

# Parent Education Directory

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*A Directory of Educational Opportunities  
Offered Throughout the Community*

*Compiled by the Family Resource Center (FRC)  
in Bellingham Public Schools*

FRC at Carl Cozier Elementary School  
(360) 676-6470, ext. 5851  
FRC@BellinghamSchools.org

FRC at Shuksan Middle School  
(360) 676-6456



**Bellingham  
Public Schools**

*a collective commitment*

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# Introduction

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Dear Community, Educators, Families,

There is so much great work happening across Whatcom County, it can sometimes be difficult to keep track of all the partnerships and resources available. This directory is intended to be a resource to schools and families as well as parent and community groups providing opportunities for parents, caregivers and families in the Bellingham School District. It is a compilation of organizations that are offering classes or opportunities for families to connect around topics of interest. Many of the organizations in this directory are available to provide on-site classes at schools and many will do so for free or low cost. You are encouraged to reach out and connect with organizations to explore additional opportunities that will meet specific needs of your school community. And as always, please reach out to the Family Resource Center with any additional needs or clarifications.

Thanks to you all for your important work,

Meredith Hayes  
Family Resource Center Coordinator  
Bellingham Public Schools  
FRC Hotline: 360-676-6470 x5851  
Cell: 360-603-1569

# Brigid Collins Family Support Center

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**Purpose** Protecting children, building strong families  
**Website** [www.brigidcollins.org](http://www.brigidcollins.org)  
**Address** 1231 N Garden St #200  
Bellingham, WA 98225  
**Contact** Megan Brown Douglas  
**Phone** 360-734-4616  
**Email** mbrown@brigidcollins.org

## Myth Busters: The Truth about Teen Behavior

### Description

Explore the teenage brain and gain insight into how their brain development impacts decision-making and relationships...it's not as simple as we sometimes think.

### Target Audience

Parents and professionals

### Class Format

One Time Event

### Schedule and Location of Current Classes

4/28/16 5 30-7 30 p.m. At Brigid Collins, 1231 N Garden St. Bellingham

**Cost** Yes, paid by participant **If yes, how much?** 15

**Are scholarships available?**

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Contact Megan Brown Douglas. Class can be offered to community groups for a flat rate or for a minimum of 10 participants. Space that allows for audio/visual equipment preferred.

## Coping with Stress

### Description

Learn techniques to manage day-to-day stress and help you stay calm to consistently apply positive parenting strategies.

### Target Audience

Parents and professionals

### Class Format

One Time Event

### Schedule and Location of Current Classes

7/7/16 5 30-7 30 p.m. At Brigid Collins, 1231 N Garden St Bellingham 98225

**Cost** Yes, paid by participant      **If yes, how much?** 15

**Are scholarships available?**

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Contact Megan Brown Douglas. Class can be offered to community groups at a flat rate or for a minimum of 10 participants. Space that allows for audio/visual equipment is preferred.

## Raising Emotionally Resilient Children

### Description

What is emotional resilience? Learn how to teach your child to cope with the ups and downs of life.

### Target Audience

Parents and professionals

### Class Format

One Time Event

### Schedule and Location of Current Classes

7/21/16 5 30-7 30 at Brigid Collins, 1231 N Garden St. Bellingham

**Cost** Yes, paid by participant      **If yes, how much?** 15

**Are scholarships available?**

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Contact Megan Brown Douglas. Class offered at a flat rate or for groups of at least 10 participants. Space that allows for A/V equipment is preferred.

## Dads' Support Group

### Description

Weekly drop in parent support group for fathers

### Target Audience

Fathers

### Class Format

Ongoing with a rolling start (can parents join at any time throughout the program offering)

### Schedule and Location of Current Classes

Thursday's 12-1 30 at Brigid Collins 1231 N Garden St Bellingham

**Cost** No

**Is this organization open to starting new classes?** Not at this time

## Padres Ayudando Padres

### **Description**

Grupo de discusion semanal

### **Target Audience**

Spanish speaking families

### **Class Format**

Ongoing with a rolling start (can parents join at any time throughout the program offering)

### **Schedule and Location of Current Classes**

Monday's 5 00-6 00 p.m. At Carl Cozier Elementary

### **Cost** No

**Is this organization open to starting new classes?** Not at this time

## Parenting Academy Seminar: Positive Parenting for Teens

### **Description**

Learn effective tools for strengthening relationships with teenagers and increasing safe, healthy and compliant behaviors.

### **Target Audience**

Parents and professionals

### **Class Format**

One Time Event

### **Schedule and Location of Current Classes**

1/28/16 from 5 30-7 30 pm at the Brigid Collins office, 1231 N Garden St. Bellingham

**Cost** Yes, paid by participant      **If yes, how much?** 15

### **Are scholarships available?**

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Contact Megan Brown Douglas at Brigid Collins.

A seminar can be purchased at a flat fee for any size of group or with a minimum of 10 participants. A room suitable for use of audio/visual equipment is preferred.

## Parents Helping Parents

### **Description**

Weekly parent discussion group

### **Target Audience**

Parents and caregivers

### **Class Format**

Ongoing with a rolling start (can parents join at any time throughout the program offering)

### **Schedule and Location of Current Classes**

Every Monday evening 5-6 p.m. at Carl Cozier Elementary

### **Cost** No

**Is this organization open to starting new classes?** Not at this time

## Darkness to Light / Stewards of Children

### **Description**

Training that educates adults on how to recognize, prevent and react responsibly to the reality of child sexual abuse

### **Target Audience**

Any adult in the community is recommended to take this training

### **Class Format**

One Time Event

### **Schedule and Location of Current Classes**

2/24/16, 3/23/16, 4/27/16, 5/25/16, 6/22/16, 7/27/16, 8/24/16, 9/28/16, 10/26/16

**Cost** Yes, paid by participant      **If yes, how much?** 10

**Are scholarships available?**

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Please contact Andrea Harrison at Brigid Collins for more information on scheduling

## Thriving Kids Building Blocks for Success

### Description

Find out through the lens of developmental assets what environmental supports and experiences make all the difference. What research says may surprise you!

### Target Audience

Parents and professionals.

