



## 2024 Resources

### ★ **Professional and Caregiver Education - FREE Learning opportunity**

- **What:** Program Overview- The Examining FASD Diagnosis ECHO is a virtual learning network that will explore the necessity of establishing a holistic system of care to support those impacted by prenatal alcohol exposure. The series will feature the expertise of those with lived experience and professionals in screening, assessment, and evaluation, as well as treatment integration. **Join the 1st Session titled- "Introduction to Holistic Systems of Care for Brain-Based Differences: Screening, Diagnosis & Supportive Interventions"**
- **When:** Wednesday, January 12th, 2024 9:30 a.m. - 10:45 a.m.
- If you cannot make January 12th, there is a Session 2 on Fri. Jan 26th
- [LINK to register](#)
- NOTE: This training is primarily geared towards professionals

### ★ JAN 12th - JAN 14th, 2024

- For all of you FANS of Comics, Sci-Fi, ANIME, GAMING and More of this type of stuff. Tickets from \$27-\$120
- You can't miss this event - [FAN Expo Portland Jan 2024](#)

## ★ [2024 Rose City Classic Dog Show](#)

- What: [General INFO Website](#) The Rose City Classic Series of Dog Shows is **one of the largest and most popular dog events in the United States**. That's why so many of the best dogs in America and even dogs from foreign countries travel to Portland each January to compete.
- General Public Hours Wednesday: 8:00 a.m. – 6 p.m.  
Thursday - Sunday: 8 a.m. – 6 p.m. Judging begins @ 8 a.m. daily  
  
Admission - One-Day Pass: \$15.00 - [BUY NOW](#) Two-Day Pass: \$25.00 - [BUY NOW](#) One-Day Family Pass (up to 5 people): \$30.00 - [BUY NOW](#) Two Day Family Pass (up to 5 people): \$40.00 - [BUY NOW](#)
- ***\*NO PUBLIC DOGS.*** All dogs must be registered in the show to enter the facility.
- When: Wednesday, January 17th - Sunday, January 21st, 2024
- Where: Expo Center 2060 North Marine Dr. Portland, OR 97217 Ph: 503.736.5200 Email: [info@expoctr.org](mailto:info@expoctr.org)

## ★ [Portland Music Month January 2024](#)

- MusicPortland is an advocacy group that supports independent artists by creating space and economic opportunities to unite Portland's music community. Portland Music Month invites the wider community to feel the connection music brings in the comfort of the great indoors. To celebrate, MusicPortland has curated 31 days of performances at 21 local venues featuring hundreds of music acts. The best part is, you're invited.

★ **AMAZING RESOURCE** for CYAP SC's and parents to request teachers access for their students.

- Advocacy can start here for your student. Learn about The COLUMBIA REGIONAL resource and how your students teacher can make a referral for potential **special education support** - [Columbia Regional](#)

- In collaboration with Local School Districts, Early Intervention, Early Childhood Special Education (EI/ECSE) programs, Families, and Community Agencies to provide specialized educational support for children with hearing impairments, vision impairments, autism spectrum disorders, severe orthopedic impairments, deaf-blindness, and traumatic brain injury.
- Region 6 CONTACT - Lisa McConachie 503-916-5570x78334  
[lmconac@pps.net](mailto:lmconac@pps.net)

## ★ Autism Society of the State of Oregon Calendar of Events

- Límites con conexión
  - Que: Formación virtual a través de Zoom. El enlace Zoom se enviará a los participantes inscritos Los participantes serán capaces de:
    - Articular la diferencia entre límites, normas y consecuencias.
    - Identificar formas de establecer límites que preparen a los niños para el éxito.
    - Crear una práctica que aumente su límite psicológico con comportamientos estresantes como la agresión verbal.
  - INSCRIPCIÓN: <https://www.orparc.org/training/online/2306> o 1-800-764-8367 ¿Tiene preguntas? Póngase en contacto con ORPARC en [orparc@nwresource.org](mailto:orparc@nwresource.org) o en el 800-764-8367
  - Cuando: January 16, 2024 @ 10:00 am - 1:00 pm FREE – \$30
- NAMI Multnomah BIPOC PEER SUPPORT GROUP (Online)
  - What: A free, drop-in support group by and for people living with mental health differences
  - When: January 3, 2024 @ 7:00 pm - 8:30 pm FREE
- Familias unidas: Juntos somos más fuertes Grupo de apoyo (en línea)
  - Que: “Un grupo de apoyo emocional para familias que buscan construir relaciones con otras familias que están pasando por

momentos difíciles al criar un niño con desafíos de salud mental, conducta o discapacidad.”

