m. Call or e-mail Carol Jones, 253-946-0506, [cjishealthyandfree@yahoo.com](mailto:cjishealthyandfree@yahoo.com). (*G, lunch, free*)

**2<sup>nd</sup> Thursdays:** **PEPS Orientation: Parents for Early Parent Support**, The Family Center & PEPS, Lynnwood, 11:00 a.m. Call 425-744-1199. (*PI & infants 0-4 mo., weekly for 10 wk. in private homes, fee, trained facilitator*)

**2<sup>nd</sup> & 4<sup>th</sup> Thursdays:** **Play & Learn**, Auburn Family Resource Center, 1:00-2:30 p.m. Call 253-854-0700. (*PI, PY & children 0-3, free*)

**Every other Thursday:** **Grandparent/Kincare Group**, Renton Area Youth Services, Skyway/Renton, 12:30-2:00 p.m. Call 206-772-2050. (*G, caregiver relatives, free, childcare, lunch*)

**3<sup>rd</sup> Thursdays:** **Evening Toddler Time**, Greater Maple Valley Community Center, 6:30-8:00 p.m. Call 425-532-1272. (*PI, PY, caregivers, children 0-5, older siblings welcome, suggested donation \$1*)

**3<sup>rd</sup> Thursdays:** **Relatives as Parents Support Group**, Kent, 6:30-8:30 p.m. Call or e-mail Kristie Lund, 206-371-6642, [jazzma@yahoo.com](mailto:jazzma@yahoo.com). (*G & other kin, free*)

**4<sup>th</sup> Thursdays:** **Parents Connect**, Auburn Family Resource Center, 7:00-9:00 p.m. Call Sue, 253-850-2551. (*P & caregivers of children with special needs, childcare fee, free*)

## *Fridays*

### *Seattle*

**Everybody's Playgroup**, FamilyWorks, Wallingford, 10:30 a.m.-noon. Call 206-694-6727. (*PY & children under 5, songs, snacks, free*)

Patty Cogan, **The First-Year Home Group**, Queen Anne, 5:00-6:30 p.m. Call 206-378-0477. (*P & their internationally adopted infants & young children, \$*)

**Parent & Child Play & Learn**, Rainier Beach Family Center, at the Rainier Beach Community Center, 1:00-2:30 a.m. Call 206-723-1301. (*PY & children 0-3, free*)

**2<sup>nd</sup> Fridays:** **Parents As Teachers**, North Seattle Family Center, Lake City, 10:00-11:30 a.m. Call 206-364-7930. (*P & children 0-3, snacks, free*)

**2<sup>nd</sup> Fridays:** **Muslim Family Play & Learn**, North Seattle Family Center, Lake City, 10:00-11:30 a.m. Call 206-364-7930. (*P, caregivers & children 0-3, free*)

**2<sup>nd</sup> & 4<sup>th</sup> Fridays:** **Children from China Playgroup**, FamilyWorks, Wallingford, 5:30-7:00 p.m. Call 206-694-6727. (*P & children, free*)

## Eastside

**Aprender jugando**, Northshore Family Center, Bothell, 10:30 a.m.-noon. Call 425-205-2004. (*Spanish-speaking PI, PY & children 0 to 5, free*)

## Elsewhere

**Back Pack Kids**, Stanwood/Camano Community Resources Center, Stanwood, 10:00-11:30 a.m. Call 360-629-5257. (*PY & children birth to 5 yr., free, preschool cooperative play group*)

**Parent Infant/Toddler Education Classes**, Edmonds Community College, 9:30-11:30 a.m. Call 425-640-1665 or e-mail [fled@edcc.edu](mailto:fled@edcc.edu). (*P & children born 6/07-1/08, \$110, scholarships*)

**Play & Learn, Jugando y aprendiendo**, Shoreline Family Support Center, 10:30 a.m.-noon. Call 206-631-8836. (*English- & Spanish-speaking PI, PY & children birth to 5 yr., free, drop in*)

