

# **Active Parenting**

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

**U** se nonviolent discipline that really works

Op en up lines of communication - before they get clogged

•T each responsibility, courage and other character traits

**€**n courage school success in 7 steps

Pr event future problems with drugs, alcohol and sex Def use power struggles with your children

•St imulate independence as your child grows older

St op 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.



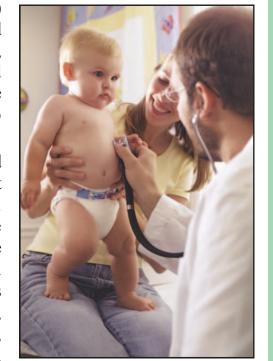
To register call 541-575-1006



## 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.

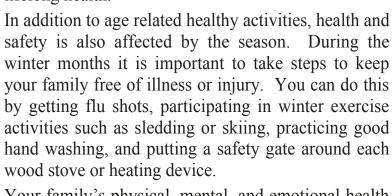
Rearing children is a joy but can be overwhelming and regular visits to your doctor are recommended to assist you in caring for your child in the best way possible. Your child's first visit is 3-5 days after birth to be weighed and check in to determine how we might be able to assist you during this 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.



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.

### **ADVERTISE HERE Call the**

today 541-575-0710



 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 ffedta@gmail.com • www.familiesfirstofgrantcounty.com



Family, Cosmetic & Implant Dentistry

John Day

165 NW 1st St., | Open Monday-Thursday Kids ad...Free Orthodontic 541-575-0363 | screening for children **7-17** 

DrJ@BiosmileDental.com

## **ADVERTISE HERE**

541-575-0710

### Strawberry Wilderness **Community Clinic** Geriatrics · OB

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







**ADVERTISE HERE Call the** 

541-575-0710

Working together for a safe, healthy and drug-free community.



541-575-1799