### Class Format

One Time Event

### Schedule and Location of Current Classes

4/17/16 (Infant-Toddler) 5 30-7 30pm 7/14/16 (Preschool-K) 5 30-7 30 pm Both are held at Brigid Collins offices 1231 N Garden St Bellingham

**Cost** Yes, paid by participant **If yes, how much?** 15

### Are scholarships available?

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Please contact Megan Brown Douglas at Brigid Collins. Class can be purchased at a flat fee or with a minimum of 10 participants. Space to use audio/visual equipment needed.

## Playing Your Way to a Better Relationship with Your Child

### Description

Five minutes a day of playtime with your child can make a big difference! Come learn how it's done.

### Target Audience

Parents and professionals, target age preschool-Kindergarten

### Class Format

One Time Event

### Schedule and Location of Current Classes

4/14/16 5 30-7 30pm at Brigid Collins, 1231 N Garden St Bellingham WA

**Cost** Yes, paid by participant **If yes, how much?** 15

### Are scholarships available?

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Contact Megan Brown Douglas. Classes can be purchased for a group with a flat fee or with a minimum of 10 participants. Space for audio/visual equipment is preferred.



## Ask the Coach

### **Description**

Bring your toughest parenting questions - from toddler tantrums to teenage rebellion - and get the answers from other parents and the experts at Brigid Collins.

### **Target Audience**

### **Class Format**

One Time Event

### **Schedule and Location of Current Classes**

4/21/16 and 7/28/16 from 5 30-7 30 pm at Brigid Collins, 1231 N Garden St

Bellingham 4/14/16 5 30-7 30pm at Brigid Collins, 1231 N Garden St Bellingham WA

**Cost** Yes     **If yes, how much?** 15

**Are scholarships available?**

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Contact Megan Brown Douglas. Class can be offered to community groups for a flat fee.

# Catholic Community Services Recovery Center

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**Purpose** The CCS NW Recovery Centers provide a full continuum of outpatient chemical dependency treatment services in Snohomish and Whatcom counties.

**Website** [www.ccsww.org](http://www.ccsww.org)

**Address** 515 Lakeway Drive Bellingham Wa 98225

**Contact** Meghan Lever

**Phone** 360-676-2187 x4208

**Email** meghanl@ccsw.org

## Adolescent Education and Treatment Services

### Description

Education and treatment services for all levels of substance use in adolescents.

### Target Audience

Adolescents (age 12-17)

**Class Format** Format and enrollment is different based on level of care needed. Most recommendations include group sessions and individual sessions with counselor.

### Schedule and Location of Current Classes

CCS Recover Center 515 Lakeway Drive Bellingham Wa 98225 Enrollment in group or class starts with an assessment which can be scheduled through contacting the front desk at 360.676.2187. For questions about specific services contact Meghan at extension 4208.

**Cost** Most services are covered by apple health care coverage or private insurance.

There are also self pay and low income sliding scale services available. **Are scholarships available?**

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Contact Meghan with interests. There is no set requirements to request services for adolescents or for specific speaking engagements at the school. There is minimal space and availability to host other offerings at our facility.

# Christ the King Community Church

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**Purpose** To empower, equip and inspire families.  
**Website** [www.ctkbellingham.com](http://www.ctkbellingham.com)  
**Address** 4173 Meridian St.  
Bellingham, WA 98226  
**Contact** Angel Finsrud  
**Phone** 360-733-1337  
**Email** [angelf@ctkbellingham.com](mailto:angelf@ctkbellingham.com)

## Connection for Single Moms

### Description

The connection provides a space for single moms to connect with God, with each other, and with resources to help make the adventure of being a single parent just a little less challenging. Each week we'll share life together, be encouraged, and walk away with practical help with things like parenting, finances, planning and more. Plan to attend all 8 weeks or just drop in when you can. Childcare is available if you pre-register.

### Target Audience

Single Moms

### Schedule and Location of Current Classes

Monday Nights January 25th - March 14th 6:30 - 8:15pm, Room 212 Christ the King Bellingham 4173 Meridian St., Bellingham WA 98226

**Cost** No

**Is this organization open to starting new classes?** Not at this time

## Tough Topics to Tackle with Teens

### Description

We all know the conversations we need to be having with our kids, but bringing up the topics of sex, pornography, social media, and the like is no easy task. However, if we don't set the tone and lead our kids on these issues, they might not get the information they need. Come discover what you need to know about these topics and some practical ways to start the conversation.

### Target Audience

Parents of Tweens/Teens

### Class Format

One Time Event

### Schedule and Location of Current Classes

Tuesday, January 19th 6 30 - 8 00pm, room 212 CTK Bellingham, 4173 Meridian St., Bellingham, WA 98226

**Cost** No

**Is this organization open to starting new classes?** Not at this time

## Rules & Relationships Mini Workshop

### Description

Do you ever feel stuck when it comes to your parenting? Stuck in the same patterns. Stuck in regret. Stuck trying discipline tactics that don't work and leave everyone miserable. This mini workshop will lay a foundation for breaking free from parenting that leads to regret and frustration. Come learn strategies for building strong connections and teaching accountability without nagging and power struggles. Leave with practical tools for transforming your parent/child interactions. Childcare is available with limited space. Must pre-register no later than February 25<sup>th</sup>

### Class Format

One Time Event

### Schedule and Location of Current Classes

Saturday, March 5th 9 00am - noon

CTK Bellingham - Room 215 4173 Meridian St., Bellingham WA 98226

**Cost** Yes, paid by participant **If yes, how much?** \$20 per household limited

**Are scholarships available?** limited

**Is this organization open to starting new classes?** Not at this time

## Emotion Coaching

### Description

Emotion Coaching is a 5-step method that builds emotional intelligence and creates positive, long lasting effects for children. Easy to learn, and used by parents, educators and care-givers, it supports kids through life's ups and downs in a way that builds confidence and helps them grow socially, emotionally and intellectually. Researchers have found that even more than IQ, your emotional awareness and ability to handle feelings will determine your success and happiness in all walks of life. Via Video, acclaimed researchers and therapists Drs. John and Julie Gottman present this proven program to show you how to be there for your child when it really counts.

