



## Resources 2023

*Let Us Celebrate MAY - Memorial Day (29th), Asian American & Pacific Islander Heritage Month, Mental Health Awareness Month, Cinco De Mayo (5th), Public Servant Recognition (7th-13th), Jewish American Heritage Month, MOTHER's Day (14th) National Clean Air Month, National Recommitment month and there are others..*

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### ★ [PORTLAND WEBSITE - MAY 2023 EVENTS Calendar](#)

### ★ [Best Buddies Friendship Walk: Oregon](#)

- **When:** Sunday, May 7, 2023
- **Time:** Check-in: 10:00 AM, Opening Ceremonies: 11:00 AM Walk: 11:20 AM Celebrate Until: 1:00 PM
- **Where:** City of Hillsboro Fairgrounds Sports Complex, Area 1
- 490 NE 28TH Ave. Hillsboro, OR 97124
- **What:** The Best Buddies Friendship Walk is the leading walk in the country supporting inclusion for people with intellectual and developmental disabilities (also known as IDD).

### ★ [Portland FREE Events in May 2023](#)

### ★ [Travel Portland- Attractions: Family Friendly MAY 2023](#)

### ★ [Autism Society Oregon \(ASO\) MAY Events Calendar](#) (STATE WIDE)

## ★ Understanding & Application of the FASCETS Brain-Based Approach (ALL)

- [FASCETS Resources](#)

## ★ TeenForce Pass - (KIDS/HST)

- The TeenForce Pass gives **FREE access** to scheduled drop-in activities and designated open swims at five Portland Parks & Recreation community centers. The pass is available for youth ages 10 to 20.
- Registering for a TeenForce Pass is easy, fast, and FREE! Registration must be in person at **Charles Jordan, East Portland, Matt Dishman, Montavilla, or Mt. Scott Community Center**. Bring your address, parent/guardian address, parent/guardian phone number, your phone number, and information about any health conditions you may have.
- Or download a TeenForce Pass Registration Form and bring your completed form to any of the five TeenForce sites. The form is in English [TEEN Force Pass Registration Form English](#) , Spanish, Russian, Vietnamese, Chinese, Swahili and Oromo languages!
- View drop-in activities and schedules at the following TeenForce locations: **Charles Jordan, East Portland, Matt Dishman, Montavilla, and Mt. Scott Community Center**

## ★ SWINDELL TRAINING'S

- [Dyslexia & Auditory Processing Part 1 - What's the connection](#)
  - Welcome Marla Resnick, M.S. from Language-Learning Connections, and Vanessa Rentscheler, Au.D., CCC-A, for a virtual workshop where they will discuss: Facts and myths regarding dyslexia-
  - How dyslexia and auditory processing deficits are related- How brain differences contribute to dyslexia and auditory processing deficits

- Monday MAY 8th 6PM - 7PM
- **PART 2: Therapeutic Supports - Dyslexia & Auditory Processing**
  - \*Supports for dyslexia; \*Supports for auditory processing deficits & \*IEP and 504 considerations
  - Monday MAY 15th 6PM - 7PM
- **Self Regulation and Resilience in the Community**
  - This workshop provides an overview of:
    - \*Adverse Childhood Experiences (ACEs), \*The crisis we are seeing in self-regulation in our families, schools and communities
    - \*Practical and effective steps to increase self-regulation for our kids and ourselves.
  - Wednesday MAY 24th 6PM - 7:30PM
- **Adverse Childhood Experiences Training for the Community**
  - Find the root causes of so much of what we struggle with: health issues, mental health issues, behavioral health issues
  - How we can take specific, everyday actions to build resilience for ourselves, our kids and our communities.
  - Wednesday MAY 17th 6 PM - 7:30PM
- **What is Sensory? An introduction to Sensory Processing Disorder**
  - Sharron Donnelly, MS, OTR/L, owner of Advanced Pediatric Therapies, for a workshop on sensory processing disorder where she will address: Recognizing the impacts on behavior, attention, learning and social interactions & Take-away tools for supporting self-regulation and sensory challenges

■ WHEN: Thursday MAY 18th 6PM -7:30PM

★ **Hacienda Squarespace Food-Pantry**

- Food Pantry @ Hacienda CDC Thursday, May 4, 2023
- 10:00 AM 1:00 PM
- @ Las Adelitas Event Space 6735 Northeast Killingsworth St

★ **Nature Day Camps – (KIDS)**

- To sign up call (503) 823-2525 or visit any Portland Parks & Rec community center. See camps and schedule online [here](#).

