



# Parenting News

We are a group of parents in Linn County who want to be supports to other parents. We have difficult kids or kids with difficult behaviors, and have felt alone, misunderstood, isolated, confused, frustrated, and everything in between. Support to and from other parents has been a lifeline and reminded us that we do not have to be alone.

Comments, questions? Contact us by phone: 541-730-8716 or 541-971-0246 or e-mail: [questions@parentingtogether.us](mailto:questions@parentingtogether.us). To submit articles or feedback, or to sign up to receive this newsletter via email, write to [fsveditors@gmail.com](mailto:fsveditors@gmail.com) or talk to Robin Veek.

## Albany Homeless Memorial

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Every year on the 21st of December, the longest night of the year, there is a memorial service for the homeless who have passed away in our area within the last year. This year, 50 people who attend our Collaborative Problem Solving groups were there as well.

The mayor of Albany, Sharon Konopa read a proclamation to open the ceremony. Several people spoke reminding us how hard it can be to survive the cold Oregon winters without a home, and how difficult it can be to fight back from homelessness as well.

It was touching to see several people gathered to say that they do care about those in our city who are homeless and who can often feel that they are not cared



about. One way that some people showed that they cared, was they were handing out blankets and hats for people who might not have somewhere warm to spend the night.

Several youth were in attendance with their parents at the memorial and all seemed to appreciate the moment as well.

After the service was over, we returned to the church that we had all carpooled from for some hot chocolate and to talk about what the service meant to us and if there were any ways we could think of supporting it in the future. It was a great discussion, and many of our youth spoke up to say how important they feel this event is and that they want to see it continue. Overall, it was a good, hopeful end to the evening.

## Winter Class Schedule

Albany—Thursdays, 12:30-2:30 and 5:45-7:45pm, First United Methodist Church, 1115 28th Ave. SW., beginning January 18<sup>th</sup>.

Lebanon—Tuesdays, 9:15-11:15 and 12:15-2:15pm., beginning January 16<sup>th</sup>. Lebanon Four Square Church 600 W. D Street

Sweet Home—Tuesdays, 9:30-11:00, at Freedom Hill Church, 2470 Main St. Beginning January 16<sup>th</sup>\*Co-facilitated by consumer April Wheeler

Harrisburg— Tuesdays 12:30-2:00 at the Senior Center 354 Smith Street. Co-facilitated by LaNette Johnston

Children Activities available at some locations. Lebanon and Albany groups are facilitated by Debbi Barreras.

Questions? Please call 541-730-8716 or 541-971-0246, or visit: [parentingtogether.us](http://parentingtogether.us)



## New Year's Resolutions?

Each year some of us decide that we want to change something about ourselves, to be better, let go of bad habits, be a better person. That is easier said than done. I have decided that being kinder to myself and others is what I am going to focus on. We are so hard on ourselves that we seem to see the one thing we did not do and forget about the 9 things we did get done. Self empathy is about treating yourself with kindness, being gentle when you might have done something wrong, or just not done it as good as you would of liked to. Self empathy can then prepare you for empathy for others. How does it really feel to be a kid these days? What is it like to become older and not able to get around. Putting yourself in someone else's shoes can give you a look into someone else's life. How about we slow down a bit, look out for others, take into consideration how the people around might be feeling. Spread a little empathy around. It really does start with you. Why not work on being kinder and gentler to yourself and see if that then spurs you to be kinder and gentler to others. You might be surprised at how much better you start to feel, and the reaction of those around you.

Be Kind Be Gentle to yourself and others.

To yourself and others.