

# YOUNG ROOTS OREGON

## SEMI-ANNUAL COMMUNITY NEWSLETTER

### PARENTINGROOTS DEVELOPMENT COURSES

Since July, over 30 young parents have participated in the following parenting courses that are designed in partnership with community resources:

Childbirth class in partnership with Linn County Maternal Child Health Services.

Financial & Housing Stability in partnership with DevNW, Oregon State Credit Union, \$tand by Me, and the Community Services Consortium.

Abriendo Puertas/Opening Doors parent leadership class in partnership with the Parenting Success Network.

### PARENT MENTORING PROGRAM

Our mentoring program launched in October, with 10 young parents participating.

The program is designed to inspire self lead growth by providing individual support with the following primary purposes:

To nurture a healthy sense of self.

Reducing stress, along with gaining capacity to cope with stress in healthy ways that buffer their children from experiencing that stress.

To foster resiliency.

To achieve any positive development goals mentees desire for themselves.

### FAMILY EVENTS

Once a month, YRO provides a family event that nurtures peer and community connection through shared experiences. These are the activities we have been able to do together these past months:

- Trip to Lincoln City
- Family Feud Game Night
- Fall Craft Night with moms
- Bowling Night with dads
- Friendsgiving
- Give-the-Gift Holiday Event

**Sponsor a Family for the holidays**

### KIDROOTS CHILDREN'S PROGRAM

The KidRoots Children's Program provides educationally enriching high quality care for up to 15 children of young parents for every program event. Their bilingual Spanish/English team provides optimal quality care for every age child supporting young parents' ability to be fully present and engaged while they connect and learn during program activities. KidRoots also started a weekly Bilingual PRESCHOOL.



**FRIENDSGIVING**



### for YOU & our generous SPONSORS

The Greater Albany Public School District

- Oregon Community Foundation
- Pacific Power Foundation
- Early Learning Hub
- Linn Benton Health Equity Alliance
- Trail Blazers Foundation
- System of Care

2021 990 Tax Filings