

A Little Support Along the Way

WILLOW CIRCLE | FAMILY & COMMUNITY RESOURCES | OCTOBER 19–25, 2026

When our community is carrying something difficult, even gathering resources can feel like a lot.

There are people opening their doors, offering their time, creating spaces for children, and finding ways to care for one another. We have brought some of those opportunities together in one place, hoping to make them a little easier to find.

Some are places to talk. Some are places to create, play, or simply be. Others are there when you need a little more support.

As always, take what you need and leave the rest.

And somewhere in the midst of caring for everyone else, remember that you matter, too.

What is one way I can care for myself today, before or while I am caring for others?

With care,

Willow Circle

THIS WEEK: FREE CHILDREN'S ACTIVITIES & COMMUNITY SPACES

Bend FC free day camp | Mon–Fri, Oct 19–23, 9 a.m.–2 p.m. — Free soccer, games and activities for Silver Rail students and other Bend children. Pine Nursery Park soccer complex or Bend FC Futsal Center; registration and site assignment online. [Details / registration](#)

Deschutes Public Library | Mon, Oct 19 — Letter writing for Silver Rail, 9 a.m.–noon; Crafternoon and Letter Writing, noon–3 p.m.; Central Library, 61956 SE Santorini St., Bend. Free. [Details / registration](#)

Library programs | Oct 19–25 — Free story times, baby and preschool programs, crafts, and teen activities at Bend, Redmond, Sisters, Sunriver and La Pine branches. Check branch-specific times on the calendar. [Details / registration](#)

Open Arts Center | Tue, Oct 20, 6–8 p.m. — Free Grief Open Mic with Día de Muertos Bend and Oregon Suicide Prevention Conference participants. RSVPs encouraged. 999 NE 2nd St., Bend. Audience suitability for children should be checked with organizers. [Details / registration](#)

FAMILY CLASSES & GATHERINGS

Family Resource Center | Mon, Oct 19, 5:30–7 p.m. — Nurturing Parenting, virtual; for parents of children ages 5–12. Registration through organizer. [Details / registration](#)

Family Resource Center | Thu, Oct 22, 6–7:30 p.m. — Cooperative Coparenting, virtual. Registration through organizer. [Details / registration](#)

Family Resource Center | Fri, Oct 23, 10–11:30 a.m. — Strong Roots, 1212 NE 5th St., Redmond; music, stories and activities for young children and caregivers. Confirm cost and registration. [Details / registration](#)

Family Resource Center | Fri, Oct 23, 10–11 a.m. — Zumbini Bend, ages 0–4 with caregivers; 2500 NE Twin Knolls Dr., Bend. Confirm cost and registration. [Details / registration](#)

ONGOING ART, PLAY & FAMILY DESTINATIONS

High Desert Museum — Wildlife, history and exhibitions; 59800 S Hwy 97, Bend. Regular admission applies; inquire about EBT admission and library passes. Free community admission on Oct 16 is not confirmed for this week. [Details / registration](#)

Open Arts Center — Teen open art hours and creative community programming, 999 NE 2nd St., Bend. Check current schedule and eligibility. [Details / registration](#)

Two Suns Art Studio + Makerspace — Family art play and classes, 70 SW Century Dr., Suite 190, Bend. Special free kit pickup this week not confirmed. [Details / registration](#)

Art Station / Bend Park & Recreation — Family art classes and creative workshops; check calendar, pricing and enrollment. [Details / registration](#)

Wondery Art & Adventure School — Art, ceramics and youth creative programs, 19570 Amber Meadow Dr., Suite 110, Bend. Check class availability and fees. [Details / registration](#)

Hearts Unknown Education (HÚE) — Youth art and creative wellness programs, 184 NE Franklin Ave., Bend. Contact organizer about enrollment and schedule. [Details / registration](#)

Children's Museum of Central Oregon — Mobile and pop-up STEAM activities; not a confirmed daily walk-in museum. Check for upcoming events. [Details / registration](#)

COMMUNITY SUPPORT & PRACTICAL HELP

City of Bend — live community support updates — Updated announcements and community services following Silver Rail. [Details / registration](#)

Deschutes County Crisis Services — 24-hour local mental health crisis assistance: 541-322-7500, extension 9. [Details / registration](#)

988 Suicide & Crisis Lifeline — Call or text 988, 24/7. [Details / registration](#)

NAMI Central Oregon — Peer and family support, education and groups. Confirm each meeting date directly; special event this week not independently verified. [Details / registration](#)

COCC student counseling — Eligible students can access free counseling appointments; contact COCC for current availability. [Details / registration](#)

Family Resource Center — Parent and caregiver classes, groups, and workshops. [Details / registration](#)

Bend-La Pine Schools — District announcements and Silver Rail community information. [Details / registration](#)

Cascades East Transit — Routes, fare notices, and transportation updates; verify fare waivers before travel. [Details / registration](#)

This directory is a snapshot prepared October 19, 2026. Events, capacity, fees and locations can change. Listings without a confirmed special event are ongoing resources, not promises of free activities this week.

Resource Links | Direct Website Addresses

Tap a website address or copy it into your browser.

<https://www.bendfctimbers.com/free-community-camp>

<https://www.deschuteslibrary.org/kids/programs/ebend>

<https://www.theopenartscenter.org/>

<https://frconline.org/news-events/>

<https://highdesertmuseum.org/>

<https://www.twosunsart.com/>

<https://www.bendparksandrec.org/events/>

<https://www.wonderyschool.com/>

<https://www.google.com/search?q=Hearts+Unknown+Education+Bend+Oregon>

<https://www.google.com/search?q=Children%27s+Museum+of+Central+Oregon+events>

<https://bendoregon.gov/community-support-resources/>

<https://www.deschutescounty.gov/1027/Crisis-Services>

<https://988lifeline.org/>

<https://namicentraloregon.org/>

<https://www.cocc.edu/departments/multicultural/personal-counseling/>

<https://silverrail.blschools.org/>

<https://cascadeseastransit.com/>