### Class Format

Ongoing with a set start and end date

### Schedule and Location of Current Classes

Next Class offer in Spring 2016

**Cost** If participants take the class at a CTK location, only the participant fee of \$15 (which includes a work book) is necessary. To bring the workshop to your school, a workshop fee of \$300 is required in addition to the \$15 per participant material cost.

**If yes, how much?** 15

**Are scholarships available?** Not at this time

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** A minimum of 10 participants are required.

Comfortable space with the ability to show DVD segments and display powerpoint is necessary.

# Dr. David Sattler, Professor, Department of Psychology, Western Washington University

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**Purpose:** Presentation on cyberbullying, including contributing factors and recommendations

**Website:** <http://faculty.wwu.edu/sattled>

**Address:** Dr. David Sattler, Department of Psychology, 434 Academic Information Center, Western Washington University, Bellingham, WA 98225-9172

**Contact:** Dr. David Sattler

**Phone:** 360-650-3525

**Email:** [David.Sattler@wwu.edu](mailto:David.Sattler@wwu.edu)

## Cyberbullying

### Description

Presentation on cyberbullying, including contributing factors and recommendations. Two presentation options: (1) Dr. Sattler offers a 75 minute presentation with questions, or (2) Dr. Sattler can put together a panel of 5-6 experts (e.g., WWU professors, local law enforcement personnel) and himself who will discuss cyberbullying.

### Target Audience

Adults (parents, teachers, administrators)

### Class Format

Lecture/questions

### Schedule and Location of Current Classes

Contact Dr. Sattler to arrange a presentation at your location

**Cost**      **If yes, how much?** As per your organization's guidelines

**Are scholarships available?** N/A

**Is this organization open to starting new classes?** N/A

**Please contact to request classes:** Dr. David Sattler

# Family Resource Center –Bellingham Public Schools

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<b>Purpose</b>	Family Resource Centers serve as community hubs, linking families, schools and communities with human service <u>resources</u> and <u>supports</u> to reduce <u>barriers</u> , encourage family engagement and to promote the <u>success</u> of young people. Families are honored and supported as partners in their child’s success.
<b>Website</b>	<a href="https://bellingshamschools.org/family-resource-center">https://bellingshamschools.org/family-resource-center</a>
<b>Address</b>	Carl Cozier Elementary School 1330 Lincoln Street, Portable A and Shuksan Middle School 2717 Alderwood Portable
<b>Contact</b>	Meredith Hayes
<b>Phone</b>	360-603-1569
<b>Email</b>	<a href="mailto:Meredith.Hayes@BellinghamSchools.org">Meredith.Hayes@BellinghamSchools.org</a>

## *Parent Engagement Round Tables*

### **Description**

Round table discussions allow parents the opportunity to engage around any topic of interest. FRC staff is willing to come to your school to facilitate discussion specifically around family engagement, students connection to school, school satisfaction and support school based Family Engagement Teams to create a Plan tailored to meet interests, needs and concerns raised in these round tables.

### **Target Audience**

Parents and staf within school communitites

### **Class Format**

One Time Event

### **Schedule and Location of Current Classes**

To be scheduled in conjunction with schools

### **Cost** No

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Contact Meredith Hayes at info above; some school staff must be present to dialogue with parents

# Love In the Name of Christ, Bellingham, Whatcom County (Love, INC)

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**Purpose** To connect those in need with the resources and people who can help meet that need.

**Website** <http://www.whatcomloveinc.org/>

**Address** PO Box 1602  
Bellingham, WA 98227

**Contact** Cindy McKay

**Phone** 360.671.6201

**Email** Office@WhatcomLoveINC.org

## 1 on 1 Managing Your Money

### **Description**

This is a 12 week program matching couples or individuals with a coach and assistant coach to develop a sustainable spending plan that helps to establish financial freedom.

### **Target Audience**

Those who are struggling to make ends meet financially. Some form of income is required.

### **Class Format**

Ongoing with a rolling start (can parents join any time throughout the program offering)

### **Schedule and Location of Current Classes**

Thursdays 6pm @ Bellingham Covenant Church

### **Cost** No

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Call the Love INC office at 671-6201 to request an informational overview of our program.



# MAD-HOPE Youth Suicide Prevention

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A joint venture of Bellingham Public Schools, Whatcom Prevention Coalition and Whatcom County Health Department

**Purpose** To end all suicide in our community. To provide workshops that teach youth and adults how to intervene with friends or family members who may be suicidal.

**Website** [www.mad-hope.org](http://www.mad-hope.org)

**Address** Bellingham High School, 2020 Cornwall Ave.  
Bellingham, WA 98225

**Contact** Jeff McKenna, Bellingham School District  
KaSandra Church, Whatcom Family and Community Network.

**Phone** 360-676-6470 x7131

**Email** [Jeff.McKenna@bellingshamschools.org](mailto:Jeff.McKenna@bellingshamschools.org)  
[kasandrachurch@wfcn.org](mailto:kasandrachurch@wfcn.org)

## MAD - HOPE Youth Suicide Prevention Workshop

### Description

1.5 hour workshop to teach how to intervene with a friend or family member who may be suicidal.

### Target Audience

Yes High school aged youth and adults.

### Class Format

One Time Event

### Schedule and Location of Current Classes

To be arranged through Jeff McKenna or KaSandra Church.

**Cost** No

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Talk with Jeff McKenna or KaSandra Church.

Computer and screen for Power Point, with sound. Snacks for before or after the workshop. Enough room to accommodate the number of people expected to attend the workshop. (best estimate) Participants sit in a horse shoe arrangement of chairs. No tables required.

# NAMI (National Alliance on Mental Illness) Whatcom

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<b>Purpose</b>	The Mission of NAMI Whatcom is to provide support, education, and advocacy for all who may be affected by mental illness and to encourage the recovery of individuals living with mental illness.
<b>Website</b>	<a href="http://WWW.NAMIWhatcom.org">WWW.NAMIWhatcom.org</a>
<b>Address</b>	1212 Billy Frank Jr. St. Bellingham, WA 98225
<b>Contact</b>	Kim Sauter
<b>Phone</b>	360-671-4950
<b>Email</b>	ksauter@namiwhatcom.org

## Basics

### Description

The NAMI Basics education course is a six-session program designed for parents and other caregivers of children and adolescents living with mental illnesses. NAMI Basics helps parents and other caregivers to understand the illnesses that are causing behavioral difficulties, and the critical role families play in the treatment of those illnesses.

