

VOLUNTEER OPPORTUNITIES

4-H — Looking for 4-H leaders. For information, call Sandra Carlson at the Oregon State University Extension at 503-325-8573.

Astoria Column — 1 Coxcomb Drive. Volunteers needed to welcome visitors, provide information and answer questions about the Astoria Column and the city of Astoria. For information, call the Friends of the Astoria Column Visitor Center at 503-325-2963.

Astoria Riverfront Trolley Association — 111 W. Marine Drive. Needs conductors/motormen to operate trolley and narrate points of interest. One or more three-hour shifts per month. For information, call the 503-325-6311.

Astoria Senior Center — Temporarily located at 1555 W. Marine Drive in the old Astoria Yacht Club. To volunteer, call Larry Miller at 503-325-3231.

Astoria-Warrenton Area Chamber of Commerce — 111 W. Marine Drive. Volunteers needed at the chamber and for events. For information, call 503-325-6311.

Camp Kiwanilong — A large variety of volunteer opportunities are available. For information, call 503-861-2933 or go to www.campkiwanilong.org

Caring Adults Developing Youth (CADY) Mentoring Program — 800 Exchange St., second floor. Needs mentors for youths ages 10 to 17 at risk of school failure. Time commitment: one year, about eight hours per month. For information, contact Laura Parker at 503-325-8601 or lparker@co.clatsop.or.us

Clatsop Animal Assistance Inc. — Needs volunteers who have a strong commitment to work on behalf of the Clatsop County Animal Shelter's dogs and cats. For information, email info@dogsncats.org or call 503-861-0737.

Clatsop Care Center — Volunteers needed daily for all three meals to provide one-on-one assistance to dining dependent residents. Volunteers must participate in a 16-hour training program. For information, contact Mandy Brenchley at 503-325-0313, ext. 209.

Clatsop County Animal Shelter — Animal care volunteers age 16 and older needed for one 3-hour shift per week. Pick up an application at 1315 S.E. 19th St., Warrenton. For information, or to schedule orientation, call Leslie Atkinson at 503-325-1000.

Clatsop Community Action Regional Food Bank — Volunteers needed to help hand out fruits and vegetables at the weekly produce pantries for two hours on Thursdays, from April to October, in Seaside and Warrenton. Warehouse attendants are needed for food packing or processing, picking orders for agencies, light janitorial and housekeeping, or lawn and grounds maintenance. Three to four-hour shifts are available Monday through Friday. To

volunteer, call 503-861-3663.

Clatsop Community College Outreach Literacy — Needs volunteer literacy tutors to work with adults, native and non-native speakers. Training available. For information, call 503-338-2557.

Clatsop County Public Works — 1101 Olney Ave. Adopt-A-Road volunteers needed to remove litter two times (minimum) per year for two years. Safety equipment and supplies provided. Volunteers must receive safety orientation. For information, call 503-325-8631.

Clatsop Cruise Hosts — Looking for volunteers to meet and greet cruise ship passengers and crew, provide information and answer questions about the Clatsop County area. Ships arrive in the spring and fall, about 20 ships each year. Work all the ships or part of them. For information, go to www.clatsopcruisehosts.org

Columbia Memorial Hospital — Needs volunteers to provide assistance to patients, visitors and hospital staff. Training provided. For information, go to www.columbiamemorial.org. To schedule an interview, call 503-325-4321.

Columbia River Maritime Museum — 1792 Marine Drive. Volunteer opportunities for those with an interest in maritime history. For information, call the volunteer coordinator weekdays at 503-325-2323.

Columbia Senior Diners — 565 12th St. Volunteers needed weekdays to serve tables and for kitchen help. To volunteer, call 503-325-9693.

Community Emergency Response Team — CERT volunteers needed for community events and disaster response with local police, fire and emergency medical service agencies. Training includes fire safety, first aid, traffic and crowd control, communications, damage survey, disaster planning and civic events within city limits. For information, contact CERT coordinator Kenny Hansen at khansen@astoria.or.us or leave a voicemail at 503-325-4411.

Friends of Seaside Library — 1131 Broadway, Seaside. Volunteers needed to staff the fundraising store. For information, call 503-738-6742 or stop by the library.

Knappa Rural Fire Protection District — Needs volunteer firefighters. Training provided. For information, contact any of the active personnel or call Chief Paul Olheiser at 503-458-6610.

