

2023 August Resources

AUGUST Holidays and Observances - August 8th- International CAT Day. August 9th- BOOK Lover's Day. August 9th- International Day of the World's Indigenous People. August 11th- National SONS & DAUGHTERS Day. August 12th- International YOUTH Day. August 21st- WORLD SENIOR CITIZENS Day. August 26th- WOMEN'S Equality Day. National BLACK Business Month. Don't be a BULLY Month. Spinal Muscular Atrophy Awareness Month. WORLD Cancer support month.

★ **South West Portland Sunday Parkways - SAVE the DATE**

- PortlandSundayParkways@portlandoregon.gov
- 503-823-7599
- When/Where & What Time: Southwest Portland on **September 10th**, 2023 from 11:00 am to 4:00 pm
- The Southwest Multnomah route will include a 2-mile multi-modal route along with a 1.5-mile walking route. You can hop on at any point and head in any direction you choose. Take in Gabriel Park's inclusive playground as you stroll along the flat walking route or enjoy the wind in your hair as you ride the neighborhood hills and new infrastructure along SW Capitol Highway, including sidewalks and bike lanes.
- **IN JULY** → [Southwest Neighborhood Bike Fair](#)
 - Where: Mittleman Jewish Community Center Schnitzer Family Campus [6651 SW Capitol Hwy, Portland, OR 97219](#)
 - When: **July 23, 2023** 9:00 am – 12:00 pm

- What: Activities are FREE and there's something for everyone, including: Biking lessons for children with activities to learn about bike safety skills
 - Learn-to-ride coaching for adults just starting out on a bike
 - Quick-fix Bike Repair to make sure your bike is rolling smoothly and safely
 - E-Bike Demos come see a variety of e-bike options that are rising in popularity
- **If you do not have a bike** : [BIKETOWN for All membership](#)
 - Oregon Trail cardholders, TriMet Low Income Fare participants, residents in affordable housing, residents who qualify for utility assistance, or those who receive other social services, may be eligible for the BIKETOWN for All program
 - **BIKETOWN for All! Memberships include:**
 - No monthly fees to ride (\$0.00) & No unlock fees
 - Unlimited 60-minute ebike rides (\$0.05/min after 60 min)
 - \$1 out of hub fees for locking bikes to public bike racks within the service area (\$5 outside of service area)
 - 24/7 access to ebikes within our service area

★ [SAVE the DATE - Understanding Autism Sep 22, 4:00 PM – 6:00 PM](#)

- Ideal for anyone wishing to have a better, more effective relationship with Autistic individuals of any age and any range of needs.

★ [Caring for Yourself \(So You Can Care For Others\) Aug 18, 4PM–6PM](#)

- The best thing you can do for an Autistic someone is to understand and manage your own regulation needs.

★ JULY 28th 4PM-6PM On-Line [Learn ways to motivate teens and adults without engaging in shame and blame](#) (HST & Adults)

★ [Artist Alley Comics Fest](#)

- When: Saturday, Aug. 5, 2023 11 a.m. – 5 p.m. Free
- Where: Leodis V. McDaniel High School 2735 NE 82nd Ave
- What: The festival is a minimally curated event **without aesthetic or narrative quality assessment.** Judgments for acceptance as an exhibitor are based on an artist's ownership of their work, a prohibition of hate speech and advocacy of violence, and a minimum approximation to the definition of "comics artwork."
- The goal is to showcase the talents of independently creative voices in comics by giving the public a place to interact with comic creators.

★ Annual Taste of Latin America @ The Portland Mercado

- What: Portland Mercado's Taste of Latin America is back! Join us at the Portland Mercado to celebrate the vibrant cultures from across Central and South America!
- Hacienda CDC's Portland Mercado is a Portland staple known for Latin flavors and its colorful atmosphere; its renowned Taste of Latin America event began in 2019.
- Taste of Latin America will provide a unique and immersive experience into Latin American cuisine and culture and is a prime opportunity to support local small businesses and Latinx entrepreneurs
- When: August 12th and 13th All ages. All backgrounds. 12PM - 6PM
- Where: **Portland Mercado** 7238 S E Foster

★ Come support FACT by going to a TIMBER SOCCER Game

- When: August 20th - North Carolina Courage at Portland Thorns August 26th - Vancouver Whitecaps FC at Portland Timbers August 30th - Real Salt Lake at Portland Timbers
- Where: Providence Park
- Attend a home game in July or August, and Portland Thorns and Timbers FC will kick back \$5 for every ticket purchased to FACT Oregon! Tickets are already discounted! We ALL can win when we come together!
- FACT Oregon is a family-led nonprofit that works toward a future where communities are accessible to, inclusive of, and

empower the self-determination of, people with disabilities. We support families and youth to navigate special education and disability systems and services and advocate for the supports and opportunities youth with disabilities need to thrive at home, in school, and in community.