### Target Audience

Parents of children who experienced behavioral or emotional difficulties prior to age 12

### Class Format

Ongoing with a set start and end date

### Schedule and Location of Current Classes

TBD

**Cost** No

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** we need at least 10 participants to host a class.

# Northwest Regional Council

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**Purpose** Support/Provide Information for Kinship Caregivers  
**Website** [www.nwrcwa.org](http://www.nwrcwa.org)  
**Address** 600 Lakeway Dr., Suite 100  
Bellingham, Washington 98225  
**Contact** Laina Berry  
**Phone** (360) 676-6749  
**Email** berryls@dshs.wa.gov

## Kinship Custody Clinic

### Description

Free legal clinic offering information and self-help legal assistance for those seeking a Non Parental Custody Order in Whatcom County

### Target Audience

Grandparents, relatives, fictive kin of children not there own by birth

### Class Format

Ongoing with a rolling start (can parents join at any time throughout the program offering)

### Schedule and Location of Current Classes

Monthly Legal Clinic. Attendance by reservation only by calling LAW Advocates.

**Cost** No

**Is this organization open to starting new classes?** No

**Please contact to request classes:** Information about Kinship Navigator Program support can be requested by contacting the Kinship Navigator. Information about all support for relative caregivers, including the legal clinic would be provided to the group.

# Northwest Youth Services

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**Purpose** Helping at-risk, runaway and homeless youth to foster self-reliance. Offers emergency shelter, transitional housing, street outreach, restorative justice, and vocational programs for youth aged 13-24.

**Website** [www.nwys.org](http://www.nwys.org)

**Address** 1020 N. State Street  
Bellingham, WA 98225

**Contact** Kelsey Peronto

**Phone** 360-734-9862

**Email** kelseyp@nwys.org

## Information sessions

### Description

Informational meetings about programs and services

### Target Audience

Parents of teenagers and older youth

### Class Format

One Time Event

### Schedule and Location of Current Classes

As scheduled

**Cost** No

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Email [kelseyp@nwys.org](mailto:kelseyp@nwys.org)

# Our Treehouse

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<b>Purpose</b>	To offer support and resources to children, teens and families who are suffering the death of a loved one.
<b>Website</b>	<a href="http://www.our-treehouse.org">www.our-treehouse.org</a>
<b>Address</b>	1212 Billy Frank Jr. St. Bellingham, WA 98225
<b>Contact</b>	Colleen Haggerty
<b>Phone</b>	360-223-6681
<b>Email</b>	colleen@our-treehouse.org

## Family Night

### Description

Family Night is a grief support night for children and their families. We meet two Tuesdays a month from 6 00 - 8 00 p.m. We start with a group dinner and then break into groups according to age. Children are then given the opportunity for free play.

### Target Audience

Children and families who are suffering the death of a loved one.

### Class Format

Ongoing with a rolling start (can parents join at any time throughout the program offering)

### Schedule and Location of Current Classes

The 1st and 3<sup>rd</sup> Tuesday of the month from 6 00 - 8 00 p.m. We meet at a local church.

**Cost** No

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Please contact Colleen Haggerty at [colleen@our-treehouse.org](mailto:colleen@our-treehouse.org)

## Parent Grief Education

### Description

This will be a 6 or 8 week class for parents who are anticipating a death or dealing with a recent death. This class will support parents to help their children with the initial phases of the grief process.

### Target Audience

Parent who are anticipatig a death or have just had a recent death.

### Class Format

Ongoing with a set start and end date

### **Schedule and Location of Current Classes**

We are currently creating this class so we do not have the dates yet.

**Cost** No

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** If interested in a grief support group, please contact colleen@our-treehouse.org

## **Teen Night**

### **Description**

This support group is for teens who have experienced a death. This group, led by trained facilitators, meets twice a month for 1.5 hours.

### **Target Audience**

Teen who have experienced the death of a significant person in their life.

### **Class Format**

Ongoing with a rolling start (can parents join at any time throughout the program offering)

### **Schedule and Location of Current Classes**

Groups meet the 2nd and 4th Wednesday of the month from 6:15 – 7:45. Location to be given when teen contacts Our Treehouse.

**Cost** No

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Please contact Colleen Haggerty at colleen@our-treehouse.org

# Parents Matter

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<b>Purpose</b>	An Alliance of School, Family and Community partnerships who connect over caring about healthy youth development in all realms
<b>Website</b>	<a href="http://whatcomparentsmatt.wix.com/parentsmatter">http //whatcomparentsmatt.wix.com/parentsmatter</a>
<b>Address</b>	1306 Dupont Bellingham, WA
<b>Contact</b>	Kate Foster
<b>Phone</b>	360-303-0554
<b>Email</b>	whatcomparentsmatter@gmail.com

## Parents Matter

### Description

Parents Matter meetings and resources for parent education on many topics including drug and alcohol, healthy relationships, building resilience, difficult conversations, etc. It is a collaboration of professionals and parents sharing ideas and resources about what is going on with our kids and in the community.

### Target Audience

Parents, community organizations caring for/ working with kids

### Class Format

Ongoing

### Schedule and Location of Current Classes

We meet the first Wednesday of every month 8:30 am at 1306 Dupont Street (main school district office)

**Cost** No

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** If you are interested in a topic for parent education send your ideas and requests to [klmfoster@hotmail.com](mailto:klmfoster@hotmail.com).

# Rebound of Whatcom County

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**Purpose** To connect, empower and restore vulnerable kids and families  
**Website** [www.reboundwc.org](http://www.reboundwc.org)  
**Address** 316 E. McLeod Rd, Suite #102  
Bellingham, Washington 98248  
**Contact** Tyler Michel  
**Phone** 360-714-0700  
**Email** info@reboundwc.org

## Rebound Roots

### Description

A weekly program for strengthening parents and children

### Target Audience

Parents and children aged 0-14

### Class Format

Ongoing with a set start and end date

### Schedule and Location of Current Classes

Thursdays from 6:30pm-8:00pm (dinner served at 6pm) at Christ the King Church  
4173 Meridian St., Bellingham. Winter Quarter 1/14/16 - 3/10/16; Spring Quarter  
4/14/16 - 6/2/16

**Cost** Yes, paid by participant      **If yes, how much?** 50

**Are scholarships available?** Yes

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Please contact Tyler Michel at  
tyler@reboundwc.org or (360) 714-0700.