- Para Quien: Familias que Residen en el Condado de Washington
- Cuando: Cuando: Cada Tercer Jueves del Mes Hora: 6:00-7:00 pm
- Vía Zoom
- **Friendship Group for Autistic Kids (suggested ages: 7 – 13)**
  - What: Friendship Group for Autistic Kids (suggested ages: 7 – 13):  
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](#)
  - When: January 8, 2024 @ 6:00 pm - 6:45 pm FREE

### ★ [Sunshine Division Programs](#)

- Pantries Open 5 Days a Week – Emergency Home-Delivery Program – Partnering with First Responders – Izzy’s Kids “Shop With A Cop”

### ★ [SNOWCAP Services](#)

- Do you need help? SnowCap serves people who currently live east of 82nd and within Multnomah County. Proof of address is required for every visit.
- SnowCap's Food Pantry is OPEN and Ready to Serve!
- Distributing pre-packed boxes and as much fresh/frozen food as possible.
- Food is being given outside of our front doors. Please dress according to the weather. If you are housed, please bring in a bill that comes to your address that is dated/postmarked within the last 30 days (POA); if you don't have it physically but can show a digital copy, that is great!
- Cannot make it in? You may ask a friend, family member, neighbor, social worker or family advocate to come in on your behalf. You can [click here](#) for a printable form.

- New to SnowCap? [Click here](#) and fill out a General application or call 503-674-8785 to do a quick intake.
- SnowCap's Clothing Closet is OPEN by appointment ONLY. To request a Clothing Closet appointment [CLICK here](#). Please fill out the form; once you finish you will receive a text message to confirm the time and date of your appointment.

★ [Self Enhancement \(SEI\)](#) offers these supports and services -

- ENERGY ASSISTANCE, PARENTING CLASS, ANTI- DOMESTIC and SEXUAL VIOLENCE (ADSV) Program, PARENT CHILD DEVELOPMENT SERVICES (PCDS), SHORT TERM RENTAL ASSISTANCE (STRA) , MULTNOMAH STABILITY INITIATIVE (MSI)
- **Call- 503-249-1721 or 503-285-0493**

★ [SQUARE DANCING Anyone?](#)

- What: The Rosetown Ramblers is a square dance club for the LGBTQ community and allies in Portland. We welcome all square dancers, regardless of age, race, color, gender, religion, ethnic background, national origin, sexual orientation, or gender identity or expression. On **January 13** There will be Advanced dancing from 4-6 pm, followed by Social Square Dancing (Mainstream) and Plus dancing from 7 to 9:30 pm. [Monthly Social Dance: Black and White Ball with Stephen Cole](#) -
  - Here are some key points: - No partner necessary. We will get you into a square. - No dress code. Just dress comfortably and come ready to dance. - No pre-registration needed. Just show up on January 17 or 24. - Our club is an all-position club. This means that anyone can dance the “boy” part or the “girl” part, regardless of gender or gender identity.
- When: January 13, 2024 @ 7:00 pm - 9:30 pm \$10.00

- Where: Oak Grove Community Club 14496 Southeast Cedar Ave. Portland
- When can I take LESSONS: Our next lesson series will start January 17, 2024 and continue every Wednesday evening for 14 weeks. Lessons go from 7-8:30 PM

★ [Who says you can't go trail walking in the Winter?! Fresh crisp cold air is good for you. Pacific NorthWest Living at it's finest](#) Gresham Trails

★ [OMSI - Marvel Universe of Super Heroes](#)

★ [SWINDELL'S FREE CLASSES & WORKSHOPS JANUARY 2024](#)

- [Your Child's Plan for Special Education: IFSPs - Getting Started TUESDAY, JANUARY 9, 2024](#)

What: This **online workshop 6:00PM - 7:30PM** about IFSPs (Individual Family Service Plans). Learn more about: - What is an IFSP? - Requirements/qualifications? - What to expect - Tips & tools to help prepare

- [SafetyNet: Smart Cyber Choices THURSDAY, JANUARY 18, 2024](#)

What: This program is best described as self-defense class for internet users. Smartphones, internet-enabled devices, and app usage amongst tweens and teens is at an all-time high. Teaching the responsible and ethical use of cyber technology is imperative to keeping our kids safe online. Join us as Rachel Visser presents information on Hacks & Scams, Social Media, Online Gaming, Cyberbullying, Inappropriate Posts and Online Predators.

