

Community Center for Family Counseling



Lane Community College

Fall Term, 2011

Check out our website: www.lanecc.edu/ccfc

Welcome!

I would like to extend my warm welcome to you from the *Community Center for Family Counseling* staff! This class will be held Saturdays from **9:00**

a.m. - noon, October 1 – December 3 at Lane's Downtown Center (1059 Willamette Street – across from the LTD bus station downtown).

In this 3-hour class, parents, teachers, counselors and interested others learn ideas and skills for strengthening relationships with children. Typical problems (e.g. fighting, crying, sibling conflict, homework, bedtime) are approached via activities, discussion and the use of real-life in-home video sequences. Class members participate in discussion and exercises to refine application of skills. Topics include the use of encouragement, dealing with power struggles, improving communication, setting reasonable and consistent limits, stimulating independence/responsibility, and improving structure and routine. In addition, learn about stress, parenting, and resources you can develop to help you live a valued life.

We meet promptly at 9am and dismiss class at noon. Free parking is available at the downtown multi-level parking structure located between 10th and Broadway on Oak Street.

Children must be pre-registered before attending childcare (see reverse side of this page for instructions). *This means that you must speak with or have email confirmation from Laura Backen Jones and register your child at least one week prior to bringing your child to class, even if you used our childcare previously.* Parents using our childcare must arrive and check their children in before 9am. We are open at 8:30 and we register children between 8:30 and 9am. **Due to staffing constraints, we cannot accept late children.**

Registering for the Class

To register yourself

1. A Human Relations class, *Principles of Child Guidance*. Course Registration Number 20110 (beginning) and 20109 (Advanced). Lane offers web registration through *MyLane*. Access *MyLane* from a computer with Internet service at your home, workplace, or a variety of locations throughout Lane's main campus and outreach locations at www.lanecc.edu. Students need an 'L' number (User ID) to register. 'L' numbers can be obtained by submitting an access form or calling the information into Enrollment Services, (541) 463-3100.

Important Note: Registering yourself does not register your child(ren).

The Center provides childcare on a space-available basis for children age 3 (who are toilet trained) through elementary-school age. **Children must be pre-registered to be accepted for childcare.** To register your child(ren) for child care, call Laura Backen Jones at 463-5234 or

email lauraj@ori.org. If you have already registered with Laura, bring the following items with you on the first day of class.

- **A completed childcare form** for each child who you want to enroll. We require a new child care form, even if you completed one for a previous term.
- **The signature of at least one parent on the child care form**, indicating that you have read the information regarding Center childcare. Keep the childcare information page.
- **A check payable to Lane Community College** for the non-refundable children's supply fee of \$15 per child/per term. **Unless your check or a request for a sponsorship is received by October 8, we will assume you do not need child care and allot the space to parents on the waiting list.**

Due to an increase in children's allergies and more stringent health regulations, we no longer provide snacks for children. Each week, bring a small snack (including a drink) for your child.