# Rooted Emerging

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**Purpose** Celebrating Youth Rites of Passage  
**Website** [www.rootedemerging.org](http://www.rootedemerging.org)  
**Address** PO Box 1559  
Bellingham, Washington 98227  
**Contact** Vanessa Osage  
**Phone** (360) 510-3205  
**Email** [info@rootedemerging.org](mailto:info@rootedemerging.org)

## Council of the Animals

### Description

Interactive Story Game with Giant Puppet Animals and Teen Storytellers at Fairhaven Park. Led by trained Mentors, two men and two women, with time as one large group and exercises for girls-only/boys-only. Activities are designed to teach self-awareness,

### Target Audience

Boys and Girls ages 9 - 11

### Class Format

Spring Council, one full Saturday in March Summer Council, one full Saturday in June  
Fall Council, one full Saturday in September

### Schedule and Location of Current Classes

June 11, 2016, 10am - 5pm, Fairhaven Park September 24, 2016, 10am - 5pm,  
Fairhaven Park

**Cost** Yes, paid by participant **If yes, how much?** \$35-60 sliding scale

**Are scholarships available?** Possibly, please contact Director to inquire at time of registration

**Is this organization open to starting new classes?** Schedule is as set above.

# Sea Mar Community Health Centers

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**Purpose** Disease prevention and health promotion  
**Website** [http //www.seamar.org/location.php?xloc=4&xser=1&xserloc=2&xcty=](http://www.seamar.org/location.php?xloc=4&xser=1&xserloc=2&xcty=)  
**Address** 4455 Cordata Parkway  
Bellingham, WA 98225  
**Contact** Simone Mack, Patient Navigator  
**Phone** 360-671-3225 x14038  
**Email** simonemack@seamarchc.org

## What To Do When Your Child Gets Sick

### Description

Knowing when to stay home and when to go to the doctor or hospital can save you time, money and worry! We offer a free book as a guide for the information we teach in class.

### Target Audience

English speaking parents of young children

### Class Format

One Time Event

### Schedule and Location of Current Classes

Feb. 4th, 11th and 18th from 3 00-5 00pm

### Cost

No

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Contact Simone Mack for more details. A classroom would be necessary and some participants that are also Sea mar patients would be best.

# Seattle Goodwill Bellingham

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**Purpose** Job Training and Education  
**Website** [http //www.seattlegoodwill.org](http://www.seattlegoodwill.org)  
**Address** 1115 E. Sunset Dr.  
Bellingham,, WA 98226  
**Contact** Jim Hale  
**Phone** 360-738-0483  
**Email** jim.hale@seattlegoodwill.org

## Computers

### **Description**

Keyboarding, Basic, Word, Excel, Outlook

### **Target Audience**

Parents

### **Class Format**

Ongoing with a set start and end date

### **Schedule and Location of Current Classes**

Daytimes, twice a week in eight week sessions

**Cost** No

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Call for information

## ESOL/Citizenship

### **Description**

Pre-lit, Basics, Levels 2 and 4

### **Target Audience**

Parents

### **Class Format**

Ongoing with a rolling start (can parents join at any time throughout the program offering)

### **Schedule and Location of Current Classes**

T/Th 5:30-7pm in 8 week sessions

**Cost** No

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Call for information

## GED/ High School 21

**Description**

GED Test preparation and high school diploma for students 21+

**Target Audience**

Parents

**Class Format**

Ongoing with a rolling start (can parents join at any time throughout the program offering)

**Schedule and Location of Current Classes**

M-Th afternoons in 8 week sessions

**Cost** No

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Call for information

## Writing for School and Work

**Description** Basic writing class

**Target Audience**

+16yo

**Class Format**

Ongoing with a set start and end date

**Schedule and Location of Current Classes**

M/W 1-2 30 in 8 week sessions

**Cost** No

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Call for information

## Other Goodwill Classes Include:

**Workplace Skills** (basic skills for any workplace) M/W 2:30-4 in 8 week sessions;

**Job Prep** (resumes/cover letters, interviewing, interest assessments, etc.) T/Th 9-10:30 in 8 week sessions;

**New Connections** (a job preparation class geared to people with conviction histories), M/W 10:30-12 in 8 week sessions;

**Customer Service** T/Th 11-12 30T/Th 1-3pm in 8 week sessions

**Cashiering** T/Th 1-3pm in 8 week sessions

# Vanessa Osage

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**Purpose** Co-creating a Healthy Response to Sexual Maturity  
**Website** [www.rootedemerging.org/services](http://www.rootedemerging.org/services)  
**Address** PO Box 1559  
Bellingham, Washington 98227  
**Contact** Vanessa Osage  
**Phone** (360) 510-3205  
**Email** [info@rootedemerging.org](mailto:info@rootedemerging.org)

## Emerging Adolescence

### Description

Vanessa Osage, certified Sexuality Educator and Founder/Director of Rooted Emerging, offers parent education nights and presentations on sexual maturity and emerging adolescence.

### Target Audience

Parents, educators and caregivers of youth ages 10-15

### Class Format

Informational Session/one time, Workshop Series, 2-4 times

### Schedule and Location of Current Classes

Held on location at schools and service organizations, arranged at supporting sites when necessary, and available as an in-home gathering

**Cost** Yes, paid by participant when scheduled by individuals. Rates for schools and other service organizations available. **If yes, how much?** \$20 - 60/participant , depending on duration OR \$28 - 32/hr for a school

**Are scholarships available?** Possibly

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Workshops with 3-12 participants, Presentations for groups of 6 or more call (360) 510-3205 or email [vanessa@rootedemerging.org](mailto:vanessa@rootedemerging.org)

## Rites of Renewal

### Description

Vanessa Osage, certified Sexuality Educator and Founder/Director of Rooted Emerging offers customized programs for mothers and daughters, to support and celebrate the transition from childhood into adolescence.

