

June Resources 2024

Let us recognize: Junteenth; LGBTQ+ Pride Month,
Men's Health Awareness Month, Gun Violence Awareness
Month, Alzheimer's Awareness Month, Immigrant
Heritage Month, Cancer Survivors Month, Learning
Disability Week & Helen Keller Deafblind Awareness
Week

★ OMSI's 2024 Sci-Fi Film Festival!

- What: For eight weeks this spring, OMSI's 2024 Sci-Fi Film Festival will showcase over 40 of science fiction's most memorable films on the <u>Empirical Theater's giant four-story screen.</u>
- From genre classics such as <u>2001: A Space Odyssey</u> to more recent favorites like <u>Everything Everywhere All at Once</u>, the festival's offerings are sure to appeal to science fiction fans of all ages and interests.
- When: <u>LAST DAY May 23rd</u>
- Where: Empirical Theater At the Museum 1945 SE Water Ave. 97214

★ The ARC- Supporting a Neurodiverse Workforce (Providers: AFCH & FCH)

- When: May 28, 2024 Time: 1:00pm 2:30pm (PST)
- What: Create a supportive and inclusive environment that values
 neurodiverse co-workers and staff. Understand the unique strengths of
 individuals with ADHD and Autism Spectrum in the workplace. Explore how
 neurodiverse individuals enhance the work environment and learn to tap
 into the skills they bring.

★ FACT's: Dream BIG Dreams is an annual event that raises unrestricted dollars and builds collective energy and capacity for disability justice.

- What: We invite you to join us in the spirit of creativity and generosity by sponsoring our 2024 event, donating an item or service to our auction, bidding on fabulous packages, and making an unrestricted gift. Together, we can help more families navigating disability can get the support they need.
- When: The online auction will run June 14-20.

★ <u>Digital Desires: Sexuality, Relationships and Technology (Providers: AFCH</u> & FCH)

What: The world of internet relationships and cybersex is a maze of risks, rewards, and dangers. People use all kinds of tools to seek love, friendship, and sexual interactions – from nude photos and dating websites to pornography, chat rooms, and webcams. This training will help you learn how to support someone else as they navigate the challenges, pros and cons, and potential consequences of digital desire... all while understanding the powerful drive for human connection.

- Join us to: Discussing the world of online friendships, dating and digital sexual expression.
- Understanding the tools of electronic relationships.
- Outlining the fears, hopes, goals, and dangers of end-users.
- Building skills, standards and safety nets.
- Having a team-based approach to supporting the use of technology.
- When: May 29, 2024, 10:00 11:30 am

★Wonderwood Mini-Golf

WEBSITE

- What: Get ready for an enchanting adventure at Mike Bennett's Wonderwood Mini-Golf, a one-of-a-kind 9-hole indoor immersive experience! The whimsical course, located in St. Johns, promises a visual feast with over 750 hand-painted original characters and scenery. From the #6 vertical Plinko hole to #4's swiss cheese challenge with multiple holes (only one of which is right!), and even #8's Portland skyline hole each one is a journey through Mike's colorful world of creativity and imagination!
 When: The course is open Monday-Thursday from 1:00-7:30pm and Friday/Saturday/Sunday from 10:00am-8:30pm
- Where: 8811 N Lombard St Portland, OR 97203

★Busting Service Dog Myths

★ Free parking day at Metro parks

- o When: Monday June 19th
- What:Get out and explore nature in 2024

 Enjoy free parking at Oxbow and Blue Lake regional parks, Broughton Beach, M. James Gleason Memorial Boat Ramp and Chinook Landing Marine Park on 18 days in 2024

★ The Big Red Safety Box FREE RESOURCE

- 1) Our Booklet contains the following educational materials and tools:
 - A caregiver checklist A Family Wandering Emergency Plan
 - A first-responder profile form A wandering-prevention brochure
 - A sample IEP Letter A Student Profile Form Emotion Identification Cards
 - Wandering Quick Tips
- 2) Two (2) GE Wireless Door/Window Alarms with batteries
- 3) One (1) RoadID Bracelet or Shoe ID tag*
- 4) Five (5) Adhesive Stop Sign Visual Prompts for doors and windows
- 5) Two (2) Safety Alert Window Clings for car or home windows
- 6) One (1) Child ID Kit from the National Center for Missing and Exploited Children
- * You will receive instructions in your Big Red Safety Box to submit a custom personalization order for your RoadID bracelet or shoe ID. Your ID will be quickly engraved and mailed to you at no charge. For more information and ways to prevent wandering-related incidents, please visit http://awaare.org

