

Alphabetical List of Programs

Boone Hospital (BH) Events - Call (573) 815-6400 or (800) 872-9008 to register or for more information

- **Better Beginnings with Breastfeeding** at Boone Hospital Center-one session held from 7-9 pm.
- **Childbirth in a Day** at Boone Hospital Center-choose one eight-hour session, Saturday, 8 am -5 pm.
- **Infant Safety & CPR** at Boone Hospital Center, one session from 7-9 pm.
- **Prepared Childbirth** at Boone Hospital Center, five week series from 7-9 pm.

CMOMs (Columbia Mothers of Multiples Club), a support group for mothers of twins, triplets, quadruplets, and more, meets the first Thursday of each month at 7pm at Community United Methodist Church, 3301 W. Broadway, (Across from Hy-Vee) in Fellowship Hall. Visit the website at <http://www.columbiamultiples.org/home.html> or email columbiaMOMS@yahoo.com for more information.

Connecting for Children - is a voluntary program to help parents learn communication skills and build healthy relationships. Participants learn skills that they can apply in various aspects of their lives including strategies for effective parenting, how to help children adjust to remarriages and/or new relationships, how to be better understood by their partner or co-parent, and to how solve problems. Connecting for Children events are offered in a variety of formats including overnight weekend retreats in a hotel, day-long classes, half-day classes, and two hour trainings. Trainings and resources are also provided in Spanish. These events are offered at no cost to the parents and eligible participants receive incentives such as gift cards and child care reimbursement. To determine if you qualify and to register, call 573-443-8706 ext. 222 or 1-800-706-1742 ext. 222. For Spanish services call ext. 232.

Daniel Boone Regional Library provides story times, parenting workshops, and other library activities. Visit www.dbrl.org or call 443-3161 to learn more about programs and services at the Columbia, Ashland, Fulton, and Outreach locations.

Family Birth Center (FBC) Events- Call 499-6100 to register and for more information.

- **Beginning Childbirth** in the conference center at Columbia Regional Hospital from 9 am-5pm. Class costs \$55.
- **Breastfeeding** in the Conference Center at Columbia Regional Hospital from 7-9 pm. Class costs \$10.
- **For Big Kids Only** at the conference center in Columbia Regional Hospital from 6:30-8 pm. This class prepares children for a new sibling.
- **Infant/Child CPR** in Room 3C at Family Birth Center from 7-9pm. Class costs \$35.

First Chance for Children provides a variety of programs and services for parents of children birth-five including the Lend and Learn toy library, PAL, and CRIBS programs. For more information visit <http://www.firstchanceforchildren.org/FirstChancePrograms.htm>.

F.R.O.G.S. (Friends, Relatives, or Grandparents) from 10-10:45 am at the Columbia Public Library Children's Programming Room. If you are a friend, relative, or grandparent caring for young children ages birth to five, then F.R.O.G.S. may be the group get-together for you! Children ages birth to five are encouraged to join in, and we will have activities and materials for them to explore as we talk about caring for young children. Call 884-1618 for more information.

Get the Skinny on Childhood Obesity from 6:30-8:30 in the Friends Room at the Columbia Public Library. Children who suffer from obesity are more susceptible to physical illness and more likely to have low self-esteem. At this workshop, you'll learn how to prevent obesity, help children make healthy choices and increase their self-esteem along the way. Pam Evans-Smith is a faculty member at the University of Missouri Sinclair School of Nursing. Pam was a pediatric intensive care nurse for nine years before returning to school for her master's degree. She is currently pursuing her Ph.D., researching childhood obesity and human-animal interactions. Cosponsored by the Parent Education Committee. To register, call 443-3161 beginning Nov. 3.

Grandparents Parenting Grandchildren Support Group from 11:45 am to 1:15 pm at Columbia Senior Center, 1121 Business Loop 70 East. Call Art Schneider, M.U. Extension Human Development Specialist, Boonville, at 660-882-5661 for more information.

Home & Toy Safety for the Holidays from 11-12 am at the Columbia Public Library. Safe Kids Columbia wants to make this holiday season as worry-free as possible for toy shoppers and holiday decorators. Parents and caregivers can pick up free information about how to keep children and homes safe during the holidays.