### Target Audience

Mothers or primary caregivers (male, female or other) of girls ages 10-15 and their daughters

## **Class Format**

Events are generally held over 3-6 consecutive or monthly Sundays/weekends. Duration determined by schedules and needs of the group.

## **Schedule and Location of Current Classes**

Current Rites of Renewal Spring Girls Program 2016 will meet from February 21 - May 15, with five total gatherings. Spaces may still be available up until February 19, 2016. Additional customized offerings are available.

**Cost** Yes, paid by participant **If yes, how much?** \$125 - 185, depending on duration and activities

**Are scholarships available?** Possibly, please contact Vanessa Osage for rates

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Contact Vanessa Osage to make a request for customized offerings. Minimum of four interested families, can accommodate up to eight participants and their parent/caregivers. Call (360) 510-3205 or email [vanessa@rootedemerging.org](mailto:vanessa@rootedemerging.org)

## **Private Consulting**

### **Description**

Vanessa Osage, certified Sexuality Educator and Founder/Director of Rooted Emerging, offers private consulting for mothers of young women, to explore issues of sexuality and intergenerational healing. May include honoring ceremony for those who came of age without support or celebration.

### **Target Audience**

Mothers of daughters ages 8 and up

### **Class Format**

One to six sessions, scheduled by the client

### **Schedule and Location of Current Classes**

May be held in a private office, as in-home sessions, and/or a setting in the natural world. Sessions are scheduled by appointment.

**Cost** Yes, paid by participant **If yes, how much?** \$28-32/hr, \$40/hr for mothers/daughters together sliding scale hourly rate for individuals

**Are scholarships available?** sliding scale hourly rate for individuals

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Contact Vanessa Osage for a free initial 30 minute phone meeting (360) 510-3205 [vanessa@rootedemerging.org](mailto:vanessa@rootedemerging.org)

# Whatcom Alliance for Health Advancement (WAHA)

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<b>Purpose</b>	To connect people to health care and facilitate transformation of the current system into one that improves health, reduced cost and improves the experience of care.
<b>Website</b>	<a href="http://whatcomalliance.org">whatcomalliance.org</a>
<b>Address</b>	800 East Chestnut St. LL Suite 2, Bellingham, WA 98225
<b>Contact</b>	
<b>Phone</b>	(360) 788-6594
<b>Email</b>	<a href="mailto:waha@hinet.org">waha@hinet.org</a>

## Health Insurance and Health Access

### Description

Learn about how to choose and use health insurance, and how to get connected to healthcare resources in the community. We also maintain health access resource lists on our website ([whatcomalliance.org](http://whatcomalliance.org)), coordinate the Access to Baby and Child Dentistry program, and assist with applications for donated care programs.

**Cost** Free

**Is this organization open to starting new classes?** Yes

# Whatcom Community College

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**Purpose** To help people in transition figure out what's next in their lives  
**Website** <http://www.whatcom.ctc.edu/academics/learning-options/turning-point>  
**Address** 237 W. Kellogg Road  
Bellingham, WA 98226  
**Contact** Robin Bailey  
**Phone** 360-383-3135  
**Email** rbailey@whatcom.ctc.edu

## Career/Life Planning for Those in Transition

### Description

Helping identify career and/or education goals and options for those who have lost primary source of income (Can present 1-hour presentations on self-esteem/effective communication)

### Target Audience

### Class Format

Offered 4 times a year. Intensive, 55-hour class. Day classes 4 weeks, M-Th, 3.5 hours/day. Evening classes offered T/Th evenings in spring

### Schedule and Location of Current Classes

Next classes April 5-28, M - Th,. 8 30 - noon. or April 12 - June 9, T/Th, 5 30 - 8 30

**Cost** Covered by FAFSA or WCCFoundation scholarship

**If yes, how much?** Call to inquire.

**Are scholarships available?** Yes

**Is this organization open to starting new classes?** Yes for presentations

**Please contact to request classes:** Contact Robin Bailey. We are willing to present 1-hour presentation on self-esteem/effective communication to appropriate groups.



# Whatcom Community College

## (Basic Food and Employment)

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<b>Purpose</b>	Provide career/educational support through collaboration with DSHS food benefits and childcare subsidies
<b>Website</b>	<a href="http://whatcom.edu/student-services/funding-support-programs/basic-food-employment-training-bfet">http://whatcom.edu/student-services/funding-support-programs/basic-food-employment-training-bfet</a>
<b>Address</b>	237 W. Kellogg Road Bellingham, WA 98226
<b>Contact</b>	Monique Stefens
<b>Phone</b>	360-383-3185
<b>Email</b>	bfet@whatcom.ctc.edu

## Basic Food Employment Training (BFET)

### **Description**

Provides career/educational pathway development in collaboration with DSHS for students to receive food benefits and subsidized childcare.

### **Target Audience**

Head of Household parenting youth, professional/technical students.

### **Class Format**

Ongoing with a rolling start (can parents join at any time throughout the program offering)

### **Schedule and Location of Current Classes**

Open enrollment to program, with BFET enrollment as a support while attending WCC professional/technical, ABE/GED/ELL, High School 21, and Running Start with fee waiver.

### **Cost**

No

**Please contact to request classes:** This program is offered through attendance at Whatcom Community College.

# Whatcom Council of Governments

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**Purpose** Regional transportation planning  
**Website** [www.whatcomsmarttrips.org](http://www.whatcomsmarttrips.org)  
**Address** 314 E Champion St  
Bellingham, WA 98225  
**Contact** Mary Anderson  
**Phone** 360-676-6974  
**Email** mary@wcog.org

## Whatcom Smart Trips bicyling with children, or how to ride the bus

### **Description**

We give engaging presentations to community groups on a variety of topics, such as bicycling with children and how to ride the bus.

### **Target Audience**

Parents

### **Class Format**

One Time Event

### **Schedule and Location of Current Classes**

Call or email to set up a presentation for your PTA/PTO.

