

# Parent Education Calendar September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 BH: Childbirth in a Day  FBC: Beginning Childbirth
3	4	5 BH: Prepared Childbirth Series Begins	6 PAT: Hearing & Vision Screenings  PAT: Yoga	7 CMOMS  SYP  Tiger Tot Mommies	8	9
10	11 BH: Infant CPR  Cub Hub begins  FBC: Breastfeeding	12 MOPS  Parents 4 Parents	13 Tiger Tot Mommies	14 FBC: Beginning Childbirth series begins  La Leche League  Parent Network	15	16 BH: Childbirth in a Day  FBC: Beginning Childbirth
17	18 BH: Breastfeeding  FBC: Infant CPR	19 La Leche League	20	21 Central MO GrandFamily  SYP	22 PAT: Yoga	23
24	25 BH: Infant CPR  FBC: Breastfeeding	26 MOPS  Parents 4 Parents  SOAR	27 FBC: For Big Kids Only and Tour	28 Parent Network	29	30 BH: Childbirth in a Day

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29	30 BH: Breastfeeding	31				

## Alphabetical List of Programs

**Boone Hospital (BH) Events** - Call (573) 815-6400 or 1-800-872-9008 for more information or to register. All events are at Boone Hospital.

- **Better Beginnings with Breastfeeding**- one session from 6-8 p.m.
- **Childbirth in a Day**- one eight-hour session, 9 a.m.-5 p.m.
- **Infant Safety & CPR**- one session from 6-8 p.m.
- **Prepared Childbirth**- four-week series from 6-8 p.m.

**Central MO GrandFamily Network**: regular monthly meetings held the third Thursday of the month from 6-7:30 p.m. for grandparents and other relative caregivers raising children. Contact ParentLink, University of Missouri, for more information at (573)882-7321 or toll free at 1-800-552-8522.

**Child Care Aware of Missouri** helps families find child care and provides parents with consumer education materials. Military parents are eligible for child care at no cost through the Give Army Parents a Break program. Visit their website at <http://mo.childcareaware.org> for more information.

**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 7 p.m. at Community United Methodist Church, 3301 West Broadway, (across from Hy-Vee) in Fellowship Hall. Visit their website at <http://www.columbiamultiples.org> or email [columbiamOMS@yahoo.com](mailto:columbiamOMS@yahoo.com) for more information.

**Cub Hub** provides student parents with a space to study with computers, Wi-Fi, and service learning students who will engage children in educational activities. Fall semester services run from September 11-December 8. Please check the official MU ParentLink/Cub Hub facebook page for up-to-date announcements and accurate information about days and times, or call 1-800-552-8522; En Español: 1-888-460-0008.

**Daniel Boone Regional Library** provides story times, parenting workshops, and other library activities. Visit [www.dbrl.org](http://www.dbrl.org) or call (573) 443-3161 to learn more about programs and services at the Columbia, Ashland, Fulton, and outreach locations.

**Family Birth Center (FBC) Events**- Visit our website at [www.muhealth.org/childbirthclasses](http://www.muhealth.org/childbirthclasses) or call 771-6101 to register and for more information.

- **Beginning Childbirth** 6-week session meets on Thursdays from 7-9 p.m. at the Women's and Children's Hospital. Class costs \$55. Free for MO Care participants. A one-day class is offered on Saturday from 9-5 for the same cost.
- **Breastfeeding** at the Women's and Children's Hospital from 7-9 p.m. Class costs \$10. There is no charge if enrolled in Beginning Childbirth or if parent is a MO Care participant.
- **For Big Kids Only** at the Women's and Children's Hospital from 6:30-8 p.m. This free class prepares children for a new sibling.
- **Infant/Child CPR** at the Women's and Children's Hospital from 7-9 p.m. on Mondays and 9-11 a.m. on Saturdays. Class costs \$35.

