



One||Another Community News: Living Today Forward

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: 541-704-0221 or 541-730-8716 or e-mail: questions@parentingtogether.us. To submit articles or feedback, or to sign up to receive this newsletter via email, write to fsveditors@gmail.com or talk to Robin Veek.

Taking the Time

By Monica Potter

Spring is on its way. Spring brings with it lots of opportunities to spend time with our families and loved ones. If you can go for walks around your neighborhood you will find lots of new flowers coming up. The trees and bushes that lost their leaves over the winter have begun to grow new ones. Lots of animals have babies this time of year. This is a great time to start something new with your loved ones.

Some families spend their weekends doing “Spring Cleaning”. In my

house that means doing the dirty work and moving stuff around and cleaning where you can’t see. It also means that it’s time to evaluate if I need all the stuff I have. Most likely for me I don’t. So, I will go through my things and find things that can be donated to others for their enjoyment. Clearing out things I don’t need does several things for me. It gives me more space in which to breathe. I take care of clutter that is overwhelming sometimes. And it gives me a sense of goodness to know that others will be able to benefit from it.

Some people get “spring fever”. While I don’t know if it’s a real fever, I do know that lots of changes happen within some people during this time. There are sudden bursts of energy, cravings for fresh fruit and vegetables, less time spent sleeping, and you see more smiles, real smiles. There is a feeling of invigoration and restlessness related to the anticipation of warmer weather and getting to be outside more. While I am not sure what the professionals say about spring fever, I am one of

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those people that has more energy this time of year. Now if you notice this in your family members it might be a good time to talk about those feelings and how to handle them appropriately.

Upcoming Class Schedule

Albany—Thursdays, time TBD, First United Methodist Church, 1115 28th Ave. SW., beginning April 5th. Please call to register

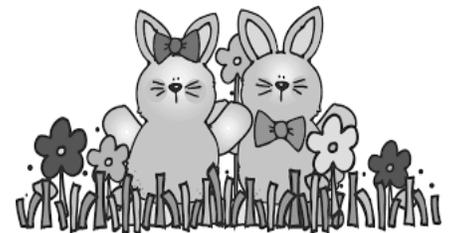
Lebanon—Tuesdays, 12:15-2:15pm, beginning April 3rd. Lebanon Four Square Church 600 W. D Street

Sweet Home—Tuesdays, 9:30-11:00, at Freedom Hill Church, 2470 Main St. Beginning April 10th. Co-facilitated by consumer April Wheeler

Harrisburg—Tuesdays 12:30-2:00 at the Senior Center 354 Smith Street. Beginning April 10th. Co-facilitated by consumers Alanna Warren and Monica Potter

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

Questions? Please call 541-704-0221 or 541-730-8716 , or visit: www.parentingtogether.us



My Collaborative Problem Solving Story

By Mary-Beth Howland

I started attending CPS classes so I could figure out how to get my kids to do what I asked them to do. That was 2 years ago. I am so grateful for all the things that I have learned attending this class. The people skills, communication skills, and being able to truly appreciate my self has truly impacted my life.

The combination of the class curriculum and the intentional environment of personal support has been an important key to the success of the class

Before I came to class, I felt frustration that the parent I envisioned myself to be and what my life looked like were two different



worlds. Coming to class I learned how to close the communication gap between me and my kids. The most surprising lesson I have learned over time is to apply the learned parenting skills to my relationship with myself and consequently feel so much better about me than I ever did before.

I came to this class feeling not very good about myself and a lot of guilt and shame. I see everything differently now. I appreciate my own abilities and have tolerance for other people that I never had before which is a very freeing experience for me.

March is...

- Women's History Month
- Deaf History Month
- National Craft Month
- Optimism Month
- Honor Society Awareness Month
- National Foreign Language Month
- Irish American Heritage Month
- National Ethics Month
- National Cheerleader Safety Month
- National Kidney Month
- National Nutrition Month
- National Colorectal Cancer Awareness Month



St. Patrick's Day Word Search Puzzle

Word List
SAINT
PATRICK
LUCKY
MAGIC
IRISH
GREEN
GOLD
MARCH
RAINBOW
CLOVER

Y F O P G O L D X Q
M P G S C V G Y C C
S A E O D G R R O L
A T G L U C K Y G O
I R L Y A H O Z Z V
N I M A G I C M Y E
T C R A I N B O W R
M K X S L H O R B E
M A R C H I R I S H
Z F Z A Z G R E E N

What I Learned

By Mike Carlson

I have been attending CPS for several years now. It is not a parenting class to me. It is a life skills class. It has helped me tremendously. I have Post-Traumatic Stress Disorder from a difficult childhood and my experience in Viet Nam. The learning and tools are not new but are taught in a way I have never seen before. A way that helps me apply it in my life. Although very much secular, much of what CPS

teaches is consistent with my belief system. For example, learning to understand that my emotions do not have to drive my actions has been a life changer. My emotions have driven me most of my life, but I didn't know that's what was happening. I am learning to hold my thoughts – and my emotions – captive! I don't have complete control over them yet, but I have changed as I have been learning about



healthy relationships and practicing healthy relationship skills with those around me. I am learning to trust others for where they are at - to stop and actually listen to them, both their words and body language, to try to understand where they are coming from. I am learning to think about why a person may be responding the way they are before I jump to respond. What is their history? What has happened to them? Empathy is huge in relating to oth-

ers. That means that I stop what I am thinking and feeling at the moment and listen to what they are trying to convey to me, to get myself out of the way. CPS is teaching me that life does not revolve around me, but around others and my relationships with them. Thank you to all in CPS for your acceptance and for working together as a team of volunteers to keep these classes going! The ongoing support is very important to me and others like me.