

Parent Resources

Culture of Care is happy to consult and/or implement with your school or organization on Parenting Workshops or Book Clubs on a variety of topics such as:

Trauma Responsive Parenting
Resilience
Raising Good Citizens
Learning Styles
Developmental Issues
Discipline

01

LITERATURE

- [No Drama Discipline & Workbook](#)
- [The Science of Parenting Adopted Children](#)
- [The Explosive Child](#)
- [The Connected Parent](#)
- [How To Talk So Kids Will Listen & Listen So Kids Will Talk](#)
- [Trauma Through A Child's Eyes](#)
- [Permission to Feel](#)
- [Raising Good Humans](#)

- [Parents Supporting Parents \(Virtual\)](#)
- [The Parent Project](#)
- [Central Oregon Support Groups](#)
- [Central Oregon Disabilities Support Network](#)

02

CLASSES & SUPPORT GROUPS

- [Healthy Children](#)
- [Therapeutic Parenting](#)
- [PTSD: What Parents Should Know](#)
- [Scary Mommy](#)
- [Center for Childhood Trauma](#)
- [Raising Children](#)

03

WEBSITES, BLOGS & SOCIAL MEDIA

- [Andie DeShay: Child-Family](#)
- [Tracey Colocicco: Infant-Adult](#)
- [Breanna Montoya: Child-Family](#)
- [Ryan Reese: Men & Boys](#)
- [Cheryl Emerson: Teen-Family](#)
- [Julie Reinhart: Teens-Adults](#)
- [Bend Family Therapy](#)
- [Deschutes County Behavioral Health](#)
- [Mosaic Medical](#)
- [St Charles Behavioral Health](#)

04

LOCAL THERAPISTS

- [Dr Sondra Marshall](#)
- [Dr Mikala Saccoman](#)
- [Dr Claire Oxtoby](#)
- [Dr Andy Barram](#)
- [PEDAL Clinic](#)

05

LOCAL CHILD PSYCHOLOGISTS