**Family Impact Center (FIC)** provides lifelong education to improve the quality of life of individuals in the Columbia community. This is done by bringing University of Missouri programs to central Columbia, giving students the opportunity to apply what they are learning in their respective fields by providing free services to individuals in the community. Classes are held at 105 E Ash Street, Suite 200. For more information about programs and classes, please call 882-2428 or visit [www.mufamilyimpact.org](http://www.mufamilyimpact.org).

- **Building Strong Families (BSF)**- free classes to help parents discover their family's strengths and learn to build on them, working with others to face challenges and meet goals. Classes will resume next year.

**First Chance for Children** provides a variety of programs and services for parents of children ages 0-5. For more information on all programs, please visit [www.fc4c.org](http://www.fc4c.org) or call (573) 777-1815.

- **Lend and Learn Library** is a safe, free space for children up to age three to play with toys that promote social-emotional, cognitive, motor and language development. Toys may also be checked out to take home. A parent educator is always present in the library to answer questions about your child's development. Open Mon-Thurs, 9am-12:30pm when Columbia public schools are open. Located at the First Chance for Children office at 1010 Fay St. A 2nd free location is open year round in Centralia on Tues. & Thurs., 9am-12:30pm. Located at the Boone County Building, 1023 E Hwy 22.
- **Baby Bags and Safe Cribs** can be delivered at no cost to at-risk parents of a new baby. Baby bags include books to read to the newborn, a baby safety kit, a health kit, a bath water thermometer, a sleeper, and pamphlets about local resources. Staff also connects families with appropriate community programs including Women, Infant & Children (WIC), and Parents as Teachers +.
- **Parents as Teachers+** is a home visitation program designed to help parents strengthen protective factors that help them deal with the challenges of raising children. Services include parent education through intentional home visitation, parent connection opportunities and playgroups, and incentives for program participation, including diapers, wipes, home & health items, and board books.

**Healthy Families** is a free home visiting program provided to Boone County residents through Columbia/Boone County Public Health and Human Services (Health Dept.). Healthy Families begins visits with pregnant women in the first or second trimester, and continues after the birth of the child until age 3 years. Home visitors provide child development and parenting information, support and encouragement to both new and experienced parents. Assistance with Medicaid for Pregnant Women, WIC, and Food Stamp applications can also be provided. Items such as cribs, car seats, and diapers may be given to families in the program. Please call Dominique at 573-874-7488 to find out more about the Healthy Families program and eligibility requirements.

**La Leche League Breastfeeding Meetings** offer mother-to-mother support for all mothers and pregnant women interested in learning more about breastfeeding. Meetings are free and are led by accredited Leaders who have breastfeeding experience. The morning group meets on the second Thursday of each month at 10 a.m. and the evening group meets on the third Tuesday of each month at 7 p.m. All meetings are held at the Unitarian Universalist church at 2615 Shepard Blvd. For more information, please see our website: <http://www.llusa.org/web/ColumbiaMO.html> or visit our Facebook page ("Columbia MO La Leche League"). Meeting cancellations due to severe weather will be posted on our Facebook page and the KOMU website.

**Missouri First Steps** is an Early Intervention program to support families who have a child from birth to age 3 who has delayed development or diagnosed conditions that are associated with developmental disabilities. Please visit <http://dese.mo.gov/special-education/first-steps> or call 1-866-583-2392 for more information.

**MOMS Club of Columbia-** If you live in Boone County, **north** of Interstate 70, contact Pam Carr at 355-0206.

**MOPS (Mothers Of Preschoolers)** is for any mother with infants to children six years old who is looking for support, encouragement and friendship. MOPS meets the second and fourth Tuesday of the month from 9-11:30 a.m. at First Presbyterian Church at 16 Hitt Street (next to Ragtag) from Sept. through April. The **MOPS After Dark** group meets from 6-8:30 p.m. Plus, **MOMSnext** is a chapter for mothers of school-aged children, which meets at both the day and evening times. Childcare is available. Many social events and play dates are planned throughout the year. Visit <http://fpccolumbia.org/mops> or email [mopscolumbia@gmail.com](mailto:mopscolumbia@gmail.com) for more information.

