



## 2022 Resources

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- *Note: Due to COVID-19 confirm with the activity directly prior to attending.*

### ★ [Oregon Zoo Events July 2022](#) (All)

### ★ [Tollen Farm](#) (All)

- Take a day trip and get out for the day!
- With it's century-old farmhouse, mature orchards and pastures complete with a fluffy llama, Arabian Horses, and a herd of Mediterranean Donkeys, this is a 4+ acre eco-friendly working farm offering everything from plants and livestock to art and home décor. Located in Wilsonville.
- 503.682.1604 [info@tollenfarm.com](mailto:info@tollenfarm.com)

### ★ [Quiet Waters Outreach-Discovery day program](#) (18+)

- LOCATION: Martha's Place, located in Tigard, OR 16235 SW Woodcrest Ave, Tigard, OR 97224 Phone: (503) 620-8288
- Selah West, located in Hillsboro, OR. 1550 NE Oleander Lane
- Phone: (503) 620-8288
- The day program is open from Tuesday through Friday from 9:00 a.m. to 4:00 p.m.
- Email - [info@quietwatersoutreach.org](mailto:info@quietwatersoutreach.org)

### ★ [Cultural Services Directory](#)- Check this resource out for helpful information within Multnomah County

★ **New Autism Diagnosis: What To Do** (Parents/caregivers/guardians)

- WHEN: Thursday July 7th 600pm - 7:30pm
- WHERE: Virtually
- Please join Autism Specialist, Rowan Hill-Walko, of the Southern Oregon Education Service District Educational, for a free, virtual and informative presentation for families of children with new diagnosis of Autism.
- This class format will be held online. After registration you will receive an email with a PDF attachment, zoom link included. For any questions, or to request interpretation, please call The Swindells Center at 503-215-2429 or email [swindells@providence.org](mailto:swindells@providence.org)

★ **Planning for a Healthy Transition - Evening Class** (Parent/caregiver/guardian)

- Tuesday July 12th 6:00pm - 7:00pm
- Interactive workshop to support your child's move from pediatric to adult-focused health care. Tamara Bakewell, Project Coordinator at Oregon Family to Family Health Information Center will facilitate an interactive session where attendees will gain practical tools for managing health care transitions as well as preparing their young person to be their own health care advocate.
- This class format will be held online. After registration you will receive an email with a PDF and the link included. If you have a young person who is interested in attending our youth focused workshop on Becoming Your Own Healthcare Advocate, click here (event date - 6/28/2022). For any questions, or to request interpretation, please call The **Swindells Center** at 503-215-2429

★ **Summer Goal Setting Program with The Shadow Project** (Kids)

- Sunday July 24th, 2022 - August 19th, 2022 12:37-2:37pm

- The Shadow Project for this Free online summer program will help students & caregivers support their kids' confidence, attention, motivation, and behavior through goal setting. Target age: kinder-8th grade.
- Summer Goal Setting with the Shadow Project works:
- Parents/caregivers help their child set & work toward weekly goals.
- Children earn "Shadow Bucks" for making progress and reflecting on goals.
- Weekly emails contain all the materials you need, video resources, & one-on-one support for parents/caregivers.
- After the session, kids get to pick out celebratory items in an online Shadow Store filled with fun books, art supplies, LEGOS and more!
- More information about **The Shadow Project Summer Goal Setting Program** look here: <https://www.youtube.com/watch?v=GqC3VVkniq8>
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★ **SWINDELL's - Toilet Training with Dr. Iteld** (Parents/caregivers/guardians)

- WHEN: Wednesday July 13th from 6:00pm-7:30pm
- Free session for parents and caregivers to learn about resources and ideas to support toilet training with nonverbal children and/or older children with developmental disabilities/chronic medical conditions with Dr. Lily Iteld, psychologist with Providence Medical Group. Focus on ages 4+ (parents/caregivers of all ages are welcome).
- Hear specifically about -
- - Guideposts: when my child is developmentally ready for toilet training.
- - Considerations & strategies for children with developmental delays and/or chronic medical conditions.

★ **Portland Parks & Recreation- Adaptive Inclusive Recreation**

- [REGISTER for an ACTIVITY here](#)
- [BINGO Bonanza Activity](#) ages 12+ 6/24-7/22 from 3:30pm-5:00pm

- Find more information about classes and activities on this webpage: [Summer 2022 Activities](#)
- Early Registration Opening Day: Friday, June 17th at 12:30 pm. This is for activities that take place between July 25 and September 4.
- Discount offered - Choose discounts up to 90%. Find more information on this webpage: [For Discount CLICK HERE](#)
- The early [registration flier](#) is also **available in your language**: [Spanish](#), Call or email us to request the flyer in your language. Call phone number & email address: 503-260-2487 or [parksrecreation@portlandoregon.gov](mailto:parksrecreation@portlandoregon.gov).

