



## Programs and Services



Family Nurturing Center

🌸 *Our Programs and services are the key to increasing family strengths and well-being, enhancing child development, and supporting family safety so that caregivers and children can thrive.*

🌸 *If you need help, or if your clients can benefit from our services:*

Please give us a call at (541) 779-5242

or send an email to:

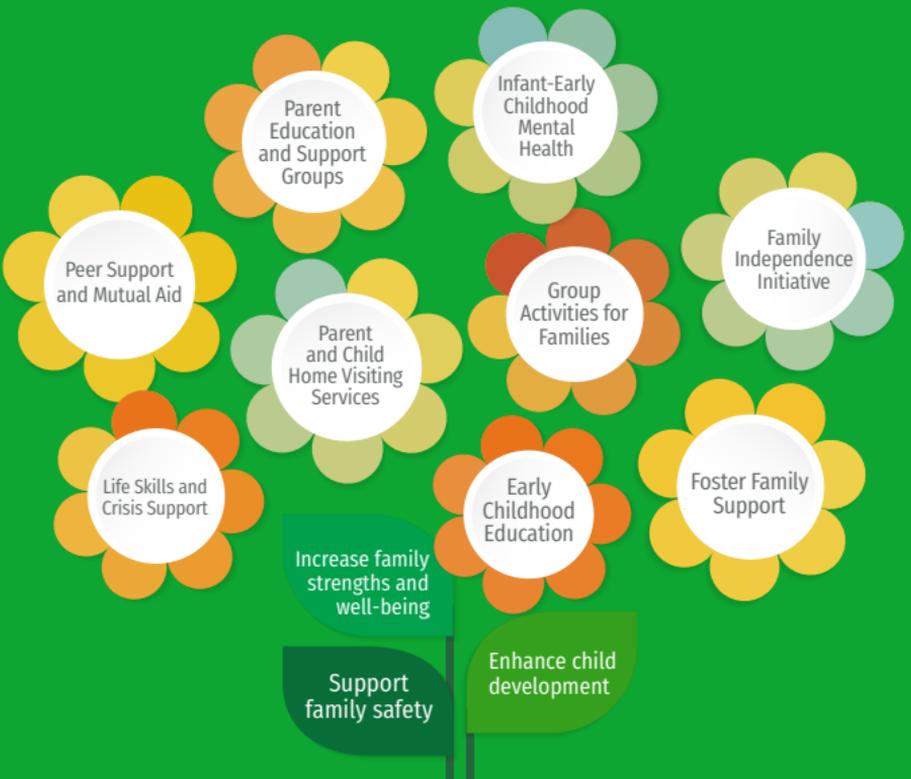
[info@familynurturingcenter.org](mailto:info@familynurturingcenter.org)

or you can fill out our online referral form at:

<https://familynurturingcenter.org/referral-form>

## Our Programs and Services:

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## Infant-Early Childhood Mental Health

*Infant-early childhood mental health, sometimes referred to as social and emotional health, is the developing capacity of the child from birth to 5 years of age to form close and secure adult and peer relationships; experience, manage, and express a full range of emotions; and explore the environment and learn—all in the context of family, community, and culture.*

### **Parent Child Interaction Therapy® (PCIT)**

PCIT is an evidence-based treatment for young children with behavior problems. PCIT can help to decrease children's tantrums and aggressive or destructive behavior while increasing their feelings of security, safety, attachment, and self-esteem. During treatment sessions caregivers wear a "bug-in-the-ear" device through which the therapist provides in-the-moment coaching on skills the caregiver is learning in order to manage their child's behavior. PCIT requires regular at-home practice of skills between treatment sessions. We provide PCIT for children from two through age 5 and their caregivers.

### **Child Parent Psychotherapy (CPP)**

CPP is an evidence-based treatment for young children from birth through age five and their parents/caregivers. CPP supports family strengths and relationships, help families heal and grow after stressful experiences, and respects family and cultural values. CPP helps parents and children to understand each other, talk and play about difficult experiences, respond to difficult feelings and behaviors, and create a family story that leads to healing.