- Peer-delivered services include a Support Line, training, resources, technical assistance, and community engagement. We are the state and federally-designated Parent Training and Information Center for Special Education and a Family Network for Multnomah and Washington counties.
- For questions about this offer or to purchase more than 8 tickets, email Dominik Russo at drusso@timbers.com.

★ **Tri Together Pedal Run Dip** - FACT sponsored Event

- When: 08/12/23 9:00 AM - 1:00 PM
- Where: [Tualatin Hills Athletic Center 15707 SW Walker Road](#)
- Contact Phone: 503-629-6330
- Did you and your family love the All Ability Tri4Youth? We're THRILLED to share that THPRD has taken the inclusive model we built together and combined it with an existing Family Triathlon to create a NEW inclusive event - The Tri Together Pedal Run Dip! Sign up today for what we hope becomes an annual, sustainable, community-driven, and inclusive event for families and individual athletes young and old(er).
- FACT Oregon will be there on the day with resources and to support the event, and we hope to see you there!

★ [Autism Society of Oregon AUGUST 2023 Calendar of Events](#)



★ [ASO - Cosplay Group](#)

- When: August 13 @ 4PM - 6PM |Recurring Event [Every 2nd Sunday of the month]
- What: A free in-person & online cosplay group for making new friends, designing and creating costumes together. **To register** for the event, contact us at **503-636-1676** or events@AutismSocietyOregon.org
- Where: 9320 SW Barbur Blvd Suite 240, Portland OR 97219 (ASO's office)

★ [Autism Society Oregon \(ASO\) Adult Seeking Diagnosis Article](#)

★ [ASO region 6 Portland Metro Area SUPPORT GROUPS](#)

★ [ASO Event - Sensory Friendly Swim For Adults in McMinnville](#)

[JULY 24th, 2023](#) (Adults)

- Where: McMinnville Aquatic Center 138 NW Park Drive
- When: 1:00PM -2:00PM

★ [JULY 28th - ASO Happy Hour for Adults](#) (Adults)

- What: This time is to chat, support each other and forge new friendships. Meetings are the *4th Friday* of each month, from 7:30 – 8:30pm. An Autistic run social group for Autistic adults age 40+. For questions or more information contact: Rhonda at RhondaS@AutismSocietyOregon.org, an ASO Chapter Rep in Southern Oregon. Or call our office at 503-636-1676. To register, click the [LINK HERE](#)
- When: 7:30PM - 8:30PM

★ [5 Travel Anxiety Tips for Neurodivergent, Autistic & LGBTQIA Travelers \(VIDEO\)](#)

- Do you get travel anxiety? Maybe it's related to being neurodivergent, autistic, and/or LGBTQIA+ ? I created these 5 travel tips to help you avoid anxiety, sensory overload, and autistic meltdowns/shutdowns during travel. This travel advice is based on my experiences as an autistic Latinx trans & queer person with ADHD, Bipolar and Anxiety. I've now spent over 14 months as a full-time traveler interviewing trans/nonbinary and neurodivergent activists around the world. These five travel tips are based on my experiences managing my mental health during travel. Yes, at times I've experienced anxiety attacks, sensory overload, and autistic meltdowns. These travel tips will help you avoid these experiences so you can have fun and stay healthy! Watch this 12 minute video if you are interested.

★ [Autism Empowerment Website](#)

- [Get Involved - Ways to Volunteer](#)

★ [!! JULY !! Sibling group for brothers and sisters, ages 8-13, of children with special developmental needs](#)

- What: An in-person workshop where siblings can share stories, give and receive support, as well as have fun with children who have similar experiences
- When: **JULY** 22nd 9:30AM-12:00PM
- To REGISTER Call 503-215-2429

- Where: Providence Child Center 830 NE 47th Ave Portland, OR 97213

★ **Hot Wheels Monster Trucks Live Glow Party**

- What: Hot Wheels Monster Trucks Live™ Glow Party™ brings audiences the only opportunity to see real-life versions of the famous Hot Wheels monster truck toys in the DARK! Mega Wrex™, Tiger Shark™, Boneshaker™, Bigfoot® and more, plus the all-new Gunkster™, will light up the floor in outrageous monster trucks competitions and battles. Event performances will also feature a dazzling dance party, spectacular laser light shows and Hot Wheels toy giveaways. Plus, for the FIRST TIME EVER, the fire and frost-breathing, car-eating dragon-ARCTICGON, and the electrifying high-flyers of Hot Wheels Monster Trucks Live, Freestyle Motocross! Special kids pricing is available for all shows providing a great value for the whole family!
- When: Saturday August 12th, 2023
- Cost: Tickets start at \$10 - \$30
- Where: Veterans Memorial Coliseum, 300 Winning Way, Veterans Memorial Coliseum

★ **Game Club- ALL AGES!**

- FREE Game Club (based in Forest Grove). Meets virtually during the school year from Sept – May each year, on the 1st Friday of the month, from 5:00-7:00pm. Socially distanced outdoor activities also.