**Cost** No

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Minimum of ten participants

# Whatcom Dispute Resolution Center

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<b>Purpose</b>	The mission of the WDRC is to provide and promote constructive and collaborative approaches to conflict through mediation, training, facilitation and community education.
<b>Website</b>	<a href="http://www.whatcomdrc.org">www.whatcomdrc.org</a>
<b>Address</b>	13 Prospect St. Suite 201 Bellingham, WA 98225
<b>Contact</b>	Emily Wilson, Youth Program Coordinator
<b>Phone</b>	360-676-0122
<b>Email</b>	youth@whatcomdrc.org

## Helping Children Through Family Changes

### Description

A 4.5 hour seminar for parents focusing on children's needs during separation, divorce, parenting plan development, and other family residential changes. This course is required for any divorcing parent with minor children.

### Target Audience

Parents or guardians experiencing separation, divorce, parenting plan development, and other family residential changes. Topics include Children's developmental stages, corresponding needs and expectations, effect of conflict on children, meeting childr

### Class Format

One time class offered on a monthly ongoing basis

### Schedule and Location of Current Classes

Pre-registration required. Class dates, times, and locations are given at time of registration.

**Cost** Yes, paid by participant **If yes, how much?** The course fee is \$45.00 per person (sliding fee scale available)

**Are scholarships available?** Yes

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Contact Leah at wdrc@whatcomdrc.org or 360-676-0122 to schedule an individual or group for a one time or custom workshop

## Youth Conflict Resolution Education classes

### Description

The WDRC offers strength-based training designed to provide conflict resolution, communication, problem-solving, and de-escalation skills to youth. Students learn to recognize the root of conflict, strategies for resolving conflict, individual triggers, a

### Target Audience

Youth ages 6-18

### Class Format

Can be scheduled anytime by contacting WDRC Youth Program Coordinator, Emily Wilson

**Are scholarships available?** Free/by donation. Contact WDRC for details.

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** No requirements. Contact WDRC Youth Program Coordinator Emily Wilson at youth@whatcomdrc.org or 360-676-0122

## Healthy Choices for Girls Workshop

### Description

A gender-specific program for girls. These trainings are designed to create a safe and mutually-respectful space for girls. Facilitators take a relational approach and use role plays, discussion, journaling, and other interactive techniques specifically d

### Target Audience

We offer an elementary curriculum for 5th-6th grade girls in transition to adolescence, and a 7th-12th grade curriculum for young women.

### Class Format

Can schedule anytime

### Classes

**Cost If yes, how much?** Free/by donation. Contact WDRC for details.

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Contact Emily Wilson, Youth Program Coordinator at youth@whatcomdrc.org or 360-676-0122

## Facing Conflict without Violence and Bridge-Builders Workshops

### Description

This 8-hour training challenges young men and boys to examine the ways in which they currently respond to conflict, the impact of their choices on themselves and others, and allows them to explore new strategies for navigating conflict in ways that are safe.

### Target Audience

This gender-specific workshop is intended for boys in 7th-12th grade, and 5th and 6th grade boys respectively.

### Class Format

Can schedule workshops anytime

### Schedule and Location of Current Classes

Can schedule workshops anytime at the WDRC or a school

**Cost** Free/by donation. Contact WDRC for details.

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Contact Emily Wilson, Youth Program Coordinator at [youth@whatcomdrc.org](mailto:youth@whatcomdrc.org) or 360-676-0122

## Dealing with Conflict Workshops

### Description

This workshop provides students with the fundamental skills of conflict resolution and is generally presented in 2-6 hours. It is easily adapted to meet the needs of either small groups (8-12 youth) or large groups (12-30 youth), and can be presented in a variety of settings.

### Target Audience

A course designed for mixed-gender groups to explore conflict together.

### Class Format

Can be scheduled anytime

**Cost** Free/By Donation. Contact WDRC for details

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Contact Emily Wilson, Youth Program Coordinator at [youth@whatcomdrc.org](mailto:youth@whatcomdrc.org) or 360-676-0122

## Parent/Teen Mediation

### Description

Parent/Teen mediation is a process for parents/guardians and teens to resolve conflicts. Mediators facilitate the conversation in 2-3 hour sessions. Parent/Teen mediation promotes a fuller understanding of issues and empowers teens and parents to communicate.

### Target Audience

Parents and Teens/Young Adults

### Class Format

Can be scheduled anytime

**Cost** Yes, paid by participant      **If yes, how much?**

**Are scholarships available?** The fee for Parent/Teen mediation is by donation for families, though we request a small administrative fee from parents or guardians.

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Call 360-676-0122 to talk to one of our case managers about first steps for family mediation.

## Youth and Peer Mediation

### Description

We offer mediation to middle through high school-aged youth in Whatcom County. Issues that can be addressed through mediation include, but are not limited to Youth, Anti-harassment, Intercultural, Victim/Offender, and many other issues as well. If you are interested in bringing a trained mediator to your school to assist students in resolving a conflict, or are interested in setting up a peer mediation program within your school, call us and we can help bring these valuable services to your school.

### Target Audience

### Class Format

Mediation can be scheduled anytime

**Cost** Yes, paid by participant      **If yes, how much?**

**Are scholarships available?** As a nonprofit community mediation center, all of our mediation fees are based upon a sliding scale. We never turn anyone away for an inability to pay.

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Mediation can be scheduled at anytime by contacting WDRC Youth Program Coordinator, Emily Wilson at [youth@whatcomdrc.org](mailto:youth@whatcomdrc.org) or 360-676-0122

## Co-Parenting Communication Workshop

### Description

Designed to help divorced, separated, and never married parents build skills to manage emotions, be heard, communicate effectively, and reduce co-parenting conflicts

### Target Audience

Divorced, separated, and never married parents

### Class Format

One Time Event

### Schedule and Location of Current Classes

2016 class dates will be released shortly.

**Cost** Yes, paid by participant **If yes, how much?**

**Are scholarships available?**

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** No requirements. Contact Leah at (360)676-0122 or [wdrcc@whatcomdrc.org](mailto:wdrcc@whatcomdrc.org)

## Family Mediation

### Description

Mediation is an affordable, efficient, and effective process for families experiencing separation, divorce, conflict, or communication issues to develop resolutions including creating parenting plans, negotiating property divisions, and addressing other issues. A neutral third-party mediator brings structure to the discussion of complex or sensitive situations and can help participants fully explain their perspectives, identify their own solutions that address the real issues, and develop written agreements tailored to their situation. Parent and partners have used mediation to: develop communication plans, create co-parenting strategies, determine how assets will be divided, negotiate school, healthcare, and religion decisions and more.

