



Prepared parents. Healthy families.

April Parent Newsletter

National Volunteer Month

Looking for something fun to do with your children this spring? These volunteer opportunities are specifically for you and your children to help people in your community together.

- Help a dog in foster care learn a new trick
- Offer a hot meal to someone in need
- Walk the beautiful pacific coast and pick up debris

We all know life can be tough sometimes. A family friend might need extra help making meals. You might feel everything is piling up. Creating a strong community is powerful, especially in times of need. These resources bring children and families together to build community resilience – knowing your neighbors, giving when you can, and working through difficult times together.

Is your child in day care or preschool?

One of the best ways to see from the eyes of your child is to volunteer in their classroom. This might look like helping with story time, preparing a meal, or going on a walk with the class. Talk to your preschool's director to see how you can spend time with you children while they learn, play, and make friends.

SPRING BREAK DAY CAMPS ARE "PAW" SOME!



SafeHaven Humane Society Tangent/Albany 541-928-2789

We are pleased to offer a variety of volunteer opportunities for kids under the age of 16. Youth may volunteer with a parent, guardian, or approved family member who will be their adult volunteer partner. Youth volunteer opportunities include:

- Dog and cat socialization
- Bringing animals into the community
- Youth volunteers can perform a variety of tasks including handling animals, helping with event activities, and setup/tear down of the event.



Heartland Humane Society 541-757-9000

Kindness Kids' Club is an opportunity for youth to volunteer with their peers after school, shelter supervision provided. They encourage parents/guardians to be involved with their child(ren)'s volunteering service.

Meals on Wheels Senior Services of Albany 518-465-6465

Provides a nutritious and delicious home cooked meal. They encourage volunteer drivers to bring their children or grandchildren along.

Fish of Albany, Inc. 541-928-4460

Families with all-age children volunteer at an open house the last Thursday of every month from 6:00-8:00pm. In November, they host the Benton County Holiday Food Drive where kids can help fill holiday food boxes.

Oregon Veterans Home Lebanon 541-497-7306

Young children can volunteer with their parent(s) for a number of opportunities, such as playing games, helping with arts and crafts, writing cards or letters or playing card games with veterans.

Stone Soup in Corvallis 41-757-9725

Children can readily understand why they are preparing a meal for someone who is hungry, and the activity may spark a long-term interest in volunteering.

The Resilience Project Summer Games in Corvallis - a community building scavenger hunt for children and families.



Ocean Blue Beach Clean Up Days 541-286-7015

Focuses on community-led effort to clean the beach before debris is carried out to the ocean. Families participate together.

- 04-24-19 - The Coho Oceanfront Lodge and Ocean Blue Lincoln City Beach Clean
- 05.04.19 - Lincoln City Beach Clean Up w/ Sunriver Brewing Company
- 05-11-19 - Upward Bound WOU and Ocean Blue Lincoln City Beach Clean
- 06.08.19 - World Oceans Day w/ Ocean Blue Project Newport on Nye Beach
- 06.08.19 - Oregon World Oceans Day on Nye Beach, Newport
- 6.09.2019 - Oregon Oceans Day w/ Ocean Blue on Nye Beach, Newport



Upcoming Events

Linn County CAN (Child Abuse Network) - Linn County Courthouse **11:00-3:00pm - April 13, 2019**

Family-friendly outdoor event; fire truck, patrol car, activities, games, performances, guest speakers refreshments, and more! Free and open to the public; enjoy a day outside with the family.

Community Egg Hunt - Lebanon Church of the Nazarene **10:00am - April 20, 2019**

Separate egg hunts for toddlers through 5th grade and special needs. Pictures with the bunny! Free prizes, drawings for baskets, pony rides, face painting, and more!

Spring Flower Sale - Samaritan Flower Sale **6:00-12:00pm - May 10, 2019**

Mother's Day flower sale benefitting Soroptimist programs in Albany! We'll be at the Hospital at a.m. shift change downtown, and in North Albany outside the Cancer Resource Center mid-morning. Open to staff and the public, but preorders aren't available for this sale. Check out the website for details on flowers and prices. Come early, sale closes when we run out of plants!



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