Those diagnosed with an Autism Spectrum Disorder, and who are at risk of wandering/bolting from a safe environment, qualify to receive a Big Red Safety Box while supplies allow. Limit one (1) box per family – previous recipients are not eligible. Please allow up to three weeks for your Big Red Safety Box request to be processed and delivered to you. NAA's Big Red Safety Boxes are packaged and shipped with care by a company employing adults with autism and other developmental disabilities.

★Elbow Room PDX

 What: Elbow Room is a non-profit community art studio in SE Portland focused on providing material support, mentorship, and meaningful exhibition opportunities for artists with intellectual and developmental disabilities. We center the individual interests, needs, and goals of the artists we work with, and maintain an inclusive space for individuals and groups to develop an artistic practice and a shared creative community.

- Where: 318 SE Main St Suite 125 97214
- CURRENT EXHIBIT: Artist- MIKE YOUNG
 https://www.elbowroompdx.org/upcoming
- THROUGH JUNE 9th, 2024

★Summer will be here and some people have travel plans → TRAVEL

- TSA.gov TSA Cares Screening Travelers Autism Spectrum VIDEO
- Hidden Disabilities Store The Hidden Disabilities Sunflower is a simple tool for you to voluntarily share that you have a disability or condition that may not be immediately apparent – and that you may need a helping hand, understanding, or more time in shops, at work, on transport, or in public spaces.
- Hidden Disabilities Store Insights: The Autistic Traveler
- Portland Airport Website Accessibility Page
 - At PDX, we partnered with a nonprofit named Kulture City as well as the Autism Society of Oregon and nearly a dozen other partners to develop the space at PDX. Our sensory room is located on Concourse D near gate D10. It's open and available to passengers 4 am 12:30 am daily.
 - Lanyards are available at the following locations: All Airline Ticket
 Counters. Lanyards will also be available a minimum of 14 days'
 advance notice of future travel by contacting the Autism Society of
 Oregon by e-mail: Info@AutismSocietyOregon.org.

★ Sandcastle Contest - COME WATCH (ALL)

- When: June 15th, 2024, 60th Annual <u>Cannon Beach</u> Sandcastle Contest!
- CLICK HERE FOR MORE INFORMATION
- What: This year the contest will celebrate its 60th year on June 15. Join us on the beach and try your hand at building a sandcastle or come to watch! Interested in what the weekend's activities will entail?

★LIBRARY Events & Classes JUNE 2024

Make sure to change the MONTH on the calendar

DID YOU KNOW? The library provides - Tutoring. English Class.

Technology Help. Music performances. Citizenship Classes!

- O Teen Anime Club @ Rockwood Library June 1st
 - Do you love anime? Are you in middle school or high school? If so, join our Anime Club! We meet two times a month at the Rockwood Library Makerspace
- Русский книжный клуб / Russian Book Group @ Gresham Library
 June 2nd
- <u>Lego Club @ Central Library</u> June 1st
 - Join us for a fun and imaginative LEGO building session. We'll provide the building blocks, you bring the creativity! Ideal for grades K-5, but younger and older siblings are welcome.

★Multnomah County Library Summer Reading Program

June 16th through August 31st – Reading colors your world!

- Output On the How to play:
 - Starting June 16, come to the library and pick up a game board or sign up online.
 - Mark one space for each day you read or listen to a book, or do any of the fun activities, between June 16 and August 31, 2024.
 - Each time you mark at least 15 days (they don't have to be in a row!), come to the library to receive a prize. If you play on paper, fill out one of the cards on your game board and bring it with you.
 - Once you've read 45 days total, you've completed the game! Come to the library (if you play on paper, bring your last card) on or after July 30 to receive a T-shirt (while supplies last) and an entry in the Grand Prize drawing for your age level.

