

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4 Mothers Helping Mothers	5 BH: Childbirth in a Day	6 Mothers Helping Mothers	7 Mothers Helping Mothers	8 BH: Infant CPR FBC: Beginning Childbirth La Leche League Parent Network	9 BH: Childbirth in a Day FBC: Beginning Childbirth	10 BH: Childbirth in a Day FBC: Beginning Childbirth
11 FBC: CPR	12 GLBTQ Parent Support Group	13 Single Mom Support Group	14 Mothers Helping Mothers	15 BH: Breast-feeding FBC: Beginning Childbirth La Leche League Parent Network Parents as Teachers Event	16 BH: Childbirth in a Day	17 BH: Childbirth in a Day
18 FBC: Breast-feeding	19 FBC: Breast-feeding	20 BH: Prepared Childbirth Series Begins	21 La Leche League Mothers Helping Mothers	22 Grandparents Parenting Grandchildren	23 BH: Childbirth in a Day	24 BH: Childbirth in a Day Connecting for Children Weekend Retreat
25 Connecting for Children Weekend Retreat	26	27 BH: Prepared Childbirth Series Begins "You Just Don't Trust Me" Parent Workshop	28 FBC: For Big Kids Only Mothers Helping Mothers	29 FBC: Beginning Childbirth	30	31 BH: Childbirth in a Day

**Parent Education Calendar October 2009**

<b>Parent Education Calendar September 2009</b>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Mothers Helping Mothers	3 BH: Breast-feeding CMOMS	4	5 BH: Childbirth in a Day
6	7	8 GLBTQ Parent Support Group Single Mom Support Group	9 Mothers Helping Mothers	10 FBC: Beginning Childbirth La Leche League Parent Network	11	12 BH: Childbirth in a Day FBC: Beginning Childbirth
13	14 FBC: CPR Parents as Teachers Event	15 BH: Prepared Childbirth Series Begins	16 FBC: For Big Kids Only La Leche League Mothers Helping Mothers	17 BH: Breast-feeding FBC: Beginning Childbirth	18	19 BH: Childbirth in a Day
20	21 FBC: Breast-feeding	22	23 Mothers Helping Mothers	24 FBC: Beginning Childbirth Grandparents Parenting Grandchildren	25	26 BH: Childbirth in a Day
27	28 Parents as Teachers Event	29	30 Mothers Helping Mothers			

## 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](mailto: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 or 1-800-706-1742 ext. 230 or for Spanish services, ext. 232.

**Daniel Boone Regional Library** provides story times, parenting workshops, and other library activities. Visit [www.dbrl.org](http://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>.

**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.

**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>.

**Missouri Child Care Resource and Referral Network** helps families find child care and provides parents with consumer education materials. Visit <http://www.mocccrn.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](mailto:momsclubofcolumbiasouth@yahoo.com).

**Mothers of Children with Autism (MCA)** meets once monthly with mothers and once monthly as families. Email [lorahinkel@hotmail.com](mailto: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.

**Mothers Helping Mothers** in Hillcrest Hall, 1507 E. Broadway, on the Stephens College campus, 12:30-2 pm. For mothers and babies 0-6 months.

**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](http://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/>.

- Monday, September 14, 10:00 to 10:45 a.m., at the Columbia Public Library, Children's Program Room. **Rhymes & Songs for Babies** - for parents & infants to 12 months
- Monday, September 28, 5:30 to 7:00 p.m., **Fall Frolic** for infants & children to 36 months, Albert Oakland Park, 1900 Blue Ridge Road, Shelters 2 & 3. Rain Date: Tuesday, Sept 29.
- Thursday, October 8, 6:30 to 7:45 p.m., Smithton Middle School, 3600 W Worley St, Cafetorium and Room 99. **Group meeting with activities** for parents and children ages 3 to 5 years, and also for infants to 12 months.

### **Rainbow House Events-**

- **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: September's topic is understanding children's emotions. October's topic is positive parenting. 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](http://www.thecenterproject.org), email [centerproject@hotmail.com](mailto: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.

**"You just don't trust me!" Parent Workshop** from 6:30-8:30 pm in the Friends Room at the Columbia Public Library. Preteens and early teens can challenge even the most involved parent by suddenly questioning our trust of them. At these times, it may help to remind yourself and your child: "It's not about trust; it's about doing my job as a parent". Learn tips on how to communicate, set limits on cell phone and electronic use, and have discussions with your child about tough issues from panelists Meg Berger, Dr. Sahba Jalali and Maureen Coy. Cosponsored by the Parent Education Committee. Adults only. Beginning October 13<sup>th</sup>, call 443-3161 to register.

**For the most current calendar, please visit**  
<http://parenteducation.missouri.org/>

**If you have a group that you would like mentioned in this calendar, please email us at [parenteducation@gmail.com](mailto:parenteducation@gmail.com).**