

NR 092514

Gladstone High offers class on strategies to parent teens

The teen years are a roller coaster of physical, emotional, and social changes. For those who need strategies to navigate these challenging years with your child, Northwest Family Services will present a class that can help you improve family communications, and guide your teen to become a confident, productive, empowered adult.

Parenting Teens without Losing Your Mind will be offered at Gladstone High, 18800 Portland Avenue, from 6 to 8 p.m. on Thursday nights: October 30, Nov. 6, 13, and 20. Free childcare will be provided. Register on-line at <http://preview.tinyurl.com/GHShelp>.

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Gladstone Holiday Bazaar set for November 1

The annual Gladstone Bazaar is set for Saturday, November 1, in the cafeteria at Gladstone High School, 18800 Portland Avenue. Sale hours are 9 a.m. to 4 p.m.

With over 65 sale tables, the event features affordable prices on fall, Thanksgiving, Christmas, gift, food, personal, and home décor items. An array of handcrafted items include ornaments, wooden decorations, floral creations, soaps, and ceramics. The Boy Scouts will be selling beverages, lunch, and treats.

For more information or to request a table, call Tenna Reed at 503-997-7068. Funds raised will go to the At-Risk High School Kids Program.

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Gladstone Story Hour event includes free book giveaway

To help children five and under build language skills and kindergarten readiness, the Gladstone Center for Children & Families sponsors a free monthly Story Hour, with educational activities for babies, preschoolers, and kindergarteners.

Events are held the first Thursday of every month from 4:15 to 5 p.m. Each event features a different story theme, a raffle, and a free book for each child attending.

Parents with children five and under are invited to attend. Upcoming events include:
October 2: Back to School
November 6: Giving and Gratitude
December 4: The Snowman

The free books and raffle items are provided thanks to a \$1,000 grant this week from the Gladstone/Oak Grove Rotary Club.