★ Autism Society of Oregon Cosplay Group (Portland)

- What: A free in-person & online cosplay group for making new friends, designing and creating costumes together
- When: JUNE 9th and Every 2nd Sunday of the month, from 2-4 PM.
- O Where: 9320 SW Barbur Blvd Suite 240, Portland OR 97219 (ASO's office).
- TO REGISTER: contact us at 503-636-1676 or events@AutismSocietyOregon.org

★ Northeast Cully Sunday Parkways - June 16, 2024 BIKE RIDING

 What: Portland Sunday Parkways presented by Kaiser Permanente will return to the Northeast Cully Portland route on June 16, 2024. This Father's Day, treat your dad to a day filled with fun, family-friendly activities, and the opportunity to explore the beautiful Northeast Cully neighborhood! Participants are welcome to join the Northeast Cully Portland route at any point and head in any direction. There will be areas along the route and at the featured parks where circulation slows for vendor marketplaces, community booths, free family-friendly activities, and live entertainment.

 Feeling the FOMO? Keep up to date by texting "Cully" to 888-520-0526 for the latest event updates and thrilling details on entertainment and activities.
 Standard text message rates may apply.

ALSO →

- o NE Cully Bike Fair June 7
- What: Get yourself ready to ride during the NE Cully Neighborhood Bike Fair!
- Where: Scott Elementary 6700 NE Prescott St, Portland OR 97218
- Learn-to-ride activities for children and adults
- Quick fix bike repair station
- Bike safety education
- Participants are welcome to bring their own bikes or borrow one during the event.

★ ASO's - Take Break Program for caregivers

- a \$25 gift certificate to a restaurant of your choice;
- 2 movie tickets to a theater of your choice, or a \$20 gift card to a streaming service; and up to 4 hours of respite care at \$18/hour (total \$72) for all of the children in the home under the parent/legal guardian's care
- Eligibility: Any parent/legal guardian/foster parent who is primary caregiver for an Autistic person anywhere in Oregon or SW Washington is eligible.

- To ensure as many parents as possible are given a chance to participate, we ask that each family wait for a year after enjoying "Take a Break on ASO" before applying again. (Note: if the parent qualifies for both *Take a Break on ASO* and "*Take a Breather on ASO*", please choose one program per year to participate in.)
- To Participate: Please contact the ASO office by phone at (503) 636-1676 or toll-free at: 1-888-AUTISM-1 (288-4761), or CLICK HERE TO EMAIL ASO from our Contact Page. Please be sure to check your "JUNK" or "SPAM" folder for responses.

★ Greater New Hope Family Services offers - Transportation Services

★ 15th Annual Latino Health Equity Conference (Caregivers)

- Building Climate Resilience <u>REGISTER HERE</u>
- Join us for a full day on MAY 22, 2024 9AM 6PM at The Double Tree
 1000 NE Multnomah Street
- Familias en Acción is proud to present our 14th annual Latino Health Equity
 Conference, focusing on the impacts of the climate crisis on Latino health,
 both now and for generations to come
- Scholarship Opportunities We are committed to creating access for this conference. Scholarships are available to help with registration costs.

★Oregon ZOO Nights

When: Starting: June 21, 2024 - 05:00 pm

- Grupo Masato is a multi-ethnic Portland-based band that plays highly irresistible danceable music from Latin America! Powerful combinations of Chicha, Cumbia, and Afro-Peruvian music explore and celebrate diversity with a show that will make you want to dance.
- Live music and activities from 5:30 pm on. Food and snacks from local food trucks will be available, plus the ever-popular elephant ears, and selection of local beer and wine for adults.
- Zoo Nights is a special event and is not included in regular daytime admission. Tickets must be purchased online in advance.

SEPARATELY >-< Oregon ZOO discounts

- The Oregon Zoo offers discounted admission for Oregon and Washington individuals and families who qualify for a variety of income assistance programs.
- If you have an Oregon or Washington photo ID and documentation showing that you participate in an eligible program, you qualify to buy up to four tickets for \$12 each for you and your immediate family members.
- <u>Eligible programs</u>: Oregon Trail card, Washington Quest card
 Medicaid/CHIP, WIC eWIC card TANF, Temporary Assistance for Needy
 Families

★ CULTURE NIGHT June 12th 6PM-7:30PM

- Where: NAYA Family Center 5135 NE Columbia BLVD Portland
- O NAYA CAMP RISE INFORMATION

★ NAYA RESURGENCE SCHOOL CAMP

- Students in this program will enjoy both indoor and outdoor education, go
 on guided hikes to natural areas, and seek to answer the question
 "Through what lenses do we see ourselves and the world?" Credit
 obtainment will be eligible in English, Art, Physical Education, Science,
 Health and Math through proficiency based grading.
- Program dates: TBD

Cost: There is no cost to students.

