

New Parent Workshop Brings Community Together



Mother and Child Education Center, along with community partners, will host a free workshop for new and expectant parents.

A Free Workshop for New and Expectant Parents

Mother and Child Education Center, along with community partners, will host a free workshop for new and expectant parents on Saturday, April 20, 2024, from 2:30-4:30 pm at Rose City Park Presbyterian Church, 1907 NE 45th Avenue, Portland, OR 97213.

This workshop will cover a range of topics to help parents navigate the exciting journey of parenthood. From diaper changing tips, bathtime basics, postpartum planning, to car seat safety, instructors have you covered. The goal is to create opportunities for new and expecting parents to be introduced to a variety of hands-on education and resources at an in-person workshop event. Learn car seat safety from certified techs, how to use cloth diapers with PDX Diaper Bank, best safe sleep practices with OHSU's Tom Sargent Safety Center, and more! Meet other new parents, ask questions, and learn from experienced professionals. This workshop is geared towards parents who are expecting or have a child

6 months or younger. Do not miss this opportunity to connect with others and gain valuable insights.

Mother and Child consistently offers zoom classes on childbirth, newborn care, and breastfeeding, in addition to in-person safe sleep and baby wearing one-on-one classes. "Through conversations with parents, we realized there is a need for more hands-on classes," said Program and Education Director Jessica Rengo. "We are excited to collaborate with our community partners to help fill this need for parents."

If other community programs are interested in participating, please contact Jessica Rengo, jessicar@momchildpdx.org or 503-249-5801. Registration is available online or by contacting Mother & Child, 503-249-5801.

Mother and Child is a non-profit organization that offers support, education, and guidance to families during their parenting journey. Established in Portland in 1971, it offers a judgment-free space for anyone who is parenting or in care of a child. Mother and Child is open Monday-Friday and provides prenatal & parenting classes, supplies such as diapers, clothing and food, and access to additional resources through community partners.



Sam (Donitia) Adams explains how security officers detect items during a search as employers listen. (Photo Courtesy of Springdale Job Corps)

Job Corps Hosts Career Training Expo

Students show off their skills

The Springdale-PIVOT Job Corps Center hosted a student-led career training expo on its campus on Thursday, March 21st. Students receiving training in auto-body repair and paint, pharmacy technician, protective services, office administration, and medical administrative assistant provided information, campus tours, and training demonstrations to more than thirty employers and workforce development representatives looking to learn more about the Job Corps program.

During the event, Rick Williams, Quality Manager at DART Aerospace, shared his experience working with students from Job Corps and how interns have supported DART's engineers, document control administrator, and production team:

"The students are eager to learn and work closely with our supervisors, learning as they go.

We've found them to be upbeat, positive, eager, and professional additions to the respective teams. For us, the Work-Based Learning program is a win-win-win program. Students get training, hands-on experience, and life skills. The company

gets much-needed labor, and society gets more young talent in the workforce to fill the job vacancies we all have!"

In addition to visiting student booths, the attendees at the student career training expo had the chance to tour the Springdale-PIVOT Job Corps campus training areas and see students in action. PIVOT Site Director Tom Pillar shared his perspective on the students' enthusiasm to share what they've learned with local employers:

"I was very proud of our students, who did an amazing job showing off their skills and professionalism! The Career Expo was a fun event for the students and another great chance for the community to see them truly in action."

Springdale-PIVOT Job Corps will continue to welcome employer partners, new students, and the local community with more events in the coming months.

Job Corps is a federal career technical training and education program for young people who aspire to higher-paying careers and higher education. With more than 120 residential and nonresidential campuses nationwide, training is available in the nation's fastest-growing industries to low-income 16- through 24-year-olds. The program is free of charge for students. To learn more about Job Corps, call (800) 733-JOBS or visit www.jobcorps.gov.

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