



Resources 2023

- ***Disclaimer:*** These are community resources & events that may or may not necessarily be endorsed and/or supported by The I/DD Division

★ Full Spectrum PDX (ALL)

- 1219 SE Lafayette St Portland, OR 97202
- admin@fullspectrumpdx.com 503-765-5733
- Full Spectrum Therapy, we believe the LGBTQ+ community is composed of ordinary people who simply need a therapist who understands them. Our mission is not to operate as “gender therapists,” but to offer a space where the LGBTQ+ experience is normalized, understood, and celebrated. We serve children (age 5+), adolescents, adults, and families connected to the LGBTQ+ community.
- Clinicians with profound, first-hand knowledge about the LGBTQ+ community.
- Unique therapeutic modalities including expressive therapies - [Full Spectrum PDX - Groups](#)
- Cutting edge, evidence-based techniques.
- A comfortable, boutique atmosphere that feels more like a home than a clinic
- Technology to make therapy secure, accessible, and efficient

★ Participants needed for language study

- Parents who have a child between 24-60 months with complex communication needs and limited natural/verbal speech are wanted for a communication intervention study.
- Speech-Language Pathologists are also invited to participate if they work with children with complex communication needs, age 24-36 months, in their homes.
- The total time commitment including an interview and survey will be about 2-3 hours and participants will receive \$50 for their time. The goal of the study is to develop an Augmentative and Alternative Communication (AAC) intervention that caregivers can do with coaching via telehealth appointments with Speech-Language providers. [Access the study consent form here](#) or you can email earlyaac@ohsu.edu to learn more.

★ **The H.E.R.O. (Health Emergency Ready Oregon Kids Registry)** is a voluntary, no-cost, secure system that lets families and young adults record critical health details that first responders and hospital emergency department providers can quickly and easily access in an emergency.

- It's not just for kids! HERO Kids Registry is open to any Oregon child or young adult through age 26. [Register now!](#)
- <https://www.ohsu.edu/occyshn/hero-kids-registry>

★ **Oregon Center for Children & Youth with Special Health Needs** (RESOURCE and INFORMATION)

- OCCYSHN works on behalf of **Oregon's children and youth with special health care needs** (CYSHCN). These children and youth either have chronic health conditions, or they are at risk for having them. Their health conditions can be physical, developmental, behavioral, or emotional. CYSHCN need more health and related services than other children. One in five Oregon children fits this description.

★ [Autism Society Oregon \[ASO\] October 2023 Events](#)

- [Friendship Group for Autistic Kids](#)
- October 2 @ 6:00 pm - 6:45 pm |Recurring Event
- [Cosplay Group \(Portland\)](#)
- October 8 @ 4:00 pm - 6:00 pm|Recurring Event Free
- [Away From Home Support Group Online: 10/1/2023 for parents](#)
- October 11th, 2023 6-7PM

★ **GAMES GAMES GAMES** [Retro Gaming Expo 10.13-15. 2023](#)

- [When & Where](#): - October 13-15, 2023 at the Oregon Convention Center
777 NE Martin Luther King Jr. Blvd., Portland.
- [Tickets](#) & [Schedule](#)
- Non-profit cooperative organization dedicated to creating awareness of, and appreciation for classic video and arcade games through the presentation of events and conventions that celebrate the historic contribution video games have made and continue to make in popular culture.

★ [Portland Oddities & Curiosities Expo 2023](#)

- For Lovers of the Strange, Unusual & Bizarre... The Oddities & Curiosities Expo showcases hand selected vendors, dealers, artists and small businesses with all things weird. You'll find items such as: taxidermy, preserved specimens, original artwork, horror/halloween inspired pieces, antiques, handcrafted oddities, quack medical devices, creepy clothing, odd jewelry, skulls/bones, funeral collectibles & much more. We truly have something weird for everyone at our shows. All items you see at our shows are legal to own and sustainably sourced.
- The O&C Expo provides a safe place for anyone to come and discover new artists, meet new friends and be surrounded by an amazing community of like-minded people. We find so much joy in being able to provide a place

where you can feel at home surrounded by others that share the same interests.