### ★ [About ABILITY Magazine](#)

- *ABILITY Magazine* is an award winning publication and is consistently ranked in the top 50 magazines in the world. For over 30 years, our mission has been to provide new insights into our individual levels of ability.
- *ABILITY Magazine* strives to change public perception of what it means to have a disability by focusing on ability, shattering myths and stereotypes that surround disabilities, and bringing greater attention to the issues—showing that disability is part of the fabric of all our lives and shining a light on unconscious bias. *ABILITY Magazine* covers the latest on health, environmental protection, assistive technology, employment, sports, the arts, travel, universal design, mental wellness—and much more.
- [Ability Magazine digital version](#)
- *ABILITY Magazine* is providing FREE Premium Memberships that include all Content, Digital Flip Page ABILITY Magazine, PDF versions, plus online interactive ABILITY Crossword Puzzles. [SIGN UP HERE FOR YOUR FREE MEMBERSHIP](#)

### ★ [Magazine JUNE 2022 - Parenting Special Needs](#)

## ★ [Tualatin Hills Park & Recreation District](#)

- [Museo Ambulate – Walking Museum](#) Through July 30th, 2022. The Museo Ambulante or Walking Museum brings community history to life through an interactive outdoor museum experience by exploring Latinx youth activism in the Willamette Valley through the historic 2016 walkout that sparked a state-wide movement for equity and racial justice in education.  
The Museo Ambulante uses designed yard signs to visually mark the route of the walkout and visitors will be able to interact by walking and using their mobile devices to scan QR codes printed on the signs. Those QR codes, in turn, will route visitors to photographs, videos, art, poetry, chants, slogans, and other ephemera created by youth in support of the walkout.
- These are the Tualatin Parks that have **walking museums** -
- [Cedar Hills Park](#) - Start is close to the bocce ball area
- [Recuerdo Park](#) - Start close to the playground
- [Greenway Park](#) - Found on the tennis court fence on the corner of SW Greenway Blvd and SW Parkview Loop - next to Greenway Elementary School
- [Howard M. Terpenning Complex](#) - Start on trail running behind the Tennis Center

## ★ [Oregon Council on Developmental Disabilities](#) Peer to Peer JOB counseling support. [Peer Support for finding a job](#)

- P2P classes are for people with developmental disabilities who are unsure about getting a job in the community. If you do not have an employment goal, want to learn about getting a community job, or want a better job, then P2P classes are for you!

## ★ [Washington Park turns 151! \(All\)](#)

- Washington Park is celebrating its 151st anniversary with Discovery Points, marked locations throughout the Park that highlight stories and culture from the past 151 years and present.

★ **Oregon Rail Heritage Center** (All)

- Come by the Oregon Rail Heritage Center to experience the wonder of Portland's locomotives. Admission is always free, and your donations keep it that way! Thursday, Saturday, and Sunday from 1:00 - 5:00pm
- 2250 SE Water Ave. Portland OR 97214

★ **Cathedral Park Arts 2022 Porch Concert Series** (All)

- **July 9** 10:00am – Kelli Welli 11:30am – Ryder Wolfe
- **July 23** 10:00am – John Van Beek 11:30am – Annie Sea
- Location - 7528 North Charleston Ave, Portland, OR 97203

★ **Camp Yakety Yak**- ( Not covered through K plan ) Camp Yakety Yak is an inclusive social skills day camp supporting friendship development in children with special needs, ages 5-15, and social skills in the workplace instruction for young adults age 16-22.

★ **Upward Bound Camp**- ( possibly covered by K plan ) The purpose of Upward Bound Camp is to provide on-going Christian based recreational and educational camp experiences for persons with disabilities, 12+ of age and over in an environment that presents opportunities for growth outside the individual's usual routine or habitat.