**MOPS at Woodcrest** is a support group for expectant moms and moms of children aged birth-kindergarten. Meetings are held weekly on Thursdays Sept-April from 9:15-11:15 at Woodcrest Chapel. For more information, search MOPS at Woodcrest on facebook.

**Mothers of Children with Autism (MCA)** meets once monthly with mothers and hosts periodic family events. Email [lorahinkel@hotmail.com](mailto:lorahinkel@hotmail.com) for more information.

**MPACT** is a statewide parent training and information center serving parents of children with all disabilities. Through the use of free training workshops and one-on-one technical assistance sessions, MPACT assists parents in their effort to effectively advocate for their children's educational rights and supports. To learn more about MPACT and the services offered, visit [www.ptimpact.org](http://www.ptimpact.org) or call, toll-free, 1-800-743-7634.

**My Life Clinic** offers professional, confidential pregnancy medical services at no cost. We are the only free provider for pregnancy testing and ultrasound in Central MO. Our services are offered without restrictions of age, marital status, race, religion, residency or income. Parenting and Moms Support Group classes are also offered. To learn more, call 573-874-3561 to schedule an initial visit with a client specialist. Walk-in appointments are also available.

**Nurturing Network**, provided by Lutheran Family and Children's Services of Mid-Missouri, is an evidence-based curriculum that teaches parents the importance of nurturing themselves in an effort to better nurture their children. Parents work one-on-one with a social worker, and can be connected as needed with services for alternative housing options, job training and placement, and individual counseling. Open to parents who have at least one child age five or younger in the home. Funded by the Boone County Children's Service Fund; there is no cost to parents. Please call Erin Maynard, LMSW at 573-815-9955 for a referral.

**Parent Network of Mid-Missouri** offers an opportunity for parents who have children with disabilities to network and share experiences and resources. Parents can discuss topics related to supporting everyday life issues. The goal is to empower, educate and encourage parents. Meets on second Thursdays from 11:30 a.m.-1:30 p.m. at a Columbia restaurant. Call 874-1646, ext. 216 for location. Meets on fourth Thursdays from 6-8 p.m. at Boone County Family Resources, 1209 E. Walnut. For more information call 874-1646, ext. 216.

**ParentLink** for answers to your parenting questions, call toll-free warmline 1-800-552-8522 or 1-888-460-0008 (en Español), or visit <http://www.education.missouri.edu/orgs/parentlink>. 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 offered free to eligible parents living in the district with children from birth to kindergarten entry. Program services include personalized home visits, group meetings, and a resource center for parents to use. For more information about any PAT program, visit [www.columbia.k12.mo.us/pat](http://www.columbia.k12.mo.us/pat).

- **FREE Screening Services** for infants & toddlers in the areas of health, hearing, vision and overall development are held by appointment. A screening specialist will summarize the results and make recommendations and referrals as needed.
- **FREE Infant Massage Classes** for children 2-7 months of age are open to all Columbia parents but space is limited; please call 214-3955 to pre-register. Class takes place at the Center for Early Learning North, 2191 Smiley Lane, on Wed., Oct. 4 from 6-7 p.m. Please bring a blanket for your baby to lay on. There will be no class in Sept.
- **FREE Vision & Hearing Screenings** are open to all Columbia families with children between the ages of 6 months to age 5 (pre-kindergarten). Screenings are held on a first come, first serve basis at the Center for Early Learning North, 2191 Smiley Lane, on Wed., Sept. 6 from 4:30-6:30 p.m., and Fri., Oct. 13 from 9:30-11:30 a.m.
- **FREE Yoga Classes** for parents and their 3-5 year old children, up to Pre-K. Yoga channels emotional and physical well-being, creates body awareness, and develops focus, concentration and imagination. Class meets in the Center for Early Learning North, 2191 Smiley Lane. Preregistration is required – space is limited. Call 214-3955 to sign up. Bring a yoga mat or beach towel for parent and child. Classes are offered Wed., Sept 6 from 6-7 p.m.; Fri., Sept. 22 from 11:30 am-12:15 pm; Wed., Oct. 4 from 6-7 pm, and Fri., Oct. 20 from 11:30am-12:15 pm.