Lunch Buddy Mentoring Program — Adults needed to mentor elementary and middle school students once a week during lunch. For information, call Mary Jackson at 503-440-0368 or email lunchbuddies.mp@gmail.com

NorthWest Senior & Disability Services — Needs dishwashers and volunteers to serve and clean up weekdays at a meal site,

and drivers for Meals on Wheels. For information, contact Candy Foster at 503-738-9323.

Providence Seaside Hospital — Needs volunteers to drive local senior citizens to medical appointments for the Partners for Seniors Program, and to work in the Providence Seaside Hospital Gift Shop. Commitments as small as one hour a month to regularly scheduled weekly shifts are available. For information, call Volunteer Services at 503-717-7171 or email Alana.Kujala@providence.org

River Song Foundation — Looking for people to assist with Trap/Neuter/Release/Feed (TNR), especially in the Seaside and Knappa/Svenson areas. TNR involves setting and/or monitoring traps, and daily feeding of cats and maintenance of any shelters, and is a proven, science-based method that along with spay/neuter programs is the only effective and humane way of ending cat homelessness and suffering. Call 503-861-2003 for information and to volunteer.

Seaside Downtown Development Association — Volunteers needed to help with local events happening throughout the year. For information, call Tita Montero at 503-717-1914 or email director@seasidedowntown.com

Start Making a Reader Today — Needs volunteers to read to students one-on-one for one hour a week at local elementary schools. To volunteer, call 503-391-8423 or go to www.getsmartoregon.org

Svensen Congregate Meal Site — Wickiup Grange Hall, 92683 Svensen Market Road. To volunteer, or for information, call Debbie Dunaway at 503-791-7298 or 503-861-4202.

Titanic Lifeboat Academy — Volunteer to help care for animals and assist with sustainable living projects; minimum commitment of four hours per week requested. Some training provided. For information, contact Caren Black at 503-325-6886.

Tri-City Spay and Neuter Thrift Store — 600 Broadway, Seaside. Needs volunteers interested in improving the welfare of animals. For information, call 503-738-7040.

Veterans Services Officer of Clatsop County — Seeking volunteer drivers to transport veterans from Astoria to the Veterans Administration Medical Center in Portland using the Disabled American Veterans (DAV) van. To volunteer, call 503-298-8757 or email clatsopvso@gmail.com

Warrenton Senior Lunch Program — Warrenton Community Center, 170 S.W. Third St. Volunteers needed to help with Meals on Wheels and in the dining room Mondays or Thursdays. For information, contact Barb Balensifer at 503-861-1341.

Wildlife Rehab Center of the North Coast — Needs volunteers to help rehabilitate orphaned and injured wildlife. For information,

Counselor brings help to kids

Liz Covey incorporates trauma treatment in counseling

By SUE CODY
The Way to Wellville

Upon entering, Liz Covey's Astoria counseling office feels like an island of comfort. The waiting area is large, clean and crisply appointed. In the corner, there is a tiny kitchen and toys that hint at her practice.

Behind a sliding curtain is an area that awakens fantasy. A large swing hangs from the ceiling and in a corner, a small red and gold circus tent draws the eye. A plush lavender kayak leans against a wall, almost begging for someone to sit in it.

This is the world of a counselor who works with children and adults who have experienced trauma.

"The field of counseling is changing tremendously," said Covey, a licensed professional counselor. She will soon be working with the county's Trauma Informed Care consortium classroom at Warrenton Grade School.

"Trauma is the new lens through which I see all of psychology," Covey said. She was talking about ACE (Adverse Childhood Experiences) studies and how trauma informed care creates better outcomes for clients.

"A lot of people have trauma, but can't modulate their moods or anxiety," Covey said. "Trauma describes the psychological process of something being stuck."

When the ACEs study began (in the late 1990s), it was thought trauma was a rare condition. But it is a common condition in development, Covey said.

Now counselors are focusing on the critical years of brain development between conception and age



Sue Cody/The Way to Wellville

Liz Covey swings in the Sensory Room of her counseling office.

4. Parents play a crucial role during this stage of development.

"Children need consistent routines," Covey said. "Children shut down when expectations change," a means of protection. This is a challenge in Clatsop County because of cuts in school counselors and a high turnover in providers. It is stressful for traumatized kids to get a new counselor, she said.

