

# Wallowa County Activities for Children and Families Winter 2018

Event/Activity	Date/Time/Location	Description
Weekly Parent/Child Playgroups	Weekly beginning January 5 <sup>th</sup> Fridays 9:30-10:30 am Building Healthy Families 1 <sup>st</sup> Friday of each month @ Wallowa County Library, starting 1/5	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 January 2 <sup>nd</sup> Tuesdays 10:00-11:00 Wallowa County Library Thursdays 10:00-11:00 Enterprise City Library	Targeting parents with children 0-5. Circle time, story-time and activity at local city libraries.
Pre-School Science Time	Weekly beginning January 8 <sup>th</sup> Mondays 3:45 Wallowa County Library	Pre-school aged children and families will enjoy this special story/play time with a focus on science. Come explore, question and learn about the world around us.
Hike it Baby	Weekly Outside Time/Walks for Parents and Kids 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!
Kids Art Classes @ the Josephy Center	Fridays beginning January 12 <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.
Parenting Now!	January-February specific dates TBA Dinner 5:30 Class 6:00-7:00	This 6-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 beginning January 12 <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.
WIC Tuesdays	Tuesdays at the Health Department beginning January 3 <sup>rd</sup> 8:00-4:00 Contact Brandy for Appointment: 541-398-2397	Are you someone who could use a little help getting formula for your baby or basic nutritional foods for your kids this winter. That's just what WIC is here for!! We offer credit on a WIC shopping card for families in need of just that. Pregnant women and families with children up to 5 may qualify.
Parent Café	3 <sup>rd</sup> Wednesday of each month starting January 18 <sup>th</sup> 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.
K-4 <sup>th</sup> Family STEM afternoon	K-4 <sup>th</sup> Friday January 26 <sup>th</sup> 1:00-3:00 pm Building Healthy Families	Join BHF, the EOU 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!

Safe Sitter-Babysitter Training	Friday February 16 <sup>th</sup> 8:00-1:30 pm Building Healthy Families	For students in grades 6 <sup>th</sup> -8 <sup>th</sup> , Safe Sitter is a babysitter training program that covers 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.
UP and Away Afterschool Program	Enterprise City Library: Wednesdays 3:30-4:45 Joseph City Library: Thursdays 3:30-4:45	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 February 6 <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!
Living Well with Chronic Conditions	Specific Dates and Times TBA Community Connections Contact Vixen Radford-Weeks 541-398-2539	Living Well with Chronic Conditions workshops help people learn to manage the day-to-day challenges of living with any chronic condition that causes you pain, fatigue, stress and/or other symptoms.

Building Healthy Families  
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