



# H.A.R.T. Notes

H.A.R.T. Family Resource Center  
354 Smith Street/ P.O Box 607 Harrisburg, OR.  
[www.hartfamilyresourcecenter.org](http://www.hartfamilyresourcecenter.org)

winter 2010  
541-995-7700

## OUR Harrisburg Card

*save time save money shop our Harrisburg*

How would like to help your community and your family while you shop the convenience of your local shops? **H.A.R.T. Family Resource Center** through a grant from the Meyer Memorial Trust is creating our own economic stimulus plan for Harrisburg residents with cooperation from local businesses and the City of Harrisburg called *Our Harrisburg*. Local residents can instantly save money on each purchase from participating merchants with an Our Harrisburg savings card.

You may purchase your saving card at **HART**, City Hall and/or many participating businesses in Harrisburg. The cost is \$10, the savings start right away, with periodic gift card drawings, and **all proceeds for the sale of the cards go to support the HART Center's children and family programs.**

## Passport to Manhood

*For boys 11-15 years of age.*

**H.A.R.T. Family Resource Center** is pleased once again to offer the successful program **Passport to Manhood**.

**When:** February 3rd – March 10<sup>th</sup> Wednesday and Thursday's

**Where:** Harrisburg Museum conference room,

**Time:** after-school from **3:30- 5:00pm**. This is a no-cost program that promotes and teaches responsibility to male youth 11-15 years of age. We are inviting boys 11-15 to join us for 10 sessions of exploration, learning, service, fun and food. If your boy either started or completed this program in a previous year they are still eligible to participate again this year. For the sixth year our facilitator will again be Kurt Lang, youth leader here in Harrisburg. Limited enrollment, sign up soon.

*Thank YOU! Everyone here at the H.A.R.T. Center would like to thank all the volunteers that helped make our fall and winter events such a wonderful success. Our Town Has Talent and the Winter Festival wouldn't have happened without you.*

**P**re-school Openings  
**H.A.R.T.'s** cooperative pre-k still has room for your 3, 4 or 5 year old. Our pre-school is open to all Harrisburg families. We are again offering three days a week for 3 and 4 year olds! We make learning fun and affordable! Our sliding scale for our two day a week program begins at \$20 per month. Call 541-995-7700 for more information or stop by **H.A.R.T.** to pick up a registration packet.



## Parenting with Love & Logic brunch



Coming after spring break to Harrisburg for two Saturday mornings.. Love and Logic trainer Betsy Norris returns to facilitate these free informational sessions are for parents of children toddler to teens. So stop by, drop off your children for free childcare and learn to avoid power struggles. For more information call Peggy at H.A.R.T 541-995-7700. Dates to be announced

## Have you visited our new website?

at: [www.HartFamilyResourceCenter.org](http://www.HartFamilyResourceCenter.org)

- It's where to find about our latest programs
- Log on to see which new businesses have joined Our Harrisburg savings card program
- Harrisburg residents be sure to take our simple 10 question survey, on how well do you know
- **Volunteers of the month:** Russ and Adrienne Benedict
- See who our community sponsors are and be sure to thank them for their support.



## Girls Circle

*promoting resiliency in adolescent girls*

First sessions for 9-14 year olds

Coming in the spring 14-18 year olds

It is designed to foster self-esteem and help girls maintain authentic connection with peer and adult women. The circle allows for genuine self-expression through verbal sharing and creative activity.

This free eight session program, begins meeting February 2nd and continues on Tuesdays 3:30-5:00pm for 8 weeks. The facilitator will be Marie Pickett-Bailey a strong advocate for girls and a parent of former Harrisburg students. The meetings will be at the Library at the middle school. It will include refreshments.

For girls 9-14 years old, Enrollment is limited Please call Peggy at H.A.R.T. Family Resource Center 995-7700 if you have questions.

### More good Information...Remember

- WIC is here at H.A.R.T. the 1<sup>st</sup> & 3<sup>rd</sup> Friday's 10-2pm.
- Energy Assistance 812-0743
- We have computer access for all to use.
- Information and referral for the community.

### OHP Applications:

- **NEW!! Oregon Health Plan** help and applications available at H.A.R.T. beginning February 1<sup>st</sup>.

We are excited to be able to process and date stamp OHP applications here at H.A.R.T. We have someone trained to help with English and Spanish applications. Call 541-995-770 for an appointment.



### Coffee Cupping Brunch Benefit

Our much talked about 2<sup>nd</sup> annual coffee cupping is coming April 17<sup>th</sup> at River Bend Resort from

10am - 1pm. This unique fund raiser is much like a wine tasting, where you will learn the subtleties of different roasts, country of origin and brewing techniques. Look for much more information to come.



### Step-Parenting: Should I Discipline the Kids or Not? Email newsletter

To get a handle on what successful step-parents do, it's helpful to first get a glimpse at what less successful ones try. I call the first well-intentioned yet doomed approach the "Wrecking Ball" step-parenting style. Like drill sergeants, their favorite tools include lectures, threats, lots of new rules and plenty of micro-managing.

I call the second well-intentioned yet ineffective approach the "Refugee" style. Because they don't want to step on any toes, these folks never really live in the home. Because they don't want to insult the kids by trying to replace their "real" parent, these step-parents use no tools. They simply walk on eggshells, adopting an outsider, doormat role.

**Successful step-parents obsessively follow the first rule of Love and Logic:** Take great care of yourself by setting limits without anger, lectures, threats, or repeated warnings. Instead of trying to reconstruct through strict discipline...or walk on eggshells by remaining an outsider, they use Enforceable Statements to assertively describe how they will operate.

Examples include:

- I'll be happy to do the extra things I do for you when I feel respected.
- I'll get that for you when I see that you've finished your chores.
- I'll let you know about that after I talk with your dad (or mom).
- I'm fine with you having that as long as you have the money to pay for it.

To learn more practical tips for parenting young children, watch for our **Love and Logic Brunch** coming in the spring. Also, check out our Love and Logic lending library here at the H.A.R.T. Center.



### English classes/Clase de Ingles to be offered.

busca estudiantes adultos para formar una clase de Ingles. English as a Second Language Classes We are looking for a few more students who are interested in learning English. Please call soon, if you or someone you know is interested.

541-995-7700

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Winter 2010 541-995-7700

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