

Family Check-Up Service

Are you the parent or guardian of a child aged 2 to 17?
Would you like to earn \$150 online?

Would you like to:

- Increase your parenting skills?
- Encourage positive behaviors and set limits?
- Improve how you work with your child's emotions?
- Set parenting goals?

Families can earn \$150 in gift cards by attending three sessions from home, online. This takes place over 3-4 weeks. At each session you will:

- Virtually meet with our staff to share information about your family.
- Work on tasks with your child in a video-recorded session in a video call.
- Discuss strengths in a feedback session from your own living room.



Please have an internet-connected device with access to a camera and a microphone

Service is made possible by Trillium Community Health Plan, Lane Community Health Council and PacificSource Community Solutions.

For more information:

Lane County Youth Services
2727 Martin Luther King, Jr. Blvd
Eugene OR, 974011

Call (541) 682-4700 to schedule an appointment.

Se habla español.

www.lanecountyor.gov/mediation

