



# Baking Treats and more




Timber Ridge  
Apartments  
3002 East Q Ave  
Island City

Ages 6-17 are  
welcome  
Open to the Community

Mondays:  
3:30pm-4:30pm  
(541)962-8800

**CHD**

# Crocheting, Knitting, & Relaxing



Thursdays  
3:30pm-4:30pm

Ages 13-17  
At CHD  
2301 Cove Ave  
Open to the  
community

**CHD**  
(541)962-8800



**Thursdays 4:00pm-5:00pm**

**In the Community Room 1**

# Grief Support

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This group provides a safe, welcoming space for middle school youth to explore grief related to the death or loss of a loved one. In a trusting and supporting environment, youth will learn tools for managing grief and the difficulties it can bring to our lives.

This group is open to the community.  
Grades 6th-8th

**CHD**  
(541)962-8800



# The Outlet

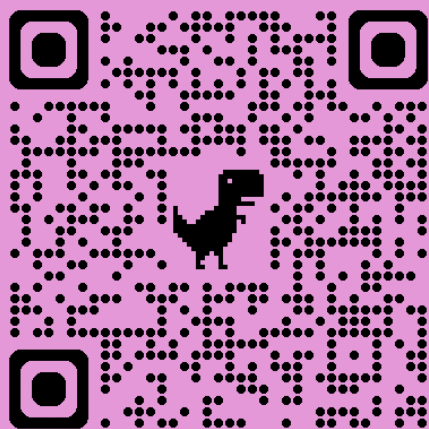
A place to express, recharge and be heard.

A High School Aged Group

*Meets Virtually  
Tuesdays*

*4:00pm-5:00pm*

**Join Here:**



*Open to the  
Community*

<https://meet.google.com/enx-oeqi-sjg>

**(541)962-8800**



**CHD**





# The Safe Spot

A judgment-free place to share and feel heard.

A Middle School Aged Group

**Meets Virtually  
Wednesdays**

**4:00pm-5:00pm**

**Join Here:**



<https://meet.google.com/egn-xzyd-hye>



**Open to the  
Community**



**(541)962-8800**



**CHD**



# NATURE WALKS

Wednesdays 10am-12pm

Ages: 12-17

Open to the Community

A fun group where youth can get in touch with nature, experience light exercise, and learn to practice mindfulness. We will participate in check in/check out activities before and after group.

Meeting at CHD  
2301 Cove Ave, then  
heading to several  
spots throughout  
Union County

(541)962-8800





TUESDAYS 12:00PM-1:30PM

# HEROES OF COURAGE

TEENS WILL EXPLORE WHO THEY ARE  
-ONE QUEST AT A TIME.

AT CHD  
2301 COVE AVE

OPEN TO THE  
COMMUNITY

AGES 14-17

Heroes of the Mind is a creative, therapeutic group using fantasy role-playing games (RPGs) and Geek Therapy principles to support emotional growth, social skills, and identity development.

(541)962-8800



MONDAYS AND THURSDAYS

AGES: 11-17

RHEADEAN HAYS

GROWN UPS ALSO WELCOME

(541) 910-0950

# WALK

**OPEN**  
TO THE  
COMMUNITY

&

**7AM**  
LHS TRACK

# TALK

**CHD**





# ART IN THE PARK

**FRIDAYS**

**10:30AM-11:30AM**

**AGES 5-14**

**OPEN TO THE COMMUNITY**

**ISLAND CITY SCHOOL PAVILLION**

**10201 W 4TH ST**

**(541)962-8800**



**CHD**