### **Attachment and Biobehavioral Catch-Up (ABC)**

ABC is an evidence-based parenting intervention for caregivers of infants and toddlers who have experienced early adversity. ABC coaches work in the home with families with infants between 6 and 24 months of age. Through 10 weekly coaching sessions incorporating lots of positive feedback for caregivers, coaches support caregivers to enhance children's emotional and behavioral regulation and foster the development of a secure attachment.

Contact **Beth Jaffee-Stafford**, Clinical Director, MA LMFT, [beth@rvfnc.org](mailto:beth@rvfnc.org)



## Early Childhood Education

*Our high-quality preschool programs build students' self-regulation skills, nurture creativity and curiosity, and foster playful learning.*

### Relief Nursery Therapeutic Early Childhood Program

Our Relief Nursery Therapeutic Early Childhood Program classrooms enhance the social, emotional, and cognitive functioning of each child while supporting the resilience of children and families who experience challenges, adversity, or trauma. Therapeutic classroom teachers provide intentional, consistent, and thoughtful therapeutic responses, utilizing research-based interventions. Children learn that they can solve problems, regulate their feelings, develop friendships with other children, and love school! Families participate in regular home visits with their child's teacher, supporting a strong partnership between the child, the family, and the teacher.

### Preschool Promise

In our Preschool Promise program a caring community of learners is created, supporting children to develop positive relationships with each other and their teachers. Teachers support children's development and learning by providing meaningful materials and activities that interest children and challenge them. And teachers partner with families by listening to families' goals and concerns for their children and encouraging families to participate in the program in a variety of ways, depending on family preference.



## Child Care /Respite Care

*High-quality childcare and respite care address the needs of entire families. Our communities are stronger when caregivers can provide for their families, further their education, and take necessary steps*



# Foster Family Support

*We support foster families in a variety of ways:*

## Every Child

Every Child invites the community to partner creatively with Oregon's Department of Human Services to aide children in foster care and to support families. We recognize that we each can play a part in enhancing the lives of children in foster care, ensuring that their future is bright and that parents and caregivers have the support they need. –**Contact Amy Jacobs, Every Child Program Manager, [amyj@rvfnc.org](mailto:amyj@rvfnc.org)**

## MY NeighbOR

My NeighbOR mobilizes caring Oregonians to meet the unique, pressing, and tangible needs of families. We connect goods and services from community members to foster care families and youth to provide clothes, baby supplies, educational support/activities, or to create a Flash Box, purchase a gift card, or give funds to help us meet the needs of vulnerable families. –**Contact Amy Jacobs, My NeighbOR Program Manager, [amyj@rvfnc.org](mailto:amyj@rvfnc.org)**

## KEEP®

KEEP is an evidence-based support and skill enhancement program for foster and kinship parents of children (KEEP Standard) and teens (KEEP SAFE™). The program supports foster families by promoting child well-being and preventing placement breakdowns. KEEP groups are designed to be flexible and fun, interactive and participatory. The groups synthesize the real and current experiences of foster and kinship parents with lessons learned from research about the most effective parenting methods.

*to improve their health and well-being, knowing that their children are getting the care they need.*

## Respite Childcare Program

Respite childcare offers parents and caregivers a chance to take a little time for themselves while their children play with other children and are cared for by warm, caring, professional staff in small groups.

**Contact Louise Horn, Early Childhood Program Manager, [louise@rvfnc.org](mailto:louise@rvfnc.org)**



## Parent and Child Home Visiting Services

*Home visiting programs provide parents and caregivers with emotional support, information, and referrals to community resources and services. Parent and Child Home Visiting Services connects parents and caregivers with a designated support person who regularly meets with them and their children in the home or another preferred location.*

### Relief Nursery Outreach

Care Coordinators regularly visit the homes of families with children 0-5 years old, helping parents to recognize their strengths and abilities as parents and to feel more confident about their parenting skills. Care Coordinators and parents work together to monitor children's development with appropriate assessment tools and to recognize and respond to children's unique temperament, personality, communication styles and behavioral cues.