### Target Audience

Families experiencing separation, divorce, conflict, or communication issues to develop resolutions including creating parenting plans, negotiating property divisions, and addressing other issues.

**Class Format** Mediation can be scheduled anytime

### Schedule and Location of Current Classes

**Cost** Yes, paid by participant **If yes, how much?** The WDRC operates on a sliding fee scale and will never turn anyone away for lack of funds.

**Are scholarships available?**

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Contact Cynthia Moore, WDRC Case Manager at (360)676-0122

# Whatcom Family YMCA

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**Purpose** Supporting the mind, body and spirit of individuals.  
**Website** [www.whatcomymca.org](http://www.whatcomymca.org)  
**Address** 1256 N. State Street  
Bellingham, WA 98225  
**Contact** Mary Latta  
**Phone** 3607338630  
**Email** mlatta@whatcomymca.org

## ACT! Actively Changing Together

### Description

12-week program for youth 8-11/12-14 and their parents promoting healthy nutrition, activity and lifestyles.

**Target Audience** Kids ages 8-11, 12-14 and their parents.

**Class Format** Ongoing with a set start and end date

### Schedule and Location of Current Classes

Sunnyland Elementary, 5 30 pm on Tuesdays for 90 minutes

**Cost** Yes, the program costs depends on the participants ability to pay. Scholarships are available. Cost may range from \$25 to \$165. **If yes, how much?** \$25 to \$165

**Are scholarships available?** Yes, no one is turned away due to their inability to pay.

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Contact Mary Latta at the Whatcom Family Y. 7338630 or mlatta@whatcomymca.org

## CPR

### Description

CPR and lifesaving skills

**Target Audience** Parents of kids of all ages

**Class Format** Ongoing with a set start and end date

### Schedule and Location of Current Classes

**Cost** Yes, paid by participant **If yes, how much?**

**Are scholarships available?**

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** Contact Tish O'Keefe, Aquatics Director 7338630 tokeefe@whatcomymca.org



# Whatcom Learning Lab

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<b>Purpose</b>	Our all-volunteer organization helps reading challenged learners such as those with dyslexia learn to read
<b>Website</b>	<a href="http://www.whatcomlearninglab.org/">http://www.whatcomlearninglab.org/</a>
<b>Address</b>	4949 Samish Way #24 Bellingham, WA 98229
<b>Contact</b>	Linda Gorsuch, Director
<b>Phone</b>	360-371-3978
<b>Email</b>	<a href="mailto:whatcomlearninglab@comcast.net">whatcomlearninglab@comcast.net</a>

## Whatcom Learning Lab Reading

### **Description:**

Trained reading tutors work one-on-one with their students in one-hour sessions twice a week for the school year. We use a curriculum specially designed to help reading challenged learners. The Barton System is ideal as an Early Intervention Program. Kindergarten or first grade students can be screened to determine their risk for reading failure. According to the National Institutes of Health (NIH), 95 percent of poor readers can be brought up to grade level if they receive effective help early. The Barton system has been approved by several state boards of education.

### **Target Audience:**

5 years old to adult

### **Class Format:**

One on one during the school year

### **Schedule and Location of Current Classes**

Mondays and Wednesdays after school  
at NW Baptist Church of Bellingham  
3545 Northwest Ave.

**Cost:** \$70 a month per individual. Open to special fee arrangements if sponsored by PTA or other organizations

**Are scholarships available?** Yes

**Is this organization open to starting new classes?** Yes

**Please contact:** Linda Gorsuch, Educational Psychologist,  
[whatcomlearninglab@comcast.net](mailto:whatcomlearninglab@comcast.net)

# Whatcom Literacy Council

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**Purpose** To empower adults to achieve their goals and improve their lives through literacy.

**Website** [www.whatcomliteracy.org](http://www.whatcomliteracy.org)

**Address** 3028 Lindbergh Ave, Building A, Bellingham, WA 98225

**Contact** Maureen Cooley

**Phone** 360-752-8678

**Email** [sgc@whatcomliteracy.org](mailto:sgc@whatcomliteracy.org)

## English Conversation, Basic Computer Skills

### Description

The Whatcom Literacy Council offers a variety of free classes open to adults relating to English Conversation, Basic Computer Skills, Citizenship Prep, GED and more. The classes are located throughout the county at local library branches, at the Bellingham Public Library, Sterling Meadows apartments and more locations. For a copy of the most recent class schedule, contact the Whatcom Literacy Council office. We are opening to developing a workshop or class relating to these topics or other literacy-related fields specific to a specific group.

### Class Format

The classes are free and open to the public, and available for drop-ins. No registration required.

### Target Audience

Adults

### Schedule and Location of Current Classes

Contact us for a current schedule.

**Cost:** Free

**Is this organization open to starting new classes?** Yes

# WSU Extension

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**Purpose** Parenting Classes for 10 - 14 year olds  
**Website** [www.whatcom.wsu.edu/fch/sfp.html](http://www.whatcom.wsu.edu/fch/sfp.html)  
**Address** 1000 North Forest St., Suite 100  
Bellingham, WA 98225  
**Contact** Jamie Olson  
**Phone** 360-595-7950  
**Email** [jamie.olson@wsu.edu](mailto:jamie.olson@wsu.edu)

## Strengthening Families Program

**Description** Parenting Education class for youth ages 10-14 and their parents/caregivers.

**Target Audience**

For Parents & Youth ages 10 - 14 years

**Class Format**

Ongoing with a set start and end date

**Schedule and Location of Current Classes**

Shuksan Middle School - February 18th - March 31st Thursday nights 6 00 - 8 30 pm

Kulshan Middle School Wednesdays, February 17 - March 30, 2016 5 30 to 8 p.m.

**Cost** Yes, paid by participant **If yes, how much?** \$35 per family for a 7 week session; includes dinner and childcare at certain locations

**Are scholarships available?** Yes - partial or full scholarships

**Is this organization open to starting new classes?** Yes

**Please contact to request classes:** contact Jamie Olson at [jamie.olson@wsu.edu](mailto:jamie.olson@wsu.edu); 360-595-7950 - 10 family max