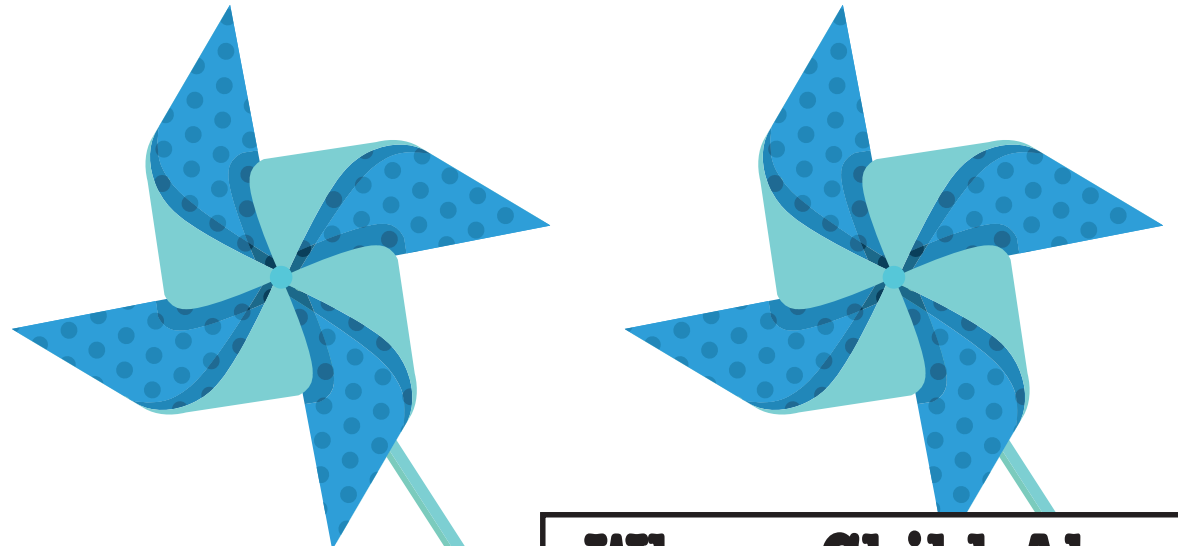




# April is National Child Abuse Prevention Month



As residents of Cottage Grove and participants in a project to prevent child abuse and neglect, 90by30 (90by30.com), we believe in the importance of happy and healthy families. We believe children have the right to live in a safe and healthy community. The recent incidents of child abuse in our community are heartbreaking. It is easy to believe these things only happen to other people, but one-third of Lane County residents, from all walks of life, disclosed experiencing child abuse or neglect in their youth on a recent University of Oregon survey connected to our work. It is tempting to wallow in grief, or possibly worse; you may even be tempted to ignore the issue.

Maintaining hope in the face of children suffering takes great courage because you make yourself vulnerable to further heartbreak. Shouldn't we though, as adults, have that courage on behalf of our children? Child abuse and neglect can be prevented! Each of us can find our part to play in reducing child abuse and neglect in our community.

We are fortunate to have many excellent support organizations in South Lane County. Here are some suggestions for engaging with them:

- Support an organization helping families in our community – Family Relief Nursery, Head Start, Community Sharing, Peggy's Primary Connection, or any of the organizations listing volunteer opportunities at our countywide Child Abuse Prevention Month website: [GetInvolvedLaneCounty.org](http://GetInvolvedLaneCounty.org).
- Contribute to help a neighbor – Pay It Forward Cottage Grove on Facebook is one way to share things you no longer need.
- Seek out new information about parenting – Peggy's Primary Connection - the Family Resource Center of South Lane School District - is a hub of family support for all families in Cottage Grove or Creswell. LaneKids.org also is a great resource for parents and caregivers, including articles, events, resources, and information for parents.
- Check out the Resource Fair on April 23rd 10am-3pm at the Cottage Grove Community Center hosted by Family Relief Nursery to learn about many other organizations helping children thrive.

• Attend 90by30's Regional Leadership Team events and meetings: See [90by30.com](http://90by30.com) for all dates. The next meeting in Cottage Grove is Monday April 25, 9-10:30am, at the Cottage Grove Community Center located at 700 E. Gibbs. A special guest speaker will talk about the impact of childhood adversity over a lifetime, including how you can prevent long-term harm.