### Attachment and Biobehavioral Catch-Up (ABC)

ABC coaches work in the home with families with infants between 6 and 24 months of age. Through 10 weekly coaching sessions incorporating lots of positive feedback for caregivers, coaches support caregivers to enhance children's emotional and behavioral regulation and foster the development of a secure attachment. ABC is helpful for all families with infants between 6 and 24 months of age and is an evidence-based parenting intervention for caregivers of infants and toddlers who have experienced early adversity.

### Grandmas2Go®

Grandmas2Go connects parents of young children (0-3 years old) with "women of wisdom" to whom parents can turn for well-informed advice, hope and encouragement. Grandmas2Go are volunteers who understand that parenting can be both stressful and joyful, and who are happy to hold a crying baby or change a diaper while they connect with parents about their hopes, dreams, and expectations for themselves and their children.

–Contact **Linda Otto**, G2G founder and Program Manager, [linda@rvfnc.org](mailto:linda@rvfnc.org)

## In-Home Safety and Reunification Services (ISRS)

Participation in short-term, intensive home visitation services through our ISRS program requires a referral by Child Welfare. ISRS providers develop receptive, responsive, and respectful relationships with referred families, building on the unique strengths of parents/caregivers so that parents/caregivers, the Family Nurturing Center ISRS provider, and the Child Welfare caseworker can work together to ensure child safety.

*Peer-support and mutual-aid experiences allow parents and caregivers to learn from others who have “been there” and to use their experiences and skills to help others. Mutual Aid systems operate under the notion that everyone has something to contribute, and everyone has something they need.*



**Peer Support and Mutual Aid**

### Parent Mentors Program

Participation in the Parent Mentor program requires a referral by Child Welfare. Parent Mentors demonstrate the possibility of change and a healthy life as a parent in recovery. Parent Mentors empower and coach parents through their case with Child Welfare, joining them at Family Decision Meetings and court hearings, and providing support based on their personal experience and professional training.

### Farm and Food Program

Parents participating in the Farm and Food Program engage together in seasonal gardening activities, helping to grow food and flowers for each other and for other families in the community. Families participating in the Farm and Food Program increase resilience, build social connections, and utilize healthy coping strategies, transcending challenges and obtaining long-term stability and success. –Contact Doug Lofdahl, Farm and Food founder and Co-Program manager, [doug@rvfnc.org](mailto:doug@rvfnc.org)



## Parent Education and Support Groups

*Parent Education and Support Groups let parents/caregivers share the joy, pain and uncertainties that come with the parenting role with others and can help them feel more connected and more confident as caregivers.*

*Parent Education and Support Groups also offers parents and caregivers the opportunity to learn new life skills and have fun!*

### Conscious Discipline

Kids learn more, show more compassion and feel better about themselves when they are in an environment that is caring, connected, and safe—and parents can provide that environment! The Conscious Discipline learning series helps parents and caregivers learn evidence-based discipline strategies, practice new skills, increase their sense of confidence and build a sense of community with other parents. This class is for parents of children 0-7 years old.

### Circle of Security® Parenting™ Program

The Circle of Security Parenting Program (COSPTM model) is based on decades of research about how secure parent-child relationships can be supported and strengthened, and it helps parents and caregivers make sense of what their child really needs from them. Trained facilitators work with parents and caregivers to help them understand their child's emotional world, support their child's ability to successfully manage emotions, enhance the development of their child's self-esteem, and honor the innate wisdom and desire for their child to be secure.

### KEEP®

KEEP is an evidence-based support and skill enhancement program for foster and kinship parents of children (KEEP Standard) and teens (KEEP SAFE™). The program supports foster families by promoting child well-being and preventing placement breakdowns. KEEP groups are designed to be flexible and fun, interactive

and participatory. The groups synthesize the real and current experiences of foster and kinship parents with lessons learned from research about the most effective parenting methods.