### ★ [Drop-In Interactive Science Museum](#)

- What: Drop-In Fun for Families! Visit our interactive science museum with LEGO Robotics, marble runs, electrical circuits, microscopes, mantises and more! Plus crafting, with plenty of supplies and inspiration
- Where: 1421 SE Stark St. 12-5 \$10

### ★ [Sleeping Beauty: The Panto](#)

- What: Sleeping Beauty -The Musical Panto is a fun interactive, family-friendly event filled with slapstick, witty dialogue, great music, dancing and a few wink-wink jokes for the adults. Our production retells the classic adventure of Princess Aurora, good Prince Bobby and the evil Asphyxia while adding uplifting moments that will get both kids and adults cheering, laughing, and having a wonderful time.
- SHOW TIMES - **Saturday Jan 13th**, 1pm and 5pm - **Sunday Jan 14th**, 11am and 3pm - **Friday Jan 19th**, 7:30pm - **Saturday Jan 20th**, 1pm and 5pm - **Sunday Jan 21st**, 11am and 3pm \$16.95+
- Where: Cardinal Theater located at 1750 SW Salmon St

### ★ **Portland Parks and Recreation**

- Catalog for Jan 2024 classes. Sign up began Dec. 14, 2023
- [Portland Parks and Recreation CATALOG Jan-Feb 2024](#)

**?? WHAT LEGOS ?? This event is BIG TIME building NOT LEGOS!**

### ★ [Build, Remodel & Landscape Show 2024 Jan. 19-24](#)

- What: Welcome to the Build, Remodel & Landscape Show. This comprehensive home show brings together homeowners and the area's top remodeling and building experts. Every aspect of the home can be explored, from the smallest design detail to the largest house addition.

Professionals will be on hand, sharing their valuable knowledge to bring your ideas to life or inspire you with new ones.

- See the latest innovations and design trends
- When: Friday, January 19 12:00 PM - 6:00 PM Saturday, January 20 10:00 AM - 6:00 PM & Sunday, January 21 11:00 AM - 5:00 PM

★ **Housing Independence** is really excited about our January Newsletter and Calendar of Events! With at least two activities a day you'll find plenty of activities to enjoy. Please contact me to sign up, or with any questions you may have. If you haven't tried our program before, we invite you to experience up to 3 events for free! Amy Reza @ [amy@housingindependence.org](mailto:amy@housingindependence.org) - Community Inclusion Coordinator more information about Housing Independence, please call (503) 272-8908

★ **[Special Olympics Oregon - Becoming an Athlete with Special Olympics](#)**

★ **[Special Olympics for Multnomah County](#)**

- Email: [multnomah@soor.org](mailto:multnomah@soor.org) | 503-721-4357

★ **[OR ZOO Keeper Talks and Animal Activities](#)**

- What: Keeper Talks and Animal Activities: Talks on different animals start at 9:45am and end at 3:00pm

★ **[Join us at Atlas Pizza on SE Foster for free craft night!](#)**

- What: Have a slice and get creative! Each month is a different craft!! 6:00pm - 8:00pm. WE'VE PARTNERED WITH LOCAL CRAFT STORE COLLAGE TO BRING MONTHLY CRAFT NIGHTS TO ALL OUR LOCATIONS. **EVERY THIRD WEEK OF THE MONTH,**



COLLAGE'S TEAM BRINGS ALL THE SUPPLIES NEEDED TO CREATE A CRAFT OF THEIR CHOOSING. ALL SUPPLIES PROVIDED FREE, AND ALL AGES AND SKILL LEVELS WELCOME!

- [Atlas Pizza PDX](#)

★ [Be Like Buddy](#) Autism-Friendly Activities in Oregon

★ **FREE STATE PARK ENTRANCE - First Day Hikes - JAN 1st, 2024**

- The parking fee for the 25 parks that normally require a **parking permit will be waived ONLY** on January 1, 2024. Some parks are hosting [free guided hikes](#). Or check this [LINK](#).

