



FAMILY RESOURCE CENTER  
of Central Oregon

# Connections

Spring 2021

Inside:

Sherri's Story

Child Abuse Prevention

Look What's New

***Mom  
discovers a  
community  
of support  
provided by  
caring  
people just  
like you!***

*We All  
Have a  
Stake in Child  
and Family  
Well-being*







**Fact:** Babies can be affected by a parent's moods and sense when parents are feeling sad or angry as early as 3 months of age.

- Zero to Three

What Parents Believe:

**47%** of parents believe babies develop this ability at 1 year of age or older.

**63%** of parents say 6 months of age or older

## Meet Sherri and baby Ben

*"The best way to describe my previous life is utter chaos. I was lucky though and got into treatment."*

While Sherri continued to work on her sobriety, she met Steve, a construction worker and father of two.

*"We hit it off right away and got married six months later."*

A year later Steve accepted a job that brought them to Central Oregon. After arriving in their new town, Sherri discovered she was pregnant.

*"I was so excited and petrified all at the same time!"*

Determined to be the best mom she could be, Sherri searched for resources and found the Family Resource Center. In Sherri's first parenting class, *Make Parenting a Pleasure*, she was pleasantly surprised.

*"I've learned a lot and I feel so much more prepared to parent my son. A pandemic is a crazy time to have a baby, it's so isolating - this experience felt more like a community than a class and I needed that."*

Creating a sense of community, increasing knowledge of child development, helping parents manage stress and build confidence are cornerstones of all Family Resource Center Programs.



***"I think about my parenting behavior and how it affects my kids."***

- Recent class participant



***"I liked everything about the class: the positive behavior and learning about self care and giving positive attention."***

- Recent class participant



## **April is Child Abuse Prevention Month**

Family Resource Center prevention-based parenting education and support provides local resources that reduce the stigma parents face when seeking help and provides the compassionate, culturally responsive and evidence-based support that help children and families thrive and strengthens our community.

***"It's easy to say, it's not my child, not my community, not my problem."***

***Then there are those who see the need and respond. I consider those people my heroes."***

- Fred Rogers

***"The class was very informative and it actually helped me understand my childhood trauma a lot more and allows me to prevent them in my child's life."***

- Recent class participant

### **Family Resource Center Programs Yield Significant Results**

After completing a Family Resource Center parenting series, parents reported significant\* changes in:

- Finding positive ways to guide and discipline children;
- Protecting their children from unsafe situations and;
- Dealing with the day-to-day stress of parenting

\*OSU developed Parenting Skills Ladder survey



***The most important thing we can do to help children thrive is to support families before they reach a crisis.***



**Prevention offers 7:1 cost saving**





# Look What's New!

Thanks to **Brooks Resources**, a longtime *Compassionate Business Partner*, FRC launches new website & **The Art of Family**



There is no  
one-size-fits-  
all for  
parenting.

Find classes, groups, events, workshops,  
and activities for your family!

Browse →

The **new** website is a work in progress driven by parent and community input and will be filled with helpful resources updated frequently.

**The Art of Family** is a celebration of families across Central Oregon and showcases their unique qualities, cultures, and relationships in an accessible and creative way.  
Join the fun!

Family Resource Center's

## The Art of Family

*Celebrating families across Central Oregon*

**Family Art Drawing**  
Get your crayons, paint, colored macaroni, whatever you have to create art as a family.  
**Ready, set, create!**

**\$2,000**  
*in visa gifts cards to be given away!*

Winners will be announced April 26th, 2021

To enter just snap a photo of your family's project and upload on FRC's Website: [frconline.org](http://frconline.org)  
One entry per family (collaboration must include 2 or more family members)  
See website for complete details. *Open March 22-April 25th*

Sponsored by:

 **Brooks Resources Corporation**

**FAMILY RESOURCE CENTER**  
of Central Oregon



As we grow, so do the needs of our growing community. We are not reaching everyone who wants or deserves support - **we need your help.** A donation today means even more support for families in our community, join us!

Strengthen Families ♥