- Address - 40151 Gates School Rd., Gates, OR 97346
- Phone - 503-897-2447
- Email - camp@UpwardBoundCamp.org

★ **Meadowood Springs**- ( Not covered through K plan )

- EMPOWERING KIDS THROUGH COMMUNICATION. Camp Meadowood Springs is a summer camp for children with communication disorders and related learning differences. Summer Camp Program for Ages 6 -14
- \* Session ONE - July 10th-16th \* Session TWO- July 17th-23rd
- Register - Go to the [CampDoc website](#), Create an account. Click "+New Participant" and enter your child's information. Click "Register for a new session"
- Select the session you'd like to register your child for. A \$35 deposit is due with registration. Click "continue" to proceed with the registration process.
- Complete your camper's profile. Once the profile is completed, camp staff will review the profile and confirm your camper's acceptance to the program. If for some reason your camper is not accepted, your deposit will be returned.
- Phone - (541) 276 - 2752 Email - [camp@meadowoodsprings.org](mailto:camp@meadowoodsprings.org)
- LOCATION - 77650 Meadowood Rd Weston, OR 97886

★ **Mt. Hood Kiwanis Camp 2022 INFO** - Mt. Hood Kiwanis Camp offers award-winning, unique and innovative summer camp opportunities for children and adults with disabilities. [Summer Camp Registration Update 2022](#)

★ **Spectra PDX 2022 Summer Camp SIGN UP** - (KIDS) ( Not covered through K plan )

- The world's first and only gymnastics club catering to neurodiverse children, teens & adults living with developmental & intellectual disabilities.
  - - Monday-Friday - 9:00 am until 12:00 pm
  - - Tuition - \$364 per child/per week

- 8344 SW NIMBUS AVE. BEAVERTON, 97008
- 503-202-1414 Email- INFO@SPECTRAPDX.COM

### ★ Portland Career Fair

- Thu, July 21, 2022 9:30 AM – 12:30 PM
- Where: Marriott Ave Portland, OR 97201
- This career fair is a great recruitment event to connect with top employers in the areas of Government, Sales, Retail, Education, Information Technology, Engineering, Healthcare, Financial Services, Management, Manufacturing, Customer Service as well as other career paths.
- Professional Dress and an updated resume are strongly recommended.
- Advance applications and interview scheduling is available for some positions. Forward your resume to [events@careerfairconnection.com](mailto:events@careerfairconnection.com) today. Our recruitment team can match you to open positions that fit your background and salary requirements.
- To inquiry about a specific employer or to research what employers and positions are participating please register on our website (A list is provided to registered attendees the week before the career fair)  
<https://careerfairconnection.com/applicants/>
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### ★ The 10th Annual Smile Oregon Walk & Family Picnic

- When: Sat, July 16, 2022 10:00 AM – 1:00 PM
- Where: Gabriel Park- SW 45th Ave & Vermont Street Portland 97219
- What: Join us for the 10th Annual Smile Oregon Walk & Family Picnic to celebrate the heart of Smile Oregon as families and friends come together to support local children with cleft and craniofacial conditions. Look for the green balloons and meet us at the NE corner of Gabriel Park along SW Vermont near the playground.



- We are excited to have fitness challenges with Play. Fit. Fun, balloon art, crafts with CHAP (Children's Healing Art Project), face painting, live music and more!
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### ★ Historic Parkrose - SUMMER NIGHTS- (All)

- A community Historic Parkrose evening market with food, beverage, music, free resources, and marketplace vendors on the second Wednesday in June, July & Aug
- Location - Historic Parkrose Main Street (NE 104th & Sandy)
- Date - Wednesday July 13th
- FREE, ALL Ages 5:00pm-9:00pm

### ★ BLACK TO NATURE: A Portland Walking Series Exploring Afro-Ecology

- Saturday JULY 16th , 2022 11:00 AM - 1:00 PM PDT
- LOCATION - At Third Eye Books (First Walk) 2518 Southeast 33rd Avenue
- **What is this about?** This walking series will highlight important aspects of what became the Afro-Ecology Framework, including community, spirituality, and justice.
- As we walk through Portland together, we will dive into where we have come from, who we are now, and who we will become. By acknowledging the past, present and future in this series, we will explore Portland's rich Black history at educational locations with visioning activities that empower us to create our future.

### ★ 2022 Regal Summer Movie Express

- \$1 family movies every Tuesday and Wednesday all summer.
- Summer movies for kids at Regal. Bring the family to the nearest Regal theater for our 2022 Summer Movie Express series! Summer Movie

Express tickets are just \$1 on Tuesdays and Wednesdays featuring summer movies the whole family will enjoy! Theater opening times vary so check participating theaters for feature start times.

