

Free!

Cooking with your Pumpkin family workshop



A fun, seasonal cooking workshop for families with children ages 2+

Grab your kiddos and get cooking together! Bake delicious roasted pumpkin seeds (pepitas), stuffed pumpkins, and rainbow salads. Involve your children in the magic of cooking nutritious, beautiful foods together, and take home an entire meal made to enjoy, sourced by local farmers, vendors, and donors!

Monday, Nov. 10th

5:00–6:20 p.m.

LBCC Main Campus Commons

Clase en Ingles y Español



Registration
will be
available
Sept. 29th

In partnership with:



Questions? Reach out to
parentinged@linnbenton.edu
or call us at 541-917-4844

For accommodation requests, contact Accessibility Resources (CFAR) at 541-917-4789 or accessibility@linnbenton.edu at least three business days in advance. LBCC does not discriminate based on any protected status in its programs or activities. For more information, visit linnbenton.edu/nondiscrimination.



Circle of Security

In just 8 weeks, you can build a stronger relationship with your children- a “Circle of Security”- that can endure their entire lifetime!

Learn how to give your children a feeling of lasting security and confidence so they can explore, learn, grow and build positive relationships.

For parents & caregivers of children 0-10 yrs.

FREE VIRTUAL CLASS

Thursdays 5:30-7:20p.m.
Oct. 2nd-Nov. 20th (8 sessions)



In partnership with:



Scan here for info.
Registration begins August 25th!



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Haga de la Familia un Placer



¡Gratis!



Martes, 5:30-7:20
30th Sept.-9th Dec.
con cena a partir de las 5:00
Ubicacion: Colonia Paz
500 Weldwood Dr,
Lebanon, 97355

Escanea aquí para más
información.
¡Las inscripciones empiezan el
25 de agosto!



¿Preguntas? Escribanos a
parentinged@linnbenton.edu o llámenos al
541-917-4844

En nuestro curso de 10 semanas "Haz de la Crianza un Placer", los cuidadores de niños de 0 a 10 años aprenderán ideas prácticas para mejorar el autocuidado, reducir el estrés, integrar a los niños en las rutinas familiares, controlar las emociones abrumadoras, establecer una disciplina eficaz y celebrar a los niños mediante el reconocimiento y un tiempo especial. Las pautas de práctica semanales ayudarán a los cuidadores a integrar fácilmente estas ideas en su vida diaria.



Esta clase gratuita, con cena y cuidado infantil gratuitos, se ofrece en colaboración con Colonia Paz FHDC.

En asociación con:



Para solicitudes de adaptaciones, comuníquese con Recursos de Accesibilidad (CFAR) al 541-917-4789 o a accessibility@linnbenton.edu con al menos tres días hábiles de anticipación. LBCC no discrimina por ningún estatus protegido en sus programas o actividades. Para más información, visite linnbenton.edu/nondiscrimination.

FREE

Create with Kids 5+!

Fall Series

Encourage their creative and social development through hands-on projects that you create together.



Take home FREE, high-quality supplies to use at home!

Mon. 10/6

Sculpting Spirit Animals

Discover your "spirit" animal and sculpt one out of clay

Open for all families!
10/6 Letitia Carson Elementary, 5:00-7:00
11/3 Clemens Primary, 5:30-6:20
12/1 Mountain View Elementary, 5:30-6:20

Mon. 11/3

Peaceful Luminaries

Create and decorate beautiful battery or solar-powered lanterns

Scan below to register:



Mon. 12/1

Friendship Bracelets

Weave and bead friendship bracelets to share and keep

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