

April Parent Newsletter

Parents (or parents-to-be) juggle many responsibilities that can feel overwhelming. One small mistake or a few bad days can pile up and make us feel irritated, tired, or hopeless. It's important to remember that many parents need an extra hand or a listening ear – even for the small things – every once in awhile. For April, we included resources, supports, and coping strategies for managing stress.

Why do I feel anger or anxiety? Is this depression I'm feeling?

Children are deeply impacted by the events that take place around them. Even though they may not understand what they see and hear, they absorb and are affected by the people they rely on for love and security.

We can't always control the tough times in life, but we can do our best to talk calmly and constructively with our children about hardship.

ZERO TO THREE Resources on Trauma and Stress



[Tips for Parents: Managing Big Stressors With Little Ones in the House](#)



[Homefront: How to Take Care of Yourself While Your Partner is Away](#)



[Building Resilience](#)

Infants and toddlers have the power to cope with adversity.



[Helping Young Children Cope After Exposure to a Traumatic Event](#)

Support Groups & Classes

These local support groups and classes can guide you in adapting, coping, and adjusting to difficult situations.

[Hope for Mothers](#)

Free weekly support for women, their families, and the community.

Albany | 541-812-4475 Lebanon | 541-451-7872

[Proud Mama Support Services](#)

Top-quality support for families as they transition to life with a new baby.

Corvallis | 541-714-5859

[Women Connect](#)

Free weekly support group helping moms to connect with other parents and learn from each other.

Newport | 541-265-2244

Family Resources

Some every-day stressors might become too much to handle. If you are afraid negative situations or thoughts might cause harm to yourself or others, consider working with a relief nursery or other professional child advocacy agency as soon as possible.

[Old Mill Center](#)

Healthy Families provides resources and intensive in-home support for high-risk parents with newborns. The program is free and voluntary.
[Benton County | 541-757-8068](#)

[Children's Advocacy Center](#)

Child abuse intervention and assessment services in a safe, neutral, and supportive environment.
[Lincoln County | Amanda Bojarski | 541-574-0841](#)

[Samaritan Mental Health Family Center](#)

Providing children, teens, and families comprehensive and coordinated mental health care.
[Benton County | 541-768-4620](#)

[Olalla Center](#)

Olalla's Out Patient Services can be tailored to each individual child and family.
[Lincoln County | Maygen Blessman | 541-336-2254](#)

[MOMS Club of Albany](#)

International support group for stay-at-home moms.
[Benton County | 541-771-9039](#)

[ReConnections Counseling](#)

Substance abuse treatment center that provides services to woman, men, adolescents, and families.
[Lincoln County | Lalori Lager](#)
lalori.lager@reconnectionsounseling.com

Community Health Centers

[Corvallis](#) | [Lebanon](#) | [Monroe](#) | [Alega](#) | [Sweet Home](#) | [Newport](#) | [Lincoln City](#)



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