La Leche League Breastfeeding Meetings provides mother-to-mother support and the latest breastfeeding information. The meetings are held at the Unitarian Universalist Church, 2615 Shepard Blvd. *Soleil (morning)* Group meets the second Thursday of the month at 10 a.m. *Sunset (evening)*

Group meets the third Wednesday of the month at 7 p.m. For more information visit <http://www.llusa.org/web/ColumbiaMO.html>.

Living Large meets at the Calvary Baptist Church, 606 Ridgeway. Love Inc provides a variety of classes including Childbirth Class (from 6:15-8:15) and Parenting Q & A (from 6:15-7:10). Free dinner is served at 5:30. Call 256-7662 for more information, to register for special childbirth classes, or for child care. Love INC is mobilizing the church to transform lives and communities In the Name of Christ.

Missouri Child Care Resource and Referral Network helps families find child care and provides parents with consumer education materials. Visit <http://www.moccrn.org/> for more information.

MOMS Club of Columbia- If you live in Boone County, **north** of Interstate 70, please contact Pam Carr at 355-0206. If you live in Boone County, **south** of Interstate 70, please email momsclubofcolumbiasouth@yahoo.com.

Mothers of Children with Autism (MCA) meets once monthly with mothers and once monthly as families. Email lorahinkel@hotmail.com for more information.

MOPS (Mothers Of Preschoolers) is for any mother expecting the arrival of or currently mothering children from birth through six years of age. MOPS meets at the Missouri United Methodist Church from Sept-May. Call 443-3111 for more information.

Parent Network at Services for Independent Living, 1401 Hathman Place, from 7-9 pm. Join parents of youth with and without disabilities to become a voice for creating change for youth with all types of disabilities. For more information call 874-1646, ext. 216

ParentLink for answers to your parenting questions call toll free warmline (1-800-552-8522) or En Español (1-888-460-0008). Visit online parentlink.missouri.edu. Individuals will be provided with quality parenting information, materials and other resources to strengthen and support Missouri's families.

Parents as Teachers is a Columbia Public Schools early childhood and parent support program. It is offered free to all parents living in the district with children from birth to kindergarten entry. Program services include: personalized home visits, developmental/health screenings, group meetings as well as a resource center for parents to use. For more information visit <http://www.columbia.k12.mo.us/pat/>.

Rainbow House Events-

- **Homeless Youth Awareness Month Photo Exhibit and Event Kickoff** in the Columbia Public Library's Children's Program Room from 5:30-7:30 p.m. November is Homeless Youth Awareness Month. To learn more about this month's events, call Heather at 449-0192.
- **HOPE Group** is offered to non-offending caregivers of children who have been involved in an investigation regarding sexual or severe physical abuse recently or in the past. The group provides education on child abuse and neglect, behavioral issues, parenting skills, and other topics. The group also offers professional and mutual peer support for those dealing with the aftermath of abuse. Call Kristi at 474-6600 for more info.
- **Over the Rainbow Groups** -For girls ages 7-10 or girls ages 11-17- These groups serve as an outlet for discussing abuse with other survivors in a safe, confidential environment and allow girls to support one another and rebuild their ability to trust others. Call Kristi at 474-6600 for more info
- **Parenting Skills Class.** 8 week parenting class for parents who have been *court ordered* or *referred* classes. Each class is \$5 per family. Classes begin every three months and meet on Mondays from 5:30-7:30. Call Kristi at 474-6600.
- **Parenting with Love & Limits.** 6 week parenting program focused on how to parent difficult teenagers while reestablishing authority and reclaiming respect. Meets Wednesdays 5-7 pm. Each class is \$15 per family. Call Heather Windham at 474-6600.

Single Mom Support Group: This group meets once a month and is open to single moms over the age of 18. The purpose of the group is to create a safe space for single moms to process emotions and issues they may be facing by supporting each other and supporting themselves. Childcare and snacks are provided. There will also be a short lesson on a topic pertinent to single moms at each monthly meeting. Call 573-268-8549 to register.

GLBTQ Parent Support Group from 6:30-7:45 at The Center Project, 907 East Ash Street, Columbia. This is a social and support group for lesbian, gay, bisexual, transgender, and queer adoptive, foster & birth parents, and parents in planning. Childcare provided. For more information visit www.thecenterproject.org, email centerproject@hotmail.com, or call 573-449-1188.

Voluntary Action Center provides diapers, formula, and hygiene kits; can help secure birth certificates for persons born in Missouri; provides youth enrichment funds for sport and scholastic activities for kids; and various other services. If you have any questions, please call 874-2273.