Eligibility: High School Students *All school districts welcome* (incoming 9th graders are welcome)

CONTACT - Principal Lisa Otero <u>lisao@nayapdx.org</u> 503.288.8177, ext
 258

★Oregon Renaissance Faire June 1st - 2nd, 8th - 9th & 15th - 16th, 2024

- 694 NE 4th Ave, Canby, OR 97013
- Oregon Faire WEBSITE
- Buy your TICKETS HERE
- 10 AM to 7 PM
- Tickets are available online ONLY. No tickets will be sold at the Towne
 Gate. Tickets are also "date-specific" so you MUST choose which days you
 will attend as attendance is capped this year to avoid overcrowding.

★ DON'T MISS NW MARINE ART WORKS' ANNUAL SPRING OPEN STUDIOS THIS JUNE 1ST & 2ND!

- TICKETS HERE
- What: This one-of-a-kind event provides the opportunity to visit the studios where art is created and shop directly from makers. With more than 50 local artists and artisans participating, visitors are sure to find something special.

- From jewelry and apparel to paintings and printmaking, ceramics, photography, sculpture, accessories and housewares it's all here.
- Where: Northwest Marine Art Works 2516 NW 29th Ave. Portland 10 AM to 4 PM

★ROSE CITY BOOK & PAPER FAIR

- What: Go bananas for books and ephemera! Over 60 exhibitors will be showing their most interesting used, rare, and collectible books, prints, vintage photos, magazines, and more. Grab a bunch! Complete details, a list of exhibitors and ticket information is available at cascadebooksellers.com.
- When: June 14-15, 2024; Friday 2-8 pm & Saturday 10 am-5 pm
- Where: 1000 NE Multnomah Portland, Oregon
- Admission \$5 at the door. Advance tickets may be purchased through Eventbrite.
- Follow @rosecitybookfair on Facebook and Instagram for previews & special information.

★ The SOUL RESTORATION CENTER (Community Resource)

- What: Given the history of The Center's location and its emotional connection to Portland's Black community, we worked hard - and quickly to make The Soul Restoration Center a place where, as soon as they walked into the door, Black people would feel safe, seen, and culturally celebrated. In other words, they would feel at home.
- Events have included family yoga, book readings, Black Student Union gatherings, Freestyle Friday youth open mics, and weekly bagel giveaways to let youth know that they were emotionally and physically nourished

before school. Here are examples: a) Hats A'More! b.) Instrument Giveaway. c.) Art Show Openings. d.) Celebrating HER story. e.) WE LOVE Visitors f.) Elder's Birthday Party

★ PDX Parent- Family Festival

What: Our 2024 Family Festival presented by Xfinity will be held on June 22, 2024, at (click) Topaz Farm on Sauvie Island. We can't wait to see you there! Each year more than 2,000 kids and grown-ups come to party with us at our Family Festival for a day of family fun, music, and community spirit. If you're a business or performer and you'd like to join us, click here to learn more. If you are interested in participating in our festival, please see this page for space registration, swag bag stuffers, giveaways and sponsorship opportunities.

FREE



★ CareOregon Starlight Parade

- When: Saturday June 1st, 2024 8PM 10PM
- What: Starlight Parade is the one of the Rose Festival's most popular events offering electrified funky fun for everyone. From traditional marching bands and flood-lit floats, to glow-in-the-dark umbrellas and unique hand-built entries, you'll see representation from Portland's diverse community groups (and the surrounding Pacific Northwest region), creating a vibe like no other on Portland's downtown streets. Events like the Starlight Parade are essential to a vibrant and healthy community.

