



FAMILY RESOURCE CENTER
of Central Oregon

Connections

Summer 2021

Inside:

Amber's Story

Welcome to the Team

You Make a Difference



***My Dad
Was
Like a
Statue***

**Through
the
eyes of
children**

His Face Never Changed



In a parenting class during a session about how parents can help their children deal with strong emotions, Amber, a mom of a 2 and 5 year old, shared, **"I didn't realize until just now, I'm doing the same thing my dad did with us."** Amber went on to describe growing up with a dad who was emotionally unavailable.

"His face never changed. Feelings just weren't something we talked about. I remember when something happened to our dog, my dad told me not to worry about it, we would get a new dog. I was upset, **I didn't want a new dog.**

I heard a lot of stop crying, you're okay.

*Don't get me wrong I love my dad, I just didn't get much attention or sympathy from him. **It's like feelings made him uncomfortable so he just didn't go there.***

I just never realized how important it is to help kids with their feelings, I've learned a lot!"



Emotional issues can often go unnoticed since there may not be a specific event identified as "traumatic."



One of the most crucial skills we human beings learn is how to manage our emotions. But it's a hard skill to learn, and sometimes adults need help guiding the emotional development of the children in their lives.

Family Resource Center programs offer options for all families to learn and grow together.

Children that grow up emotionally neglected may not identify as being neglected especially when physical needs were met, but the lack of emotional support leaves them emotionally isolated, and feeling invisible. They frequently suffer in silence, feel empty but don't necessarily know what's wrong, they often blame themselves.

Adverse childhood experiences (ACEs) do not need to be physically abusive or neglectful. Emotional neglect can have significant negative consequences and is often perceived as "normal" by those who have experienced it.

Welcome to the Family Resource Center team!



- Conor and his niece Catherine


Conor Carlsen,

New Donor Relations Coordinator

Conor grew up in Bend, attended Oregon State University, and went on to receive his MBA at Penn State University. Conor is excited about his new position as FRC's Donor Relations Coordinator - *"I want to help bring awareness and drive support so that our passionate and supportive team can continue their positive impact and service to our families, friends, neighbors, and communities throughout Central Oregon."*

Let's Go To The Park & KIDS On-The-Move

Outside fun for families with children 5 and younger







KIDS ON-THE-MOVE

SESSION 1: June 24-July 15
SESSION 2: July 22-August 12



Thursdays, 10:00-11:00 AM
Ages 0-5, with family
Free!

Join OSU-Extension Service and the Children's Forest of Central Oregon for a family program focused on outdoor exploration, fun physical activity, and nutrition. The Family Resource Center will be providing family activity kits each week.

Advance registration is strongly encouraged at childrens-forest.jumbula.com. Maximum group size is 20. Limited drop in space may be available.
Text KOTM to (833) 244-4363 to inquire and RSVP.



Family Resource Center of Central Oregon, so parents, children, and families can thrive. We provide parent coaching, home visits, and referrals. See us at 541-389-5468.




KIDS ON-THE-MOVE

American Legion Park, Redmond

July 6-27, 2021
Tuesdays, 10:00-11:00 AM
Ages 0-5, with family
No Cost!

Join OSU-Extension Service and the Children's Forest of Central Oregon for a family program focused on outdoor exploration, fun physical activity, and nutrition. The Family Resource Center will be providing family activity kits each week plus ingredients for a healthy family snack.

Advance registration is strongly encouraged at childrens-forest.jumbula.com. Maximum group size is 20. Limited drop in space may be available.
Text KOTM to (833) 244-4363 to inquire.



Vamos al parque con Teresa y Mayra!

GRATIS! Este verano, 6 y 7 de Julio al 10 y 11 de Agosto, sea parte de estas actividades divertidas! El propósito es de ayudar a nuestros peques en su desarrollo!



Para información sobre la localidad llame a:
Rosa Cendejas al 541.604.2031

Regístrate ahora!

TE ESPERAMOS!!

CENTRO DE RECURSOS FAMILIARES del Centro de Oregon

Reuniones semanales, Martes en Redmond - 1pm Miércoles en Madras - 10am, y Bend - 11am

Para padres o tutores con hijos de 0-5

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

CENTRAL OREGON 2021



July 24th

7-9PM @ Costco

Event to Support Local Nonprofits
Including your local

Family Resource Center!

No need to be a Costco member, sign up
@ <http://SHOP4ACAUSE.US>

Can't make it? No problem, you can
make a donation directly to FRC!

Use the link at the bottom of this page
or call 541-389-5468 option 1

Your Support Makes a Huge Impact for Central Oregon Families!

Thanks to your generosity, Family Resource Center is here to ensure every child has a strong start in life and parents and caregivers have the tools and resources necessary for their families' success.

Over the past 12 months, you have helped FRC deliver over 5,000 hours of education to over 900 parents, impacting over 1528 children!

Thank you!

Instructors were amazing and shared experience that made me feel safe and welcome to be open and honest even when things were rather embarrassing or I felt ashamed to talk about them.

"I am a good parent but this will make me a better parent."

I enjoyed that we were able to share our experiences openly without judgement and knowing I wasn't the only parent struggling raising my kids. I also loved all the activities we were able to do with our kids at home.

We need your help! As our community continues to grow and an increasing number of our neighbors and families call for support, your donation means they have a place to turn. Please consider a gift today!

Donate ❤️