"We need more school counselors and publicly funded jobs," Covey said. "We need to pay higher salaries in rural communities."

She would like to see a community center at a school to provide myriad structures that families need.

Connections

Painting a picture of current conditions, Covey said families are suffering because of less support. There is no safety net. In the past, people lived in multi-generational families. Now the parents are working so many hours, they are too stressed. The children are separated from the parents for longer periods of time.

Many children are experiencing attachment trauma. They don't know who to trust. "Kids are not self-regulated at an early age," Covey said. "Parenting skills are externally regulated. We have the ability to help kids regulate moods." Children need parents and caregivers who nurture them.

"The kids are pretty well cooked by the time they get to school if there isn't early intervention," Covey said.

In her Sensory Room with the swing and circus tent, Covey works with clients on regulating (or soothing, rebalancing, getting in touch with) emotional or physical material in their bodies.

"The swing in particular is used for calming, since so many kids have ADHD-type symptoms that require them to be moving. Using the balance system in the body helps to make them able to focus, talk, relate, since they are moving, but calmed at the same time.

"Swinging is a natural movement for youngsters and babies. Young kids are calmed by it in particular."

"We can work smarter and incorporate all we know and regulate through connection," she said.

Successes

Through counseling, families can heal.

"It is most rewarding to see a family going from crisis to 100 percent functional," Covey said. "Working through the family system forms good attachment relationships.

"The family feels like it's a totally different world. The joy gets turned on.

"It's extremely satisfying," she said.

Sue Cody is communications lead for Clatsop County's Way to Wellville.

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M A G A Z I N E

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information; noon Friday, 5012 Third St., Tillamook, call 503-730-5863 for information.

Tillamook Alateen — 5 p.m. Thursday, 5012 Third St., Tillamook. For information, call 503-730-5863.

Warrenton Al-Anon — noon Friday, United Methodist Church, 679 S. Main Ave. For information, call 503-738-5727.

Narcotics Anonymous — The Northwest Oregon Area of Narcotics Anonymous (NwONA) holds meetings in Clatsop County. For full schedule details, as well as upcoming special events, call the Helpline at 503-717-3702, or go to www.nworegonna.org

Men's Sexual Purity Recovery Group — Tuesday nights. Part of the Pure Life Alliance (www.purelifealliance.org) in Portland. For information, call the confidential voice mail at 503-750-0817 and leave a message.

SELF-HELP GROUPS

Seaside TOPS (Take Off Pounds Sensibly) — 8 to 8:45 a.m. weigh-in, 9 to 10 a.m. meeting Tuesday, North Coast Family Fellowship Church, 2245 N. Wahanna Road, Seaside. For information, call 503-861-2904.

Astoria TOPS — 5 p.m. weigh-in, 5:30 p.m. meeting Tuesday, First Lutheran Church, 725 33rd St. For information, call Trisha Hayrynen at 503-325-4114.

Warrenton TOPS — 9 to 9:45 a.m. weigh-in, 10 a.m. meeting Wednesday, First Baptist Church, 30 N.E. First St., Warrenton. For information, call Marilyn Barnard 503-861-2918 or Jeannie Pike 503-861-1404.

Alcoholics Anonymous — To find a meeting, call 503-861-5526 or go to www.aa-oregon.org

Kick Butts Group Meets (Nicotine Anonymous) — 6:30 to 7:30 p.m. Wednesday, Seaside Public Library, 1131 Broadway.

Al-Anon Family Groups information line for Clatsop and Tillamook counties, 503-338-5688. Oregon Area Al-Anon website. oregonal-anon.org

Astoria Al-Anon — 12 p.m. Wednesday, First United Methodist Church, 1076 Franklin Ave. For information, call 503-325-1087; 7 p.m. Thursday, Crossroads Community Church, 40618 Old Highway 30, Svensen. For information, call 503-458-6467.

Nehalem Al-Anon — 7 p.m. Monday, Riverbend Room, North County Recreation District, 36155 Ninth St, Nehalem. For information, call 503-368-8255.

Seaside Al-Anon — 7:30 p.m. Tuesday, Seaside Public Library, 1131 Broadway, Seaside, call 503-810-5196 for information.

Tillamook Al-Anon — 7:30 p.m. Wednesday, St. Albans Episcopal Church, 2102 Sixth St., Tillamook, call 503-842-5094 for

For online updates: www.dailyastorian.com

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