**Teen Parent Advocacy**, Deaconess Children's Services, at Providence Hospital Pacific Campus, Everett, 2:30-4:30 p.m. Call 425-259-0146, ext. 117. (*TP, pregnant teens, free, childcare, snacks, limited transportation*)

**Toddler Time**, Greater Maple Valley Community Center, at Gracie Hanson Community Center, Ravensdale, 9:30-11:30 a.m. Call 425-432-1272. (*PI, P, caregivers & children 0-5, \$2*)

**1<sup>st</sup> Fridays: Latina Mothers' Group**, Family Center of South Snohomish County, at Trinity Lutheran Church, Lynnwood. 10:00 a.m.-noon. Call 425-670-8984, ext. 17. (*Spanish-speaking moms & young children, free*)

**2<sup>nd</sup> & 4<sup>th</sup> Fridays: Highline Mothers of Preschoolers**, MOPS, at Highline Christian Church, Burien. 9:30-11:30 a.m. Call 206-243-4333. (*PI, PY, 1<sup>st</sup> meeting free, small fee, speakers, crafts, childcare*)

**3<sup>rd</sup> Fridays: Family Resource & Support Group**, Sound Mental Health, North Bend January only, 12:30-1:45 p.m. Call or e-mail Cathy Clem, 206-459-6467, [cathyc@smh.org](mailto:cathyc@smh.org). (*P, bring brown-bag lunch, beverage provided, free*)

## Saturdays

### Seattle

Lourdes Ruiz, **Familias Adelante—Grupo Para Familias Latinas**, North Seattle Family Center, Lake City, noon-3:00 p.m. Call 206-364-7930. (*Spanish-speaking PY, childcare, free*)

Colleen Maxwell & Kerianne Gardner, **Play & Learn**, North Seattle Family Center, Lake City, 9:30-11:30 a.m. Call 206-364-7930. (*PY & children to 5 yr., free*)

Gladys Martinez & Kaaren Sidoine, **Teen/Young Parent Group**, North Seattle Family Center and FamilyWorks, at NSFC, Lake City, 4:00-6:00 p.m. Call Gladys, 206-694-6729. (*TP to 23 years old, children, free, dinner*)

**2<sup>nd</sup> Saturdays:** **Attachment Parenting International, Seattle Chapter**, Phinney Ridge Neighborhood Center, 10:00 a.m.-noon. Call Sara, 206-323-7479, e-mail [info@apiseattle.org](mailto:info@apiseattle.org), or see [www.apiseattle.org](http://www.apiseattle.org). (P)

**4<sup>th</sup> Saturdays:** **Muslim Sisters Group**, North Seattle Family Center, Lake City, 7:00-9:00 p.m. Call 206-364-7930. (Moms, free childcare)

### *Eastside*

**Loving Families** and **Familias en Amor**, Northshore Family Center, Bothell, 6:00-8:30 p.m. Call 206-362-6979. (Married couples with children, workshops and family events, English or Spanish, childcare)

### *Elsewhere*

**Latino Parent Support Group**, Parent Trust, Monroe. Call the Family Help Line, 1-800-932-4673 or see [www.parenttrust.org](http://www.parenttrust.org). (Spanish-speaking P, free, childcare)

**1<sup>st</sup> Saturdays:** **MOMS Parent to Parent Support**, Family Support Center of South Snohomish County, Lynnwood, 10:00 a.m.-noon. Call 425-670-8984. (P of special-needs children, childcare, free)

## *Monthly*

**Family Resource and Support Groups.** Sound Mental Health, Auburn, Bellevue, Seattle (Northgate & Madison Park), North Bend. Call Cathy Clem, 206-459-6467. (P, bring brown-bag lunch, beverages provided)

**STEP Support Group**, Everett: Call or e-mail Stephanie Cross, 425-258-3260, [steph.cross@verizon.net](mailto:steph.cross@verizon.net). (P who are graduates of an Adlerian parenting course)

## *Training for Parent Educators*

Parent educators and persons wishing to become parent educators are invited to call, e-mail, or check the Web for information about local training schedules of the following sponsors, programs, and trainers. **Adlerian-based trainings are shown in boxes.**

