

## Wallowa County Activities for Children and Families Fall 2017

Event/Activity	Date/Time/Location	Description
Weekly Parent/Child Playgroups	Weekly beginning September 1 <sup>st</sup> Fridays 9:30-10:30 am Building Healthy Families 1 <sup>st</sup> Friday of each month @ Wallowa County Library, starting 9/1	Join BHF and the Wallowa County Library for songs, stories, snacks and activities at this weekly parent-child playgroup focusing on developing Kindergarten Readiness skills.
Library Story Times	Weekly beginning September 6 <sup>th</sup> Tuesdays 10:00-11:00 Wallowa County Library Thursdays 10:30-11:30 Enterprise City Library	Targeting parents with children 0-5. Circle time, story-time and activity at local city libraries.
Hike it Baby	Hikes/Walks beginning September 2017 Days & Times vary. Like our Facebook page to find the latest information  Facebook: Hike it Baby Wallowa County	Hike it Baby is dedicated to building communities that support getting families outside with children from birth to school age. As HIB's newest Oregon Branch, join us for weekly hikes, nature walks and playground dates. Like our Facebook page to find our latest adventure!
Girls on the Run	Mondays 4:00-5:15 and Fridays 9:30-11:00 Starting Date TBD Building Healthy Families	Girls on the Run inspires girls 3-8 <sup>th</sup> grade to be joyful, confident and healthy using a fun, experienced base curriculum which creatively integrates running. Girls meet twice per week for 10 weeks and end by completing a 5K race. The program is free and provides snacks, exercise and activities at each session.
Kids Art Classes @ the Josephy Center	Fridays beginning September 15 <sup>th</sup> Times vary by Age-contact BHF or Josephy Center	From basic art to Ceramics, our Kids Art Classes offer something for children ages 4-18. \$7-10 per Class or a 14-week session for \$90. Scholarships are available.
Making Parenting a Pleasure	Thursdays Sept. 21 <sup>th</sup> -November 16 <sup>th</sup> Dinner 5:30 Class 6:00-7:00 Winding Waters Clinic and Building Healthy Families	Offered in partnership with Winding Waters Clinic, this 10-week evidence based series offers parents a chance to connect with others and learn strategies for positive communication, stress management, and positive discipline. <b>Free meal and childcare provided each week.</b>
Strengthening Families	Fridays September 22-October 27 <sup>th</sup> Breakfast 8:30 Class 9:00-10:00	The Strengthening Families Program is a 6 session, weekly science-based, parenting skills, children's life skills and family life skills program specifically designed for families with teens. Each weekly session offers a free family meal, followed by individual parent and child workshops working to increase family strength, open lines of communication and decrease risky/negative behavior.
Safe Sitter-Babysitter Training	Friday September 22 <sup>nd</sup> 9:00-1:30 pm Building Healthy Families	For students in grades 6 <sup>th</sup> -8 <sup>th</sup> , Safe Sitter is a babysitter training program that will cover Safety Skills, Child Care Skills, Basic First Aid Skills and Life and Business skills. A light Breakfast is served. Students need to provide their own lunch.
Fall Fitness and Health Workshops	Monthly workshops on specific topics- Beginning September Specific dates/time to be announced Contact BHF to inquire/register	Join BHF and the Wallowa County medical community as we work to keep kids safe and educate families about overall health and wellness. Topics include dental health, winter helmet safety and nutrition. Each session includes incentives and a healthy snack

Kidfest 2017: Out of this World	Friday September 29 <sup>th</sup> 3:30-6:00 pm Cloverleaf Hall	Celebrate Community with this annual Kids Health and Safety Fair. Targeting Kids 0-8 the event includes Crafts/activities, games, bike raffle, petting zoo, free dinner and much more!
WREN (Wallowa Resources Exploring Nature)	Fridays beginning late September Building Healthy Families 8:30 am -4:00 pm Applications at Wallowa Resources. Scholarships available.	5 <sup>th</sup> -8 <sup>th</sup> grade WREN students learn about Wallowa County natural and cultural history through hands-on and self-discovery activities. Classes teach skills in exploring, discussing, analyzing, and evaluating our environment.
K-4 <sup>th</sup> Family STEM afternoon	K-4 <sup>th</sup> Friday October 20 <sup>th</sup> 1:00-3:00 pm Building Healthy Families	Join BHF, the EOJ Stem Hub and Wallowa Resources for a time of family fun and science! Family STEM events include prizes, a snack and a variety of fun, hands-on science stations exploring robotics, physics, biology and more!
Parent Café	3 <sup>rd</sup> Wednesday of each month starting 10/18 12:00-1:00 Building Healthy Families	Join BHF and Community partners for a time of networking and conversation about parenting! Parent Cafés include a free lunch, childcare and table topics that help parents connect.
Exploration After School Program	Beginning 10/23 3:30-5:00 Enterprise: Mondays/Tuesdays Joseph: Tuesdays/Wednesdays Wallowa: Wednesdays/Thursdays	This FREE after-school opportunity provides students grades K-4 with engaging, hands-on afterschool curriculum. Each day includes a snack, story, outside time and activity/lesson.
UP and Away Afterschool Program	Enterprise City Library: Wednesdays 3:30-4:45 Joseph City Library: Thursdays 3:30-4:45 Starting November	Providing free, high-quality, educational after-school programming, UP and Away meets at local libraries and connects kids with a healthy snack and hands-on activities.
Middle School Family STEM Night	Tuesday November 7 <sup>th</sup> 5:30-7:30 pm Building Healthy Families	Students and Families in grades 5-8 <sup>th</sup> , join BHF and Wallowa Resources for a time of family fun and science! Family STEM nights include a hands-on family building activity, dinner and prizes!

**Attention OHP Customers open enrollment to make changes or get a private health insurance policy dates are Nov. 1 to December 15th only!  
Contact Vixen Radford-Wecks with questions 541-398-2539**

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