



Monica Parmley, LCSW

RESOURCES GALORE



AGENCY	CONTACT INFO	ADDITIONAL INFORMATION
Parenting Resources		
Adventist Medical Center	Phone: 503-256-4000	One group for moms with babies 0-4 months and one group for moms with babies 4-12 months. Provides socialization with other moms, trouble shooting, weight checks, lactation issues, etc. Cost: \$30 for 6 weeks. Call to register.
Baby Blues Connection	Phone: 503-797-2843	Volunteer group providing information resources and support to postpartum mothers and families. www.babybluesconnection.org
Boys and Girls Town Hotline	Phone: 1-800-448-3000	Hotline offering parent support.
Breast Feeding Support Group	334 SE 8th Ave. Hillsboro, OR Phone: 503-681-1700	Free weekly groups offered by Tuality Health Education Center.
Center for Family Success (Project of Children's Justice Alliance)	8010 N. Charleston Portland, OR Phone: 503-286-0600	"Parenting Inside Out" curriculum for parents and caregivers involved in DHS and the criminal justice system. Appropriate for parents/caregivers of children of all ages. No fees. Group meets for 12 weeks for 4 hours per week.
Family Relief Nursery (Volunteers of America)	Phone: 503-236-8492	Offers an intensive 16-week parenting course. Parents and children attend a weekly four-hour session, during which they participate in play lab sessions. Parents also receive instruction on parenting topics, individual coaching and participate in group discussions.
Full Esteem Ahead	10445 SW Canyon Rd., Suite 111D Beaverton, OR 97005 Phone: 503-644-5781	Offers seminars and classes that provide insights to supporting kids as they move from being children through adolescents and into adulthood. www.fullesteemahead.org
Hillsboro Family Resource Center	222 NE 6th Ave. Hillsboro, OR 97124 Phone: 503-844-1063	Located in the basement of JB Thomas Middle School. Services are free to residents of Washington County. Open Monday-Thursday at 9am. Offers parenting classes in English and Spanish.
Insights Teen Parent Program	2020 SE Powell Blvd. Portland, OR 97211 Phone: 503-239-6996	Provides counseling, support groups, parent education, and child care for pregnant and parenting teens.
Kids' Turn	Phone: 503-846-0665	Psychoeducational groups for parents in the process of divorce or custody changes and their children ages 5-16 in Washington County.



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LifeWorks Northwest	14600 NW Cornell Rd. Portland, OR 97229 Phone: 503-645-9010 Family Coaching: 503-627-9194	Call for an intake. Accepts OHP, private insurance and have a sliding scale. Services available for people of all ages, cultural backgrounds and abilities. Outpatient and residential services for pregnant women or moms. Family Coaching available for residents of Washington County. Weekly sessions cover topics such as family communication, conflict resolutions, parenting skills, and behavioral management. www.lifeworksnw.org
Metropolitan Family Service (MFS)	1808 SE Belmont St. Portland, Oregon 97214 Phone: 503-232-0007 x251	Offers 13-week "Make Parenting A Pleasure" classes for parents with children birth to 8 years old.
Neighborhood House Oregon PreKindergarten Program	3445 SW Moss St. Portland, OR 97219 Phone: 503-432-6746	Open M-F 8-5, free services for children ages 0-5. Weekly home visits and groups for parents with kids 0-3. Half-day preschool for ages 3-5. Must meet income guidelines and live in West Multnomah County or have a child in childcare in North Portland.
Neighborhood House Parenting Program	Markham Elementary School 10531 SW Capitol Hwy Portland, OR 97219 Phone: 971-244-0148	Parent/child play groups for children 0-5 on Tuesdays, 9:30-11:00 am. Topics covered include child development, brain development, developmental screening, and school readiness. Free.
NW Attachment Parenting	McMenamin's Kennedy School Community Room 8736 NE 33rd Ave. Portland, OR Phone: 503-234-6004	Provides two support and play groups each week for parents and children ages five and under. www.nw-ap.org
NW Dads and Kids Playgroup	Phone: 503-288-2300	Group for dad and their one month to 24 month old children. Call for additional information.
Oregon Parent Training and Information Center	2288 Liberty St. NE Salem, OR 97301 Phone: 1-888-505-2673 Helpline: 1-888-891-6784	Serves parents of children ages birth-26 with disabilities or suspected disabilities. As well as children with emotional or behavioral problems. Offers a lending library, trainings, info and referrals. Open 9-4
Parents Anonymous	Phone: 503-258-4557	Confidential and anonymous support line which offers crisis assistance, emotional support, and information and referrals to local community resources. Available to anyone in a parenting role experiencing stress or concerns in the tri-county area. www.morrisoncenter.org



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Parent Coaching Institute (PCI)	Phone: 206-654-2994	Call or visit website for a list of parent coaches or call for a referral based on specialty area or location. www.thepci.com
Parents Who Care	Various Locations in Beaverton Phone: 503-591-4597	Parenting classes for parents with children in 5th-12th grades.
Parents Without Partners	10320 SE Pine St. Portland, OR Phone: 503-295-4280	PWP is a non-profit dedicated to helping single parents and their children. They have family, parent, and educational activities. Meetings are the 2nd Wednesday of each month at 6pm in the Russellville Commons Meeting Room. Call and press "3" and leave a message. www.parentswithoutpartners.org
Portland Impact - Parent Child Development Program (PCDS)	7211 SE 62nd Ave. Portland, OR 97206 Phone: 503-988-5961 10055 E. Burnside Portland, OR 97216 Phone: 503-988-6000	Serves families with children prenatal to 5 yrs. Providing age and developmentally appropriate educational guidance and support services. Provides Parents as Teachers home visits, parent/child play groups, developmental screenings and case management.
Pregnancy Resource Center	9255 NE Halsey Portland, OR 97220 Phone: 503-256-0808	Prenatal and parenting classes.
Self Enhancement, Inc. (SEI)	3920 N. Kerby Ave. Portland, OR 97227 Phone: 503-249-1721 x238	Parenting classes focus on child development, discipline, supervision, praise and cultural awareness. Classes are Tues., 6:30-8:30 pm for 20 weeks. Groups meet Wednesdays, 6:30-8:30 pm. Child care is available.
Stand Up Parenting	Powelhurst Baptist Church SE 112th and Powell Phone: 503-281-5176	Contact: Roberta Hegland. Support and goal-setting group for parents with children of all ages. Parents may join at anytime. First meeting is free; additional charge of \$20 membership fee and \$5 per week following. Scholarships available. Walk-ins welcome.
Strengthening Families	Various Locations in Hillsboro Phone: 503-844-1063	7 week parenting class open to parents and their children ages 10-14.
Trillium Family Services (Waverly Children's Home Campus)	3550 SE Woodward St. Portland, OR 97202 Phone: 503-234-7532	The Incredible Years is a 12-week parenting class most appropriate for parents of children ages 5-12. Classes are open to the public, though you must be enrolled in the outpatient program. Accepts OHP or private pay. Call for more information.
Virginia Garcia Memorial Health Clinic	Phone: 503-359-8413	Free parenting class in Spanish.



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Western Psychological Counseling Services	PO Box 408 Gresham, OR 97030 Phone: 503-666-8832	Counseling center offers a variety of parenting classes throughout the year. Call for latest information.