- When: Saturday, October 21st & 22nd 2023
- Time: 10AM - 6PM
- Where: Oregon Convention Center
- ENTRY COST: \$10 advance / \$15 day of
- Kids 12 and under free (no ticket needed)

★ **Free beach wheelchairs available at more than a dozen places on the Oregon Coast**

- Most locations request reservations be made at least a week in advance, especially during summer months.
- In Gearhart, contact Gearhart by the Sea Resort at 800-547-0115 or info@gearhartresort.com.
- In Seaside, call Sunset Empire Parks & Recreation District at 503-738-7393.
- In Cannon Beach, call Bahama Boards at 503-436-4317.
- In Manzanita, call the Manzanita Visitors Center, 503-812-5510.
- At Nehalem Bay State Park, call 503-812-0650, ext. 20, or stop by the park ranger station.
- In Rockaway Beach, contact Troxel's Gem and Jewelry Store at 541-418-2842 or rockawayrocks@gmail.com.
- At Barview Jetty County Campground, call 503-322-3522 or stop by the campground entry station.
- In Garibaldi, call the Port of Garibaldi at 503-322-3292.
- At Cape Lookout State Park, call 503-842-3182, ext. 221, or stop by the park ranger station.
- In Pacific City, fill-out the online request form from the Inn at Cape Kiwanda at innatcapekiwanda.com/beach-wheelchairs

★ [Kids NW](#)

○ KIDS NW **Behavioral Services**.

How does a Positive Behavior Support Plan help my family?

- Provides easy-to-read documentation of behaviors and needs.
- Provides support providers with evidence-based interventions on how to reduce the frequency and severity of behaviors.
- Provides training to new support staff and families.
- May help families qualify for additional services.
- Provides support and advocacy; we are here for you
- A [referral](#) from the service coordinator is needed to begin this process.

Additional information: 503-437-4917

★ [EQC Behavior Services](#) (a resource for caregivers)

- Contact: Laah Wallace
- EQC 7133 N Lombard St Suite 101, Portland, OR 97203
- (503) 753-8551
- aba@eqchomecare.com
- Services Provided: ABA, attendant care, social skills groups, OT & PT, educational support and parent training

★ [Travel Portland - Events 10/ 1-31, 2023](#)

- [The Spirit of Halloweentown](#) - When: Sept. 16–Oct. 31, 2023 Daily Cost: Cost Varies Where: Courthouse Plaza 275 Strand St. **St. Helens**, Oregon
- [WEBSITE - Spirit Of Halloweentown 2023](#)
- [Lents International Farmers Market](#) - When: through Nov. 19, 2023 Every Sunday, 9 a.m. – 2 p.m. Free Where: 5827 SE 91st Ave Portland, OR 97266

- [WEBSITE Portland Farmers Market Lents](#)
- [Portland Latin American Film Festival](#) When: Through Nov. 30, 2023
7:30PM Cost: \$8 - \$12 Where: Hollywood Theater 4122 NE Sandy Blvd
Portland, OR 97212
- What: The Portland Latin American Film Festival (PDXLAFF) serves the community as a non-profit cultural promoter under the guidance of the Hollywood Theatre. We are dedicated to showcasing perspectives of Latin American culture through an exploration of Latin film and increasing the visibility of Latin American cinema locally. PDXLAFF presents films with universal appeal that can be enjoyed by native Spanish, Portuguese, and English speakers, and other lovers of the Latin culture. [For details click here](#)

★ [FACT Newsletter](#)

- [What is State Senate Bill 819?](#)
- What: FACT Oregon, Oregon Department of Education, and Central Oregon Disability Support Network are coming together to help families learn more about changes to abbreviated school day (shortened school day) policies in Oregon. Join us for one of three virtual training sessions!
- When: VIRTUALLY- (Registration needed) Tuesday, September 19, 2023 6-7PM / Saturday, September 30, 2023 10-11AM
- Questions? Reach out to us at program@factoregon.org or give us a call: 503-786-6082 or 541-695-5416

★ [iFLY- Indoor Skydiving that is Limitless and Inclusive](#)

- The opportunity to indoor skydive for individuals who may have physical or cognitive challenges.
- Proper accommodations based on specific challenges.
- Additional assistance and attention during orientation, putting on a flight suit and helmet, etc.

- A highly-trained, world-class iFLY instructor.
- This Instructor personally guides All Abilities flyers through the indoor skydiving experience.

★ **Sexual Health and Relationships Education (SHARE) - Resource (ALL)**

- [Tools for teaching sexual health OHSU](#)

★ **[The Belmont Goats \(no longer on Belmont\)](#) (All)**

- The Goats are in North Portland now!
- Every Saturday and Sunday from 11am-2pm
- 6631 N Syracuse St, Portland, OR 97203
- 971-301-4628 ASK@THEBELMONTGOATS.ORG

★ **[ASO/Synergy FREE Parent Group](#) (care givers)**

- What: Cozy up with a morning beverage and your computer on the fourth Saturday per month at 10am. We are offering a FREE online group for parents of children on the autism spectrum living in Oregon, facilitated by Barbara Avila, MS, of Synergy Autism Center.
- Open to: Parents of children on spectrum of any age (birth - adulthood).
- This month's topic is: Sex education & reproduction
- Please contact ASO with questions or for more details at info@AutismSocietyOregon.org or 503-636-1676 (toll-free: 888-AUTISM-1)
- When: Sat Sept 23rd or Oct 28th