**Parents 4 Parents** is a support group for ALL parents of LGBTQ children of all ages. This group is free and open to all who are seeking support, education, discussion and community. We affirm space for LGBTQ people and offer understanding and support to those who may be struggling or celebrating their child's identity. LGBTQ people are marvelous and their struggles are real and intersectional. We meet every second and fourth Tuesday from 6:30-8:00 pm at 515 Hickman Ave. in Columbia, behind Jeff Junior. For additional information e-mail [christy.hutton@thecenterproject.org](mailto:christy.hutton@thecenterproject.org), call 573-449-1188, visit us on facebook <https://www.facebook.com/thecenterproject> or check the website at [www.thecenterproject.org](http://www.thecenterproject.org).

**Rainbow House** offers Making Parenting A Pleasure, a 16 hour parenting class for parents who have been court ordered or referred to complete a parenting class by the Children's Division, Juvenile Office or Probation Office. Class is free to Boone County residents! For class times, call (573) 474-6600 ext. 2117.

**SOAR Workshop: Young Children and Resilience to Last a Lifetime** - Life is full of ups and downs! Learning to cope with change and adversity is something we can help our children with from the very beginning. Come learn how to promote and develop protective factors to help your child become resilient so they can handle whatever life throws at them! Presented by Janice Mericle, First Chance for Children. Dinner provided. Sponsored by SOAR (System Offering Actions for Resilience). Sept. 26, from 6-7:30 p.m. in the Friends Room at Columbia Public Library. Adults only, no child care offered. Call 443-3161 to register, beginning Tues., Sept. 12.

**SOAR Workshop: Is My Child a Picky Eater or Is There More to It?** - Dealing with picky eating as a parent is never fun. What causes it and how can you deal with it? Come learn about how to handle eating struggles and leave with simple strategies that can be implemented today! Presented by Caitlin Vandell, M.S. CCC-SLP, MU Women's & Children's Hospital. Dinner provided. Sponsored by SOAR (System Offering Actions for Resilience). Oct. 24 from 6-7:30 p.m. in the Friends Room at Columbia Public Library. Adults only, no child care offered. Call 443-3161 to register, beginning Tues., Oct. 10.

**Successful Young Parents** is a support group for parents age 22 and younger offered by Lutheran Family and Children Services. We meet at St Andrews Lutheran Church from 5:30-7:00pm, Sept. thru May. Child care is provided, and transportation is available as needed. We offer mentors to parents if they are interested. Participants receive incentives such as diapers, baby clothes, books, and other needed supplies. Meeting is facilitated by Dana Harris, LCSW. Please call 815-9955 for more information.

**Tiger Tot Mommies** is a free support group for moms of babies. Support topics include baby yoga, baby safety, infant massage, sleep patterns in babies, and more. A baby scale is available at all meetings to keep track of baby's growth, and a IBCLC lactation consultant will be present to answer breastfeeding questions. Light refreshments are served, and siblings are welcome. There is a drawing at each group for a \$20 gift card, plus a goody bags for all who attend. Classes are held the 1<sup>st</sup> Thurs. of the month from 5:30-6:30 p.m. at MU Women's & Children's Hospital Conference Ctr., and on the 2<sup>nd</sup> Wed. of the month from 10-11 a.m. at South Providence Medical Park's Conference Ctr. No registration required. For more information, visit <http://womensandchildrens.org>.

**Voluntary Action Center** provides diapers, formula and hygiene kits; can help secure birth certificates for those 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.

*For the most current calendar, visit <http://www.dbrl.org/parenteducation>  
If you have a group that you would like mentioned in this calendar,  
please email us at [parenteducation@gmail.com](mailto:parenteducation@gmail.com).*

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