



Oregon Community Programs

Parenting through Change™

FREE parenting support, connection, and practical tools for every family.



What is Parenting Through Change?

A FREE 10-week parenting group designed to introduce caregivers to positive-parenting strategies, strengthen family relationships, and receive support in their parenting.

Who is Parenting Through Change for?

PTC is designed for parents of children ages 4-14 who want less stress, calmer communication at home, and a combination of proven parenting tools and supportive connection with other parents.

FREE for families in Lane County!
Oregon Health Plan insurance required.

PTC groups are:

- 90-minute group sessions
- Hands-on and engaging
- Designed to increase confidence in navigating real-world parenting challenges

Families receive:

- Practical tools and take-home resources
- Weekly materials to support learning at home
- Prizes to support participation and celebrate commitment
- Access to support between sessions
- Groups are offered in English and Spanish, with varied days and times available

UPCOMING GROUPS:

April 30th-July 2nd, 2026
5:30-7pm (In-Person)

Location: Oregon
Community Programs

Limited childcare available
based on space.

A light meal will be provided
each session.

TO JOIN, CONTACT:

Dani Emrick

E: danie@oregoncp.org



CALL 541-743-4350 TO SIGN UP!