## **Mindful Mothers Group**

Mothers can spend time together enjoying weekly mindfulness practices at beautiful Hanley Farm. Moms are also able to participate in seasonal gardening activities, helping to grow food and flowers for local families.

Contact Courtney Lucas, Parent Engagement Program Manager, [courtney@rvfnc.org](mailto:courtney@rvfnc.org)



## **Group Activities for Families**

*Through participation in parent-child group activities, caregivers and children strengthen connections to each other and their community. They also have fun!*

## **Family Food Group**

Families learn to harvest, prepare, and share a family meal together in the outdoor kitchen at beautiful Hanley Farm. Parents, caregivers and their children enjoy participating in a supportive environment focused on nurturing family health.

## **Family Fun Events**

We sponsor and facilitate fun family activities where parents, caregivers, children, extended family members, and our team members can laugh, play, learn, and connect with each other.



## Life Skills and Crisis Support

*We can all learn new skills toward improving our circumstances and learning to function well even when faced with challenges. By assisting parents to identify, find and receive concrete support in times of need, we help to ensure they and their family receive the necessities everyone deserves in order to grow.*

### Farm and Food Program

Through participation in the Farm and Food Program, families learn the skills necessary to eliminate food insecurity and increase the nutritional value of the food they consume. Families are supported to increase physical activity, integrate nutrition with regular health care, and improve self-esteem through increased self-sufficiency.

### Tangible Items

We partner with the non-profit community, churches, foundations, and other caring individuals to create a true safety net for families needing help to access tangible items such as food, clothing, diapers and other household goods as they are available.

### GED for Parents

We offer high-quality, supportive GED classes for parents and caregivers who want to pursue or continue their own education by working toward a general educational development certificate (GED).

### Respite Childcare Program

Respite childcare offers parents and caregivers a chance to take a little time for themselves while their children play with other children and are cared for by warm, caring professional staff in small groups. Families reserve time in the Respite Childcare Program.

### Budgeting

We offer budgeting workshops, facilitated by Wells Fargo Bank. These workshops help parents learn how to build a budget, set goals, live within their means, and save money for their dreams!

## Housing: Navigator Program

Participation in the Navigator program requires a referral by Child Welfare. The Navigator Program combines affordable housing assistance with support services to address the needs of homeless families raising young children. Services are designed to build independent living skills and tenancy skills, and connect people with community-based health care, treatment, and employment while helping them to find a home they can call their own.

## In-Home Safety and Reunification Services (ISRS)

Participation in short-term, intensive home visitation services through our ISRS program requires a referral by Child Welfare. ISRS providers develop receptive, responsive and respectful relationships with referred families, building on the unique strengths of parents and caregivers so that parents and caregivers, the Family Nurturing Center ISRS provider, and the Child Welfare caseworker can work together to ensure child safety.

–Contact Leslee Winner, ISRS, Program Manager,  
[leslee@rvfnc.org](mailto:leslee@rvfnc.org)

*We believe that every family is worth investing in, and that one's income level should not dictate one's ability to choose what is best or right for their own family.*



## Family Independence Initiative

### Family Independence Initiative

Our family-centered, strength-based and data-driven approach is as revolutionary as it is simple. It includes three elements:

- 1) **Cash**—direct investments to families
- 2) **Choice**—freedom for families to use the cash as they see fit
- 3) **Community**—families come together on the signature technology online platform **UpTogether®** where they work together toward greater social and economic mobility. We listen and learn about the actions and activities families take to improve their lives and provide direct cash investments that match these initiatives.

If you need help,  
or if your clients can benefit  
from our services

Please give us a call at (541) 779-5242

or send an email to:

[info@familynurturingcenter.org](mailto:info@familynurturingcenter.org)

You can also fill out our online referral  
form at: [https://familynurturingcenter.org/  
referral-form](https://familynurturingcenter.org/referral-form)



## Family Nurturing Center

*Strengthening families so that  
children can live safely and develop fully  
in their caregivers' care.*

(541) 779-5242

[familynurturingcenter.org](http://familynurturingcenter.org)

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