Here are the hikes near Portland:

- [L.L. Stub Stewart State Park](#): 10 a.m., meet at the Dairy Creek West meeting hall
- [Milo Mclver State Park](#): 10 a.m. & 1 p.m., meet at the Dog Creek Trailhead in the Riverside Day-Use Area.
- [Historic Columbia River Highway State Trail](#): 10 a.m., meet at the Mark O. Hatfield East Trailhead on Rock Creek Road, Mosier. Bring your snowshoes or x-country skis if there's snow.
- [Silver Falls State Park, Historic District Hike](#): 10 a.m., meet at the South Falls Lodge porch.
- Silver Falls State Park, [Geology Hike](#): 10 a.m., meet at the South Falls Lodge porch

★ **FREE BIPOC IMPROV CLASS**

- What: This class invites Black, Indigenous, and all people of color to come together, to learn about improv, and to share joy in community. No knowledge or experience of improv is required. This class will adapt to the needs of the students and range from introductory improv principles to more advanced skills and tools for longform improv and scene work.
- When: Weekly on Wednesday 1/3 thru 2/14 8 weeks. (7 classes with a Student Showcase on Wednesday, 2/21) 7:00pm-9:00pm
- Where: Curious Comedy Theater, 5225 NE Martin Luther King Jr Blvd,Portland,OR

### ★ [Travel Portland Attractions Indoor Activities for Children](#)

- **Roller Skating** - One of the largest skating rinks in America awaits at historic [Oaks Amusement Park Roller Rink](#) in Southeast Portland.
- **Bowling** - Opened in 2016 KingPins is a 40-lane bowling center with a game room. [Grand Central Bowl](#) is another popular bowling destination, thanks to its giant HD projection screens, balcony game room and expansive food and drink menu, which gets delivered right to your seat.
- **Indoor Playgrounds Within Portland Proper** - [PlayDate PDX](#) offers a massive, three-story indoor playground made for climbing, crawling, sliding and exploring. An expansive seating area allows families to refuel with pizza, wraps and kid-friendly finger foods before diving back in for another round of fun. PlayDate PDX lets children enjoy a huge indoor playground while parents and caregivers enjoy a relaxing environment with fabulous food and beverages. 1434 NW 17th Ave.

- Located in Southeast Portland's Brooklyn neighborhood, [Playforest](#) offers imaginative, play-based learning for curious kids. The indoor space is full of high-quality toys, nature-based objects and numerous play structures. And it doesn't stop there! There's outdoor space for more to explore, including a sandy beach and water toys
- For springy fun, visit Northeast [Portland's Children's Gym](#) offers children's gymnastics and dance classes along with camps, after school care and play time. Welcoming guests 13 and under, this gymnastics-oriented facility features an extensive range of equipment —beams, bars, rings, springboards and trampolines — all protected with cushy mats and thick flooring.
- Kids can channel their inner kung fu masters at [Monkey King Play House](#) is a combination of indoor play structure, cafe, party space and Kung-Fu classroom. ADDRESS: 17112 SE Powell Blvd. PHONE: (503) 618-1818
- Head south for a play date at [LEKA Playland](#). With a collection of carefully curated, mostly handmade toys, this indoor play space invites kids to have a blast while learning and exploring. Parents will appreciate the calm vibes, natural materials and modern decor. Southwest Portland 7405 SW Tech Center Dr Suite A120, Tigard
- [The Lumber Yard NW](#)

★ [HOCKEY - Winterhawks Schedule 2023-2024](#)

★ [Lunar New Year Celebrations in Portland](#)

★ [The ARC of Oregon Training Calendar](#)

■ NOTE: FAMILY TRAINING CAN BE ACCESSED

- What: **Treating Neurodivergent Clients in the Mental Health Setting**
- Cost: \$150.00
- When: January 22, 2024, 9:00 am–4:00 pm

- [LINK for more information](#)
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- **What: Creating Safer Spaces: Systemic Changes to Better Support and Include Sexual and Gender Minorities**
  - Cost: \$40.00
  - When: January 24, 2024, 1:00–2:30 pm
  - [LINK for more information](#)
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- **What: Managing Anxiety in an Anxious World**
- Cost: \$40.00
- When: January 30, 2024, 10:00 am – 11:30 am
- [LINK for more information](#)