★ **[Top Ten Techniques for Engaging Autistic Individuals](#) (care Givers)**

- What: Ideal for anyone wanting to better understand evidence based supports that work to engage Autistic people of all ages.
- When: October 27th ONLINE 4-6PM

★ [Free Community Climbing Day](#)

- When: Wednesday October 4th, 2023 6AM-10PM
- Where: [Rock Haven Climbing Gym, 355 NE 223rd Ave.](#)
- [WEBSITE Rock Haven Climbing](#)
- [City of Gresham CALENDAR of EVENTS](#) from Farmer Markets to Council and commission meetings

★ [Sensory PDX - What Is Sensory sponsored by SWINDELL'S](#)

- What: Please join Sharron Donnelly, MS, OTR/L, owner of Advanced Pediatric Therapies as she presents an introduction to Sensory Processing Disorder.
 - In this class we will learn more about: • The impacts on behavior, attention, learning, and social interactions. • Take away tools for supporting self-regulation and sensory challenges.
- When: Wednesday October 11th form 6PM-7PM


★ [Powerful Tools for Caregivers](#) - 503-215-2429

- What: Not a parenting class, rather a series that provides tools for better communication, making tough decisions, setting boundaries, goal setting, problem solving, and reasonable selfcare ideas. For this online series we are partnering with GOBHI and the Oregon Older Adult Behavioral Health Initiative with the intent of focusing on grandparents raising grandchildren. This is a 6-week workshop. Participants are expected to attend all sessions.
- When: every Thursday night beginning September 28, 2023 to November 2nd. 6PM-8PM
- Where: OnLine Virtual
- To register: phone: 971-415-5349 email: swindells@providence.org

★ [Oregon Children's Theater CLASSES](#)

★ Connecting Portland -Information on FREE tablets

★ FREE DANCE CLASS - A drop-in dance class on Saturday's check InstaGram.

- **CONTACT: Leah Cabler @ 971-303-7156.** Leah welcomes new people and wants the info to be passed along!
- **PDXfcy** is the Instagram  account
- Fight Club Yoga (F.C. Yoga) 231 SE 12th Ave Portland, OR 97214
- Leah does not have a website. Her yoga studio is called Fight Club yoga for a reason. Leah prefers to get referrals and participants by word of mouth. The "Pop Rocks" dance class is also meant to be a community for young adults with Disabilities, where they can share their experiences and even talk about themselves. Leah also is involved with the Special Olympics. You can contact Leah via Facebook- under her name Leah Cabler. Her Facebook page also has references to FC Yoga and the pop rocks dance class.

★ Affordable Connectivity Program

- What is the Affordable Connectivity Program (ACP)?
- The ACP is run by the FCC program to help low-income households pay for internet service and connected devices like a laptop or tablet.
- You are likely eligible if your household's income is below 200% of the Federal Poverty Line, or if you or someone you live with currently receives a government benefit like SNAP, Medicaid, SSI, WIC, Pell Grant, or Free and Reduced-Price Lunch.
- If your household is eligible, you could receive:
 - Up to a \$30/month discount on your internet service
 - Up to a \$75/month discount if your household is on qualifying Tribal lands

- A one-time discount of up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50)
- A low cost service plan that may be fully covered through the ACP*



★ **[Saturday Morning Cartoons @ The 4th Wall](#)**

- Call for information to ensure event is still happening
- The 4th Wall, Hawthorne's hottest new cafe, is showing quality cartoons new and old on a 150" projector screen all Saturday morning, every Saturday morning. They also have plenty of hot Sisters Coffee, fresh breakfast sandwiches and pastries, free wifi, and of course sugary cereal!
- **9:00AM - 2:00PM Saturday Weekend Cartoons**
-

★ **[Awake Coffee Art Events](#)**

- Kids' Crafts at Awake Coffee Join the Awake Crew every Thursday at 3:30pm for kids crafts! Crafts vary from clay bowls and fairy wands to lanterns and water colored creations. Younger siblings are always welcome.
- CONTACT for information on date and time - mandie@awakecoffeeart.com 971-803-7122
- Where: 7325 SE Milwaukie Ave
- Time: 3:30-4:30pm, \$5/child

★ **[Rent Well- About](#) and [For tenants](#)**

- Mondays and Wednesdays 6:00 pm – 7:30 pm

What is Rent Well?

- A tenant education class that can help people overcome barriers to stable rental housing.