- For more information, click [here](#) for the Facebook page or click here to send an email to ForestGroveGameClub@gmail.com.

★ **Community Resource Fair at the Lloyd Center**

- Join Lloyd EcoDistrict, Community Services Network, and community partners for the Lloyd Community Resource Fair!
- We'll have a variety of nonprofits, government agencies, community organizations, and service providers attending and providing information on topics ranging from healthcare sign-up, utilities/bill payment assistance, energy efficiency rebates, legal aid, health and wellbeing, and more! Some service providers are offering services such as vision and blood pressure tests.
- Resources and services will be available for all, with a particular emphasis on resources for the 55 and older community members.
- When: August 12: 11:00 AM – 2 PM
- Where: Lloyd Center 1405 Lloyd Center, Suite 1241 Portland, OR, 97232 (second floor, east wing)
- **Also →** [Back to School Community Resource Fair](#)
- When: **19th August, 11:00 am,**
- Where: **Salvation Army: Moore Street 5325 N Williams**

★ **Troutdale First Friday - ALSO Arts Events**

- What: Come join us from Inside Edition - During the summer months, First Friday expands into the street with dozens of

vendors, sidewalk dining, live music at Mayors Square, a Kid Zone, and much more!

- ALSO = Advocates for Life Skills & Opportunity
- When: AUGUST 4th, 2023 5 PM – 8 PM at Troutdale First Friday
- Where: 305 East Columbia River Hwy, Troutdale
-

★ [Ankeny Alley Festival - 1st Annual Summer Luau \(ALL \)](#)

- What: Captain Alexander P. Ankeny might not recognize the street named after him and the surrounding area today. But like the friendly Captain for which Ankeny Alley is named, you too can explore one of Portland's most popular destinations this summer from Memorial Day Weekend in May through Labor Day Weekend in September during six Ankeny Alley Festivals. Local merchants, restaurants and entertainment venues welcome locals and tourists alike to explore and support small businesses in Downtown Portland.
- Join us for music, live entertainment, delicious food, art, strolling entertainment and more at the Ankeny Alley Festival series
- When: Fri Aug 11 2023 at 04:00 pm to Sun Aug 13 2023 at 07:00 pm
- Where: Downtown Portland between SW 2nd & 3rd Ave SW Ankeny

★ [Autism Society of America Shares Applied Behavior Analysis \(ABA\) Resource \(ARTICLE & HANDBOOK \)](#)

- What: An Article. “While ABA is one therapeutic practice, there is no one-size-fits-all approach. Therefore, the Autism Society will continue its advocacy work at state and federal levels to expand service options for those with Autism throughout their lifetime.”
- [**Making Informed Decisions: Understanding and Navigating Applied Behavior Analysis \(ABA\)**](#)

★ **Information on WiFi and access to technology (ALL)**

- [Map of free public wifi](#): The Digital Inclusion Network compiled this resource. The library and public schools dominate the list.
- <https://affordableconnectivity.gov/>
- Email: connectingportland@portlandoregon.gov
- [**Affordable Connectivity Program outreach tools**](#) (in multiple languages)

★ **Sexual Health and Relationships Education (SHARE) workshop presented by Linda Peck Athens**

- When: August 10th & 11th, 2023 from 9AM - 4PM each day
- Format and Cost: Live Zoom Webinar; \$20 per person (\$15 early bird before 7/21). Make a check to: [Community Pathways](#) and drop off or mail to: Community Pathways, Inc.
- 2475 SE Ladd Ave, Suite 220 Portland, OR 97214
- AFH training accreditation pending
- To register Please contact info@communitypath.org and Please include your name, email address, and phone number.

- What: This workshop gives insight into tools needed to understand the importance of sexual health as it pertains to people with disabilities; helps people with disabilities understand their rights, and recognize what is healthy and safe and what is not, in relation to sexual health. Appropriate for all levels of support providers and people with disabilities.

★ **Eileen Devine - About** (Parent/Caregiver Resource)

- Eileen's signature course, introducing the life-changing concepts and practices behind the Brain First Model of parenting. Knowing that parents of children with neurobehavioral challenges can struggle to find the time, space or energy to attend workshops, Zoom calls or conferences, this is a self-guided curriculum, so you can experience the Brain First material independently, on your own time, at your own pace.
- Family Training (OR360) maybe able to cover Eileen's courses.