Additional ideas to support children and families in our community include:

- Build or contribute books to a Little Free Library in your neighborhood.
  - Offer help to a new parent without judgment – bring a meal, offer to babysit, offer specific help.
  - Accept help when it is offered – the strongest people use the resources around them.
  - Encourage a child in your life to teach you something, like how to play a game.
  - Organize a neighborhood activity, like a park clean up or neighborhood block party.
  - Blue pinwheels are the symbol for Child Abuse Awareness Month. Host a Pinwheel making party or a Pinwheel Garden during the month of April.
- Will you play your part to build a nurturing community for all families? For further information, please go to [GetInvolvedLaneCounty.org](http://GetInvolvedLaneCounty.org) for many additional ideas.

Signed,

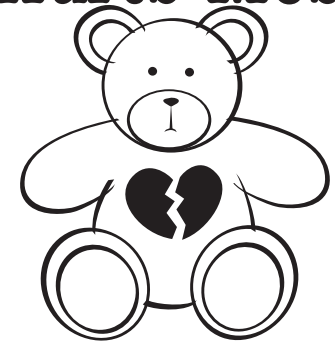
Karla Snell, Jackie Lester, Alan Baas, Ana Maria Dudley, and all the members of 90by30 South Lane Regional Leadership Team

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**90by30.com**  
 Reduce child abuse in Lane County 90% by 2030

## Where Child Abuse Hurts Most



Sometimes the worst scars of child abuse can't be seen. Whether physical or emotional, abuse attacks a child's self-esteem and emotional development, leaving long-term emotional trauma and pain. You can help prevent child abuse by being a nurturing parent or caregiver. By letting children know they are special, competent and loved, you can help them develop positive self-images and happier futures. If you feel overwhelmed, angry or frustrated as a parent, help is out there for you. Look in your area for support groups and services, or talk to a trusted friend, family member, pastor or doctor about what you can do to protect and support your child. If we all do our part to prevent child abuse, we'll get to the heart of the matter.

This National Child Abuse Prevention Month message is brought to you by:

**Cottage Grove Police Department**  
 400 E. Main St.  
 Non-Emergency: 541-942-9145

## PROTECTING CHILDREN IS EVERYONE'S BUSINESS

April is National Child Abuse Prevention Month. By knowing the signs of child abuse, you can help prevent it. If you suspect a child is being abused, contact your local police or child welfare agency for guidance.

Potential victims of child abuse will often exhibit the following signs:

- Sudden changes in behavior or school performance.
- Neglect of physical or medical problems brought to the parents' attention.
- Learning problems that are not attributed to specific physical or psychological causes.
- Constant watchfulness, as if he or she is preparing for something bad to happen.
- Lack of adult supervision and reluctance to return to the home.



South Lane County Fire & Rescue  
 233 Harrison Ave., C.G. • 541-942-4493

Creswell Christian School & Childcare  
 501 Holbrook Ln, Creswell  
[www.creswellchristianschool.com](http://www.creswellchristianschool.com)  
 541-895-4622

Great Days Early Education  
 403 N. River Rd, Cottage Grove  
[www.greatdays.org](http://www.greatdays.org)  
 541-942-7460

Pinocchio's Pizza  
 1795 E. Main St, Cottage Grove  
 541-942-5531

Delight Valley Church  
 33087 Saginaw Rd.  
 541-942-7711

Parent Partnership  
 1310 S. 8th St., Cottage Grove  
[www.parentpartnership.org](http://www.parentpartnership.org)  
 541-942-2104

Dr. Brent Bitner, DDS  
 350 E. Washington Ave.  
 Cottage Grove  
[www.cgsmiles.com](http://www.cgsmiles.com)  
 541-942-7934

Kyle Kishen Construction  
 541-222-9337  
 CCB#183679

Cottage Grove Sentinel  
 116 N. 6th, PO Box 35  
 541-942-3325

## THINK BEFORE YOU REACT

April is National Child Abuse Prevention Month, a reminder that every child deserves to feel safe at home and in his or her community.



If you feel you are in danger of harming your child, help is available. Reach out to church or family support resources in your community or speak confidentially with a Childhelp® counselor at **800.422.4453**.

**South Lane Mental Health Services, Inc.** 1345 Birch Ave., Cottage Grove  
 541-942-3939 • [slmh.org](http://slmh.org)

To report possible child abuse or neglect, call **800.422.4453** or contact your local child protective services or law enforcement agency.