

Family & Parenting Resources

DESCHUTES, CROOK & JEFFERSON COUNTIES

For parents, grandparents, kinship caregivers and the people helping raise a child. Choose one place to begin. You do not have to figure everything out today.

Family Resource Center | Parenting support

Free classes and workshops | 541-389-5468

Parenting education across all three counties, with in-person and online options. Topics range from early childhood to parenting teens. Check the calendar and register for a group that fits your child's age; a listed program may not be starting immediately.

Find a parenting class >

Family Access Network | Help through school

Bend-La Pine, Redmond, Sisters, Crook County & Jefferson 509J

Ask your child's school for its FAN advocate, or choose your district on the website. An advocate can help connect your family with food, clothing, housing and other essentials.

Find your school's advocate >

Choose what you need

Support with babies, young children & daily needs | 2

Child care & early learning | 3

Disability, kinship & caregiver connection | 4

Library connections & mindful moments at home | 5

Parents in recovery | Online meeting | 6

Programs set their own eligibility and enrollment requirements. Before traveling, ask about openings, cost, registration, language support and accessibility. Regional programs may serve rural addresses even when their office is in a larger town.



A little more support

Babies, young children & practical help for family life

Healthy Families of the High Desert

Free, voluntary home visits | 541-749-2133

For eligible families beginning during pregnancy or around birth, with support that can continue until age three. Home visitors offer parenting support, play and early literacy ideas, and connections to resources. Use the referral form or call to ask about enrollment.

Explore home visits and request support >

MountainStar Family Relief Nursery

Bend, Redmond, Madras, Prineville & La Pine

Support for families with young children facing high levels of stress. Services include parent coaching, home visits, early childhood programs and basic supplies. Outreach also supports families outside the classroom program. Ask the nearest location about age requirements, cost and current openings.

Find MountainStar services and local contacts >

NeighborImpact | Family Support & Connections

Free, voluntary support | 541-323-6503, ext. 103

A family advocate can help with parenting, household goals and resource connections. Published criteria include a child under 18, no active Child Welfare services, and receipt of TANF, SNAP, ERDC or Medicaid. Ask your local DHS office, case manager or family coach about a referral.

Check eligibility and referral steps >

NeighborImpact | Diaper Bank

Distribution through programs and agencies | 541-548-2380

Ask your Head Start family advocate or caseworker about diapers. If you are not connected with a program, call or use the contact form to find a starting point. This is not a confirmed walk-in pickup location; ask about distribution and available sizes.

Find help getting diapers >



Child care & early learning

Finding care, understanding costs & exploring preschool

NeighborImpact | Head Start & Early Head Start

Crook & Deschutes counties | 541-323-6543

Free early learning and family support for eligible families, from pregnancy through age five. Home-based and classroom options vary by age and location. Listed communities include Bend, Redmond, La Pine and Prineville. Submit an interest form or call; an application does not guarantee a place.

Check eligibility and start enrollment >

MountainStar | Preschool Promise

Bend, Redmond, Madras & Prineville

Publicly funded preschool for qualifying families with children ages three to five. Ask about eligibility, the application process and availability at your preferred location. This offers a Madras starting point as well as options elsewhere in the region.

Ask about Preschool Promise >

Oregon ERDC | Help paying for child care

Employment Related Day Care | 800-699-9075

A subsidy for eligible families, including qualifying work or school situations. Families may owe a copay and additional provider charges. A waitlist applies, with some exceptions. Apply through Oregon ONE or by phone; confirm your chosen provider is approved for ERDC payments.

Review eligibility, waitlist and application options >

Find child care | Oregon referral options

Call 211 or text CHILDREN to 898211

The Oregon child care assistance page links to Find Child Care Oregon and help locating care. Search by your community, child's age and care needs. Contact providers directly to confirm openings, hours, fees and accessibility.

Open child care search and referral resources >



Caregiver connection

Support for different families, abilities & seasons of parenting

Central Oregon Disability Support Network

Family and peer connections | 541-548-8559

Connect with a team member who has family experience with disability. Explore resource navigation, special education information, parent learning and family events. Ask which services fit your needs, and confirm registration and any fees for individual activities.

Connect with the family support team >

Family Resource Center | KEEP groups

Parents, kin & caregivers | 541-389-5468

KEEP Standard is listed for caregivers of children ages 4-12; KEEP Safe focuses on teens. Grandparents and other kin caregivers can ask which group fits their family. Contact the center about eligibility, group dates, cost and enrollment.

Explore KEEP support groups >

Family Resource Center | Parenting older children

School-age and teen parenting | Free parenting education

The program menu includes Active Parenting for ages 5-12 and Active Parenting of Teens for ages 10 and up. Check current offerings for help with communication, boundaries and everyday parenting challenges.

Find school-age and teen parenting options >

A simple way to ask for help

“I live in ____. I care for a child who is __ years old. We could use support with ____. Is this something you help with, and what would our first step be?”

You can also ask for a phone or online option, an interpreter, wheelchair access, a quieter setting, or help completing a form. Availability differs by provider.



Connection at your own pace

Library resources & mindful moments at home

Deschutes Public Library | Children's programs

Bend, Redmond, Sisters, La Pine & other county locations

Browse story times, creative activities and programs by age and location. Check each listing for registration and accessibility details.

Browse children's programs >

Jefferson County Library District

Madras & Jefferson County

Explore children's programs, storytime, Spanish-language offerings and digital books. Check the calendar for current dates; digital borrowing may require a library card.

Explore children's resources and the calendar >

Crook County Library

Prineville & Crook County

Use the official county library page to find storytime, the library calendar and borrowing information. Check current listings before making a trip.

Visit the library and current calendar >

For days at home | No outing or special supplies needed

Share a small story. Read one page, look at pictures, or take turns adding a sentence to a made-up story. Stopping after a few minutes is okay.

Notice together. From a chair, bed or window, name three colors or sounds you notice. Let each person choose whether to join.

Make side by side. Draw on scrap paper, color, or fold paper while sitting together. There is no finished project to aim for.

Offer a small choice. “Would you like a story, a song, or quiet company?” A little shared time can be enough for today.

These at-home ideas are offered by Willow Circle. The organizations linked above operate independently.



Parenting in recovery

Online connection for parents & caregivers

Parenting and recovery can each ask a lot of you. There is room to seek support with both.

Parents Helping Parents | Parenting in Recovery

Free weekly Zoom support group | Registration required

For parents managing their own alcohol or substance use recovery while raising children. Trained volunteers facilitate conversations about parenting, rebuilding trust, stress, triggers and resources for parents and children. The host describes its groups as confidential and open to caregivers.

Register to receive the Zoom meeting link >

How to join

1. Open the link above and select REGISTER.
2. Complete the host's registration process.
3. The host sends you the Zoom meeting link after registration.

Meeting time

The host currently lists Wednesdays at 8 p.m. Eastern (labeled “EST” on its page). Confirm the Pacific time in your registration confirmation, particularly around daylight-saving changes.

Questions about joining?

Parents Helping Parents: 617-926-5008
info@parentshelpingparents.org

This is a parenting support group for people managing their own recovery. If you are seeking support because someone else in your family uses substances, ask the host which group fits your situation.

Shared as an independent online community resource. This meeting is hosted by Parents Helping Parents, not Willow Circle. Registration and access are managed by the host.