★ [Ethos MUSIC Summer Camps](#) ( not covered through K plan )

- Each summer, we offer a variety of week-long camps that each focus on a different instrument: guitar, hip-hop, voice, percussion, piano, rock band, and strings. Camps are open to students of all abilities, including beginners.
- Students study technique, rhythm, and music theory while learning performance pieces and preparing for the final recital. Additional activities include choir class, live guest performances, and art activities. Camps are offered on a sliding scale depending on a student's eligibility for their school's free and reduced lunch program. Prices range from \$100-\$275/week.
- Rock Band- June 27 - July 1, 2022 & Rock Band - July 11 - 15, 2022 & Piano July 25 - 29, 2022
- Location - 2 N. Killingsworth Street Portland 97217
- Ph #: 503-283-8467

★ [Brentwood Darlington Early Childhood Music Group](#) (toddler)

- Where: 8435 SE 66th Ave Portland 97206 (Not a fenced in yard)
- Fun Music playing. Sanitized instruments will be provided but feel free to bring your own!
- When: JULY 3rd, 10th & 17th
- Best suited for **ages 0-3**

## ★ [A Day Out with Thomas the Tank Engine at Northwest Railway Museum](#)

- Destination Good Times! Thomas the Tank Engine is rolling into the Northwest Railway Museum in Snoqualmie, WA with the Party Train Tour, July 9th - 11th and 16th- 18th
- Hop on board for a real train ride with Thomas and grab your party pass to pick up favors at stops along the way. We're back on track for delivering fun and memories with this two-hour experience designed around your safety. Capacity will be limited, masks will be mandatory, and advance tickets are required. Want to learn more? [Check out our Frequently Asked Questions!](#)

## ★ [The Portlandia Mermaid Parade \(All\)](#)

- FREE Saturday July 30th from 11:00 am - 5:00 pm
- Tom McCall Waterfront Park - POET'S BEACH [SW River Parkway and Moody Avenue](#). Paid vehicle parking is available in the area.
- The Portlandia Mermaid Parade in collaboration with the Unipiper and Weird Portland United presents a festival of all things mermaid and water related!
- Outdoors, and socially distant, come visit interactive mermaid spaces, educational booths, performances, art installations, a live mermaid tank exhibit and more! Grab your shells and tails and come down to the waterfront for a swimmingly good time!

## ★ [Hoyt Arboretum Learn Youth Events](#)

- Hoyt Arboretum offers a variety of field trips and nature programs to get youth outside.
- Tree Treasures (youth program, outside) July 5, 2022 at 10:00 am - 11:30 am

- A Bee or Not a Bee? (youth program, outside) July 13, 2022 at 10:30 am - 12:00 pm

★ **Eileen Devine Brain First Parenting Support** (parents/caregivers/guardians)

- The Resilience Room is currently closed will not reopen for enrollment of new members until July 18, 2022

★ **Social Justice Youth Program via All Born In (ABI)** ( 15+ )

- IF YOU'RE PASSIONATE ABOUT SOCIAL ISSUES, YOU HAVE A VOICE. IF YOU ENJOY MUSIC, PAINTING, DANCING, MAKING VIDEOS, OR ANY TYPE OF CREATIVE EXPRESSION, YOU CAN USE YOUR VOICE FOR CHANGE.
- The Social Justice Youth Program seeks to engage young adults in the movement towards an inclusive civil society for all individuals. It is an opportunity for young adults with and without disabilities to learn how their voice and art can be meaningful tools for change.
- This program requires a year-long commitment
- The program includes summer camp, interactive monthly meetings.
- Who can join? 15-25 years old who are passionate about an equitable world.
- If you are interested in joining the Youth Program, or working with them as a mentor, please get in touch by calling the Resourcefulness Center at (503) 238-0522 or emailing SJYP@abicommunity.org

★ **Summer Free for All - Events Portland.Gov**

★ **Dinolandia**

- 11:00 am - 7:00 pm |Recurring Event \$5 – \$30 @ 710 SW Yamhill St.
- Dinolandia in downtown Portland May 31–September 10, 2022. The immersive walk-through two-story museum features more than 50 species

of dinosaurs, ranging from the chicken-sized Compsognathus to the massive floor-to-ceiling T. Rex!

- <https://www.mikebennettart.com/>

★ **Open Mic Night at Hammer & Jacks (KIDS)**

- July 8th 4pm and future dates as well
- Welcoming all budding storytellers, comedians, musicians, and poets!  
We're hosting Hammer + Jacks Open Mic Night and you're invited to sign up! REGISTER ONLINE, LIMITED SPOTS.
- This is a welcoming, low-stakes environment for kids to practice performing in front of a small audience and being part of an audience themselves.  
Finding the courage to get up on stage can show it's fun to try new things, which makes the idea of "messing up" not so scary! It feels GOOD to hear others laugh at your joke or applaud your dance skills, and hearing the audience clap at the end of your performance is an incredible feeling!
- Location - 6406 SE Foster Rd, Portland, OR 97206
- Contact: (503) 894-9150
- FOR MORE Children Events - [pdxparent.com/events-calendar](http://pdxparent.com/events-calendar)