★ **Sexual Self-Determination Training and Certification Program: Tier 1-FOUNDATIONS 2023 Online Series Registration Form**

- **FLIER** (Providers)
- 3-day training you will learn more about:
- How sexuality influences behavior; How to recognize healthy sexual behaviors; How to respond to unhealthy behaviors the effects of trauma
- How to help the people you support to balance risk and choice
- You can take this training on its own or, after passing the assessment test, you can continue in the certification program to Tier 2: ADVOCACY and Tier 3: TRAIN-THE TRAINER where you will learn to teach our Sexual Health and Relationships Education (SHARE) curriculum in your community.
- WHEN: May 17-19 from 9am to 4pm
- COST: Standard Registration fee \$305 ends May 3. Register a co-worker for half price using the Promo Code: HalfPriceCoWorker
- For more Info: Mel Moseley, MA (she/her) Training Program Coordinator
- Phone: (503) 583-2609 Email: [mel@among-friends.org](mailto:mel@among-friends.org)

## ★ [AMONG FRIENDS - 2023 Training Menu](#)

### ★ [Kodomo no Hi, Children's Day, 2023](#)

- Children's Day is observed in Japan as a day to honor all children in the hopes that they will grow up healthy and strong. Cloth carp streamers, or *koinobori*, are flown to bring good fortune to children. Come to the Garden with your family to listen to taiko music performed by children, participate in a scavenger hunt, and create origami projects.
- When: Sunday, May 7, 2023
- Where: Portland Japanese Gardens 611 SW Kingston Ave Portland, OR 97205

### ★ [OPEN playgrounds](#) (KIDS)

- ADA accessible playgrounds

### ★ [Holi Spring Harvest Fest featuring DJ Anjali & The Incredible Kid](#)

- When: Saturday May 27th 4pm-8pm
- Where: Topaz Farm 17100 Northwest Sauvie Island Road Portland 97231
- [TICKETS](#)
- The celebration will have DJ Anjali & The Incredible Kid, who will host a Bollywood and Bhangra dance party in the grass!
- This event is Portland's first to feature only-organic powder, direct from India, made from flowers, seeds and vegetables. Each paid entrance includes a packet of colors (while supplies last) and a portion of the festival proceeds will benefit farmers in India.

- Everyone is welcome at this **all-ages** event, which in addition to farm stand food and drinks. Expect to get messy as Holi is celebrated by throwing bright colored powder on each other. Wearing white or old clothes is recommended. **Farm Entrance/Ticket Pricing For Holi Festival for this date only** Adults: \$20 Seniors 55+: \$15 and Kids 6-16: \$10 Kids 5 and under: Free

### ★ [Oregon Lifeline Application- FREE PHONE SERVICE](#)

- **Specific financial criteria applies**
- Here is the [WEBSITE](#) for MORE Information -

### ★ 36th Annual **Cinco de Mayo Fiesta** - Tom McCall WaterFront

- [Cinco de Mayo Portland WEBSITE](#)
- [SCHEDULE](#)
- WHEN: May 5–7, 2023 Daily, 11 a.m. – 11 p.m. Cost: \$8 – \$25
- WHERE: 98 SW Naito Pkwy Portland

### ★ [Friendship Group for Autistic Kids \(suggested ages: 7 – 13\)](#)

- May 1, 2023 @ 6:00 pm - 6:45 pm Recurring Event
- Meets Every Monday, from 6:00pm – 6:45pm. A place to meet, get to know each other, be silly, explore common interests, and make friends.
- On alternating Monday meetings, the group plays Minecraft. This group is meeting on-line, with occasional in person meetups. To register and get a Zoom link, please go to [LINK](#)

### ★ [See It Be It - Celebrating Black Brown Educators](#)

- What: Join us for the premiere of a new mini-docuseries, "See It & Be It," that highlights the voices of Black, Indigenous, and People of Color educators of Multnomah County. The event will include a panel dialogue

with the educators profiled in the video series. Their stories will inspire the next generation of diverse students in one of the whitest cities in America. Come experience the series, chat with the educators, and participate in an honest discussion about how we can grow the community of BIPOC educators here in Multnomah County. (FREE)

- When: Monday May 1st @ 6:30 PM
- Where: **Hollywood Theatre** 4122 Northeast Sandy Boulevard Portland, OR 97212

★ **2nd Annual Connect 4 Tournament (7+; ALL)**

- When: Saturday, May 13th from 11am-1pm
- Where: The Neighbours Table 2830 NE Flanders St 2830 Northeast Flanders Street Portland, OR 97232