- Please call (503) 650-5647 to register for an appointment to sign up for a class. This is a 6-week class series.
- The class is free.
- What If I Don't Speak English?
- We can provide interpretation services if needed. This class will be taught in English by an instructor who is bilingual in English and Spanish. The Rent Well e-course is expected to be available in 7 different languages by the end of 2022.
- Other Questions? Email rentwell@clackamas.us or call (503) 650-5647



○

★ **EASTER SEALS: Connecting Communities provides services for individuals with disabilities who have language and/or literacy barriers**

- What: Participants receive services essential to their employment success. Our program offers workshops for job application completion, mock interviews, resume building, English classes, computer classes and help to find and retain employment.
- **Services Provided through Connecting Communities Program**
 - Job Development & Coaching, Community Outreach
 - Translation and interpretation services, ESL and Computer classes
 - Networking events, Resume Workshops
 - Individualized Support, Interview Workshops
 - Application Workshops , Mock Interviews
 - American Working Culture , Motivational Classes

- The Connecting Communities Program has offices in Portland, Gresham
- Where: 10011 SE Division St Suite 305 Portland, OR 97266 (P)
503-335-6161

★ **Portland Parks & Recreation Adaptive & Inclusive Recreation Activities (AIR)**

- **[LOOK HERE FOR ALL PP&R OCTOBER 2023 ACTIVITIES](#)**

★ **2023 Hood River Valley Harvest Fest and Harvest Craft Show 2023**

- What: Kids activities and live music for everyone to enjoy. Celebrate Hood River's harvest season at the 41st annual Hood River Valley Harvest Fest. This old-fashioned fall festival brings together more than 125 vendors offering local produce and food products, plus arts and crafts, wine, cider and beer tastings. Held along the scenic Hood River waterfront, this is the Columbia River Gorge's biggest celebration of the region's incredible fall bounty. Youngsters will love the kids' activity area, complete with bouncy houses, face painting and other activities.
- When: Friday, October 13-15
- CRAFT SHOW = **10/21-10/22**
- Where: Hood River Event Site, Portway Avenue, Hood River, OR 97031
- [Official WEBSITE](#)
- Where: CRAFT SHOW = [Hood River County Fairgrounds](#) 3020 WyEast Rd
Hood River, Oregon 97031

★ **French Prairie Gardens Pumpkin Patch 2023**

- **SEE WEBSITE LINK ABOVE for INFORMATION**

★ **French Prairie Gardens SUNFLOWER FESTIVAL**

- What: French Prairie Gardens features a large diverse pick-your-own Sunflower patch of many different varieties of Blooming Sunflowers planted every year! Bask in the beauty and enjoy all the fun the farm has to

offer! FESTIVAL ADMISSION [\$17-\$25]; TRACTOR WAGON RIDE TO
SUNFLOWER PATCH; PHOTO OPPS & 1 SUNFLOWER BLOOM

- Where: French Prairie Gardens in St Paul 17673 French Prairie Rd., St. Paul, OR 97137 - 503.633.8445
- When: September 29th - October 1st 10AM-5PM



MORE PUMPKIN



PATCHES:

○ **PLEASE CALL FIRST**

- [Fazio Farms- NE Portland](#) - page not updated call first
- [Mr. Tree's Pumpkin Patch- Happy Valley](#) - (503) 753-6896
- [BI-ZI Farms- Vancouver](#)
- [Pomeroy Farms- Yacolt, WA](#)
- [Bella Organic Farm Tickets](#)
- [Bella Organic- NW Portland](#)
- [The Pumpkin Patch- NW Portland](#) (FREE Hayrides to The U-Pick Pumpkin Patch begin - Yes! Free rides **daily** in October 10am - 5:45pm. *Rides are promptly finished by 6pm. Please be prepared for dust or mud. Dress accordingly as pumpkins are grown in their natural habitat in the soil. No pets allowed on the rides)
- [Olson Farms- Damascus](#) outdated website
- [Kirchem Farm- Oregon City](#) E-mail: chershomes@me.com
- [Liepold Farms- Boring](#) - (503) 663-5880
- [Dolan Creek Farm- Boring](#) - (503) 663-3176
 - Dolancreekfarm@Gmail.Com
- [Packer Orchards- Hood River](#)
- [Old McDonalds Farm- Corbett](#) (503) 695-3316
 - [The Pumpkin Pick Fall Festival, Saturday, October 1st](#)
- [Fir Point Farms- Aurora](#) (503) 678-2455
- [Bauman's Harvest Festival- Gervais](#)

- [Red Berry Barn Pumpkin patch](#) (503) 925-1700
- [Papa's Pumpkin Patch- Sherwood](#) - no corn maze or ride
- [Frog Pond Farm- Wilsonville](#) - (503) 475-5997
- [Koch Family Farm- St. Paul](#) - On October 1st, 2022 we open our pumpkin patch for the autumn season. We have hayrides on the weekends
- or by appointment and lots of cute baby animals to look at
- (503) 538-6834 kochfamilyfarm@gmail.com