
What Help is Available?

We would be happy to speak with you to see which parenting class would best suit your families needs.

We offer: Triple P Discussion Groups & Primary Care, Parenting Now!, & Make Parenting a Pleasure.

541 - 276 - 3322
education@dvs-or.org

Certificates are available upon completion for all classes

Volunteer Opportunity

Looking for a way to help out in your community? Well, look no further, because you found it. We need volunteers to assist with the children's activities during our parenting classes. For information call or email
Volunteer Coordinator
541 - 276 - 3322
volunteer@dvs-or.org

Advocacy Center Locations

Pendleton

Administrative Office
1103 SE Court Place
Mon-Fri ~ 8am-5pm

Milton-Freewater

722 S Main St
(City Hall Basement)
Call for appointment

Ilone

365 W 3rd St
Call for appointment

541 - 276 - 3322

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Hermiston

1050 W Elm Ave, Suite 250
Mon-Fri ~ 8am-5pm

Boardman

200 City Center Circle
Call for appointment

541 - 567 - 0424

www.dvs-or.org



The Organization

Domestic Violence Services, Inc. (DVS)

is a non-profit agency that provides Emergency Services to victims of Domestic and Dating Violence, Sexual Assault, & Stalking and works toward ending this violence in the communities we serve. The service area is all of **Umatilla** and **Morrow** Counties.

PARENT EDUCATION OPPORTUNITIES

Domestic Violence Services, Inc.

*Serving Umatilla & Morrow
Counties Since 1977*



Safety, Help, & Hope

24 - HOUR CRISIS LINE
1 - 800 - 833 - 1161

Why do we provide Parent Education?

Parenting is hard work!

We promote safe parenting to help all parents in our community. All DVS parenting programs are open to community members and are provided for **FREE!**

Connect with us today to talk about all the options available to you!

What is "Parent Education"?

Parent Education groups and classes help parents enhance the strengths they already have and learn new approaches.

Parent Education is not about telling parents how to parent, but rather provides new tools and ideas for parents to test and try out!

Contact us today for information on our parenting classes
541 - 276 - 3322
education@dvs-or.org

Positive Parenting Programs



Triple P gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior and prevent problems developing.

Discussion Groups

Each group session takes 2 hours. You can do 1, 2, 3, or all 4 sessions.

It's up to you. **Space Is Limited!**

For Parents of Children ages 0 - 12 Years

- ~ Dealing with Disobedience
- ~ Developing Good Bedtime Routines
- ~ Managing Fighting and Aggression
- ~ Hassle-Free Shopping with Children

Primary Care

4 Consultations with each lasting 20 - 60 minutes, depending on the session.

For Parents of Children ages 0 - 12 Years

- ~ One on one parenting consultations to work on child behavior concerns
- ~ Help parents focus on behavior management through focused discussion and practice
- ~ Help parents track improvement in child behavior

Parenting Now!

Group-Based Positive Parenting

7 ~ 1½ Hour Sessions

For Parents of Children ages:
Birth - 12 Years

Group Topics

- ☞ Parent Values
- ☞ Stress Management & Realistic Expectations
- ☞ Preventative Discipline Tools
- ☞ Communication
- ☞ Discipline - A Parent Toolbox
- ☞ When Things Break Down
- ☞ Bringing It All Back Home

Make Parenting a Pleasure

Parent Education & Support Group

12 - 1½ Hour Sessions

~ Highlights ~

Parenting Strategies
Child Development
Communication Skills
Anger Management
Stress Management