★ **Oregon Convention Center Event May 2023 Bricks Cascade (LEGO)**

- **Portland's premier public LEGO® event**
- For MORE Info: [Bricks Cascade](#)
- Event Details: Single Day: \$12 per person, Family 4 pack for \$44
- 2-Day Pass: \$20 per person, Family 4 pack for \$75
- Children 3 and under do not require tickets.
- When: Saturday: 10:00am – 5pm Sunday: 10am – 4 pm

★ **Oregon Convention Center POKEMON Championship Tournament**

- WHEN: May 5-7, 2023

★ Unique **SPRING Market 2023**

- 175 of the best emerging brands, designers, and up-and-coming artists so you can shop local, take part in our diverse community, and be inspired.
- When: Sat, May 13th-14th, 2023, 10:00 AM – 4:00 PM

- **Where:** Veterans Memorial Coliseum 300 North Winning Way
- Part trade show, part design fair, part pop-up, our focus has always been to shine a spotlight on small businesses and independent designers, while curating and producing an elevated, inspiring & interactive shopping experience.

★ **Helping Parents Thrive: Parenting Their Deaf/Hard of Hearing Children**

- When: May 16th, 2023
- Dear Parents of deaf and hard of hearing children: Are you struggling to maintain balance in your family lifestyle? Do you feel discouraged with your efforts to adapt to your deaf child's unique needs? Join us to learn 6 steps to building healthy and harmonious relationships within your home and community.
- Day 1: (Understanding) Introduction. Gain better understanding about which resources can help you with your child.
- Day 2: (Thriving) Explanation of the development of exploration and concept plan and the process of how parents can determine where to grow.
- What you need to know: This exclusive 90-minute workshop will be held live on Zoom. Have camera ready & grab your paper and pen
- Live participation includes the following: Access to recording of workshop Introduction to coaching sessions Workbook Premier access to new offerings and tools

★ **Club EMU (Everyone, Me & U) [ 16+ HST ]** - This is a Portland based organization focused on activities for neurodiverse individuals. This club provides activities and events to attend “where you can be a friend and make a friend with acceptance, understanding and kindness.” Email: [info@clubemu.org](mailto:info@clubemu.org) Website: <https://clubemu.org>



★ **Well Being - ASSIST** - If you know anyone who is homeless or experiences poverty who needs assistance with social security benefits the staff of ASSIST can help. Phone Number : (503) 888-2690 website: [Program ASSIST](#)

★ **The Kitchen Table Classroom**: Free online art classes

★ **LUNCH DOODLES with Mo Willems** (KIDS) [ONGOING ONLINE]

- Welcome to the John F. Kennedy Center for the Performing Arts, a vibrant cultural hub that connects thousands of artists with millions of people each year — in person, online, and in their home communities.

★ **Oregon Children's Theater** (KIDS 7+; ALL )

- Portland's award-winning premier **teen improv group** is back for another season of laughs! Now in its 16th year, a new class of comedic comrades will create fast-paced scenes and games—all based on audience suggestions. Get ready for a quick-witted, hilarious night!
- April 21— to **May 7, 2023** Fridays & Saturdays at 7:30pm Sundays at 2pm
- Runtime: 70 minutes
- Brunish Theater- 1111 SW Broadway

★ **Gresham Recreation Activities** (HST & ADULTS)

- 334 NE 219th Ave. Gresham, Email: [info@thecourtsprogram.com](mailto:info@thecourtsprogram.com)  
503-328-9416

★ **Teen & Young Women On Spectrum Friendship Group: Meeting Virtually**

- Meets on the 1st & 3rd Sundays of each month, from 3:00 PM - 4:30 PM.  
For female-identifying people on the autism spectrum, ages 15 and up, looking for an accepting environment to hangout with other female-identifying teens and young adults on the autism spectrum. Come

chat, relax, or just chill. Participate in great discussions and/or activities (or not) of your choosing! This group is currently meeting on-line.

- For more information, please contact Kim at 503-635-5112 or [click here to email](#). Sponsored by the Autism Society of Oregon.

★ **[Making Authentic Friendships- AGES 13+](#)**

- Web-based application helps individuals with special needs (age 13+) find friends at home or on the go, based on their geolocation, diagnosis, age and interests.

★ **[CHAP - PDX Workshops SUMMER 2023](#)** (KIDS)

- **PLANNING FOR SUMMER ?** Enroll your kid(s) in **Inclusive Summer Art Workshops and Dailies** In-person and virtual options are available → Ideal for kids ages 6 to 12. In-person workshops take place at the CHAP studio in Portland.

Click [here](#) to register for 4-day Workshops.

Click [here](#) register for Dailies.

Questions? Email [info@chappdx.org](mailto:info@chappdx.org)