**Academy for Coaching Parents International.** Parent/family coach certification distance-training program. Call Dr. Caron Goode, 520-979-4470, or see [www.academyforcoachingparents.com](http://www.academyforcoachingparents.com). (\$, scholarships)

**Active Parenting:** Training for **Active Parenting Today**, **Active Parenting of Teens**, **Padres Activos de Hoy**, **Active Christian Parenting**, **1,2,3,4 Parents!** (an early childhood program), **Parents on Board** (parent involvement in schooling), **Families in Action** (a program for parents and

teens) and **Cooperative Parenting and Divorce**. Also training to lead courses online. Call Active Parenting Publishers, 1-800-825-0060, ext. 120, or see [www.activeparenting.com/total.htm](http://www.activeparenting.com/total.htm).

**Archdiocesan Housing Authority. African American Families.** Lauriel Elsa-Gordon, at Randolph Carter Family & Learning Center, Seattle. Call 206-328-5952. (FT, \$90, \$80 per person if two or more register together)

**Children's Home Society: Healthy Start,** Volunteer Parent Mentor Training, at Family Resource Center, Redmond. Karen Knight, 425-895-9813, ext. 184.

**Edmonds Community College: Various courses concerning the family.** Lynnwood. Call 425-640-1665 or see [www.edcc.ctc.edu/fled/family\\_life\\_ed.htm](http://www.edcc.ctc.edu/fled/family_life_ed.htm).

**National ParentNet Association: ParentNet Leadership Training,** Redmond. Call Susan Grijalva, 425-868-6191, ext. 722.

**Nurturing Parent Program: Facilitator Training.** E-mail [fnc@nurturingparenting.com](mailto:fnc@nurturingparenting.com) or call 1-828-698-7609.

**Parent Coaching Institute: Parent Coach Certification Training Program,** a one-year distance learning program offered in cooperation with Seattle Pacific University. Call 425-401-1519 or see [www.parentcoachinginstitute.org](http://www.parentcoachinginstitute.org).

**Parenting Children with Health Issues:** A five-session online course offered by Lisa Greene and based on **Love and Logic**, for parent coaches, parent educators, and medical and mental health professionals. See [www.ParentingChildrenWithHealthIssues.com](http://www.ParentingChildrenWithHealthIssues.com). Call Lisa, 425-891-2842, or see [www.HappyHeartFamilies.com](http://www.HappyHeartFamilies.com).

#### **Positive Discipline:**

Jody McVittie, MD, **Teaching Parenting the Positive Discipline Way, & Puget Sound Positive Discipline Parent Educator Mentor Group.** northeast Seattle. Co-sponsored by the Puget Sound Adlerian Society. E-mail Jody, [jmcvittie@att.net](mailto:jmcvittie@att.net). CE hours and clock hours available.

Melanie Miller, MEd, **Teaching Parenting the Positive Discipline Way,** Feb. 25-27, the Positive Discipline Association & the Puget Sound Adlerian Society, Kirkland. Call or e-mail Melanie, 206-579-2172, [melanie\\_miller@verizon.net](mailto:melanie_miller@verizon.net).

#### **Systematic Training for Effective Parenting (STEP):**

Stephanie Cross, **Parenting Young Children,** for parents of children under 6, and **STEP,** for parents of school-age children. Call or e-mail Stephanie, 425-258-3260, [steph.cross@verizon.net](mailto:steph.cross@verizon.net).

Deanne Lindstrom, **STEP/Teen,** for parents of teens. Call or e-mail Deanne, 425-252-4979, [deannelind@yahoo.com](mailto:deannelind@yahoo.com).

**Strengthening Multi-Ethnic Families and Communities:** In English and **Spanish.** Call or e-mail Linda Reyes Songer, 206-363-3174, [lindasonger@comcast.net](mailto:lindasonger@comcast.net). (FT)

**The Virtues Project Facilitator Program:** See <http://virtuesproject.com> or e-mail [wall.crawler@juno.com](mailto:wall.crawler@juno.com). (FT)