★ **It's ALWAYS SUNNY at the BEACH!**

- **Check out Oregon's AWESOME COASTAL Sites-** Ocean Shore State Recreation Area
- Things to SEE. Things to DO.

★ **Makeup Blowout Sale Event!**

- We are offering an amazing variety of high quality Makeup Skin Care hair care hair tools and even perfumes! At crazy low prices!

- When: Friday - Sunday August 25th - August 27th 10am - 5pm.
- Where: DoubleTree by Hilton Hotel 1000 NE Multnomah 97232.
- Don't miss out on this crazy clearance liquidation event!
- Up to 75% off! + Open to the public + Free Entrance + Kids are welcome

★ **Paseo en Canoa con Columbia Slough**

- Que: Están cordialmente invitados a un evento muy especial organizado por el Columbia Slough Watershed Council y Loco por la Aventura. Únanse a nosotros en nuestra primera actividad en canoa en Whitaker Ponds Lo mejor de todo es que ¡este evento es completamente gratuito! Durante este emocionante paseo en canoa, exploraremos las hermosas aguas del Columbia Slough en Whitaker Ponds. No se preocupen si no tienen experiencia previa en remo, ¡todos son bienvenidos! Además, habrá un intérprete disponible para aquellos que necesiten traducción del inglés al español o viceversa. Para disfrutar al máximo de esta experiencia, les recomendamos traer agua, un refrigerio y vestirse de acuerdo al clima. El estacionamiento principal cuenta con baños para su comodidad. Recuerden que habrá una corta caminata desde el estacionamiento hasta el punto de lanzamiento de las canoas, parte de la cual es en un camino de grava irregular. No pierdan la oportunidad de conectarse con la naturaleza y disfrutar de una tarde llena de diversión y aventura. ¡Únanse a nosotros el 24 de Agosto y descubran la belleza de Whitaker Ponds mientras remamos juntos! ¡Los esperamos con entusiasmo!

Equipo del Columbia Slough Watershed Council y Loco por la Aventura

- Quando: Thursday Aug 24 2023 at 5:30PM - 7:30PM
- Donde: Whitaker Ponds Nature Park, 7040 Northeast 47th Avenue, Portland

★ Oregon Zoo **VIDEOS** of all kinds of cute animals - (ALL AGES)

- Watch from home! Virtually hosted via Facebook [Oregon Zoo Animal Videos](#)

★ [Local Disability Organizations and Resources](#) A MUST WEBSITE TO SAVE & BOOKMARK

- Find local disability organizations and disability community resources for housing, transportation, business, recreation, and more.

★ [Metro parks and natural areas](#)

- To find a park with your favorite activities, visit the [interactive park finder](#), where you can watch videos, see photos and dig into maps that make it easy to explore.
- Check out [Parks and nature news](#) and subscribe to Our Big Backyard magazine for all the latest nature news and other regional highlights, including feature stories, field guides, Q&As, upcoming events, a photography contest and much more.

★ [Racial Equity Support Line](#) – 503-575-3764

★ [Gresham Oregon Events 2023 Arts and Culture Music Mondays](#)

- What: Bring your family and invite your neighbors to celebrate Gresham's Night Out (National Night Out). Gresham's Fire and Police departments will be on hand showing off some of their equipment and sponsoring free ice cream floats for attendees.
- Celebrated in Gresham and in thousands of communities around the U.S., National Night Out celebrates making communities safer.
- Learn more about National Night Out and see if your neighborhood is hosting an event. For more information, call 503-618-2482.
- Where: Arts Plaza, 401 NE Second St. 5:30 pm - 8:30 pm
- When: Aug. 1, 2023
- For more information see the [EVENTS website](#)

★ [Original Practice Shakespeare presents - Othello](#)

- What: ORIGINAL PRACTICE SHAKESPEARE FESTIVAL (OPS Fest) is back in the parks for a 15th season! Come celebrate a decade and a half of free Shakespeare, wild audience interaction, and onstage moments that are too good to be rehearsed with OPS Fest's company of dynamic actors out in the Portland Metro area's beautiful parks.
- When: Fri Aug 11 2023 at 07:00 pm to 10:00 pm
- Where: Mt Tabor Park, Southeast Salmon Street

★ **Adaptive Classes, Trips, and Activities**

- CONTACT- **Jane Doyle** Program Coordinator
- Email: jane.doyle@portlandoregon.gov
- Phone - (503) 307-4131

★ **Portland Swimming Pools**

- ALL Lessons are FULL but recreation leisure swimming is
OPEN

