



Active Parenting

This six week course will show you effective ways to...

- Use nonviolent discipline that really works
- Open up lines of communication - before they get clogged
- Teach responsibility, courage and other character traits
- Ensure courage school success in 7 steps
- Prevent future problems with drugs, alcohol and sex
- Define use power struggles with your children
- Stimulate independence as your child grows older
- Stop scolding and start smiling with your kids again!

WHEN: January 12, 19, 26 and February 2, 9 and 16
 5:00-5:30 Dinner
 5:30-7:30 Class

WHERE: Families First Parent Resource Center
 401 S. Canyon Blvd.
 John Day, OR. 97845

WHAT: Child Care and Dinner provided!



Active Parenting will give you skills to achieve a fuller, more satisfying family life... and help your children achieve greater happiness and success. You'll learn 7 strategies for school success, along with positive discipline and communication techniques to help your family run more smoothly. But the heart of the matter is the increased JOY you will experience as a family.



**To register call
 541-575-1006**

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Families First
 PARENT RESOURCE CENTER

- Creating Great Beginnings
- Inspiring Possibilities
- Ensuring Bright Futures

- Healthy Start and Parents as Teachers Home Visiting
- Classes • Workshops • Parent-Child Playgroups
- Car Seats • Parent Resource Library

401 S. Canyon Blvd., John Day • 541-575-1006
 ffeda@gmail.com • www.familiesfirstofgrantcounty.com

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Strawberry Wilderness Community Clinic
 Geriatrics • OB
 Minor Surgery

Andrew Janssen, M.D.
 Andrea Janssen, M.D.
 Zachary Bailey, M.D.
 David Hall, M.D.
 Shawna Clark, FNP
 Emily Lieuallen, MD

Pediatrics

You don't have to face your problems alone.

High Quality Services include:
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Working together for a safe, healthy and drug-free community.

GRANT COUNTY Safe Communities Coalition

541-575-1799 ext. 29

Strawberry Wilderness COMMUNITY CLINIC



Strawberry Wilderness Community Clinic (SWCC) offers a wide variety of services to children and families. We provide care during infancy, childhood, adolescence, and adulthood including pregnancy and end of life care. Check-ups and healthy activities can be very helpful at each stage of life and we hope to help you maintain lifelong health.

Rearing children is a joy but can be overwhelming and regular visits to your doctor are recommended to assist you in caring for your child in the best way possible. Your child's first visit is 3-5 days after birth to be weighed and check in to determine how we might be able to assist you during this time of transition. Well child visits occur often in the first years of life as children grow and change rapidly - typically at 2, 4, 6, 9, 12, 15 and 18 months of age. After turning two, visits are annually through adolescence. At each well child check the physical, developmental, and behavioral growth of your child is monitored and needed immunizations are provided to prevent serious illness.

Teens experience many physical, emotional, and social changes and those who get well care visits tend to be healthier. Symptoms for many health conditions and mental health disorders begin appearing at an early age and preventative care can help identify areas of concern. The habits that teens develop carry into adulthood and good self-care promotes lifelong health.



In addition to age related healthy activities, health and safety is also affected by the season. During the winter months it is important to take steps to keep your family free of illness or injury. You can do this by getting flu shots, participating in winter exercise activities such as sledding or skiing, practicing good hand washing, and putting a safety gate around each wood stove or heating device.

Your family's physical, mental, and emotional health is important and the providers at Strawberry Wilderness Community Clinic are here to help. For established patients, we offer walk in appointments for vaccinations and developmental screenings and same day urgent care appointments for illness and injury. We are available to assist you with any health related concerns you might have and look forward to working with you to create a healthier community.