You may also like the following events from Portland Rose Festival:

- June, 5th June, 01:00 pm, Fred Meyer Junior Parade in Portland
 - Rose Festival Events website 2024
- June, 7th June, 11:00 am, 2024 Queen's Coronation
- **City Fair 2024**
 - What: At Rose Festival CityFair, you'll find your favorite fair features - carnival rides, fair foods, interactive exhibits, and constant entertainment - all nestled between the urban energy of the city and the natural beauty of the Willamette River.
 - When: May 24 through June 9th
 - Where: Tom McCall Water Front Park 98 SW Naito Pkwy, Portland, OR 97204

★ SPECIAL NEEDS RESOURCE DIRECTORY

EXAMPLES of resources and links to NATIONAL agencies & websites

 Adaptive sports and recreational activities, adaptive technology, directory of early intervention, toddler programs, and preschool special education resources for children with disabilities.

★ 2024 Hankook Portland E-Prix Ticket Pricing - Portland International Raceway

- What: Formula E is returning to Portland for Rounds 14 and 15 of the ABB FIA Formula E World Championship! Be a part of the electric single-seater motorsport championship and experience more wheel-to-wheel racing action and overtakes aplenty at Portland International Raceway. Fans can expect 2 days full of motorsport and spectacle with free practice, qualifying, racing, and on-track demonstrations and entertainment at the Allianz Fan Village on both Saturday and Sunday. Book your tickets now!
- o When: Saturday, 29-30 June

- Tickets starting at \$20
- https://raceportland.com/formulae

★ Oregon Special Needs GRANT PROGRAMS -

- Higher Education Grant
- Convention or Conference Grants
- Final Expenses Grants (burial grant)
- Legal Grants
- Accessibility Grants
- ★ Cheap & Easy Portland Events Looking for things to do in Portland on a budget? Check this page each Friday for our top affordable weekend picks, or keep scrolling for a comprehensive breakdown of \$15-and-under events every day of the week

★ Peasron Field Educational Summer Program

- Summer with Airway Science will look a little different this year!
- Meanwhile Check this YouTube video out!
- Flight simulators, <u>Kerbal Space Program</u>, STEAM activities, and homework help will be available to begin with and additional programming will be added as the program expands.
- Here are all the details:
- Free
- Aerospace Training Center (ATC), 3710 N Mississippi Ave. Portland
- One time registration required

★ <u>Tending Together Parent Group</u>

- A free monthly opportunity to join with other parents and caregivers in exploring respectful, intentional care in a supportive, facilitated group. Each month we'll dive into an article or podcast episode. I will facilitate our conversation with prepared prompts to spur contemplation and discussion.
- You are welcome to bring your own "wonderings" or just listen to the discussion. Participate at whatever level feels comfortable to you.
- <u>The primary intention is to create a space for regular reflection, discussion,</u>
 and connection.
- When: 2nd Tuesday and 2nd Saturday of each month at 12:00pm -1:00pm
- Register here

★ SUMMER is COMING - Stay Cool @ Cooling Locations in Multnomah County

- Staying healthy requires more than good health care, especially during extreme heat events. If you don't have access to transportation, our partners may be able to help you get to a cooling shelter. You can call Ride to Care directly at 855-321-4899. TriMet also offers free rides to cooling centers when it is very hot.
- For future extreme heat events, Health Share may be able to help you stay
 cool or keep your indoor air clean. <u>If you are in need of a fan, air</u>
 conditioner, air purifier, or other items, give our customer service team a
 call.
- To learn more, please contact the Health Share Customer Service team at 503-416-8090 or contact your health plan directly: • CareOregon:

503-416-4100 • Kaiser Permanente: 503-721-6435 • Legacy |

PacificSource: 888-675-0350 • OHSU Health: 844-827-6572 • Providence:

503-574-7247 . Email: info@healthshareoregon.org

★ Open Saturday at Pearson Field Education Center

- Open by reservation each Saturday from 10am-4pm, the Pearson Field Education Center is the ideal location for youth of all ages to experience STEM education through aviation. We feature a flight simulator lab, vertical wind table, glider building, historic airplanes and collections on display, and various educational programs.
- Entry fee is \$7 for each individual age 6 and above. Thanks to a donation from iQ for Kids, iQ Credit Union's non-profit fund, admission is free for those currently receiving SNAP food assistance benefits. Simply make your reservation and show your valid EBT card and photo ID at the front desk when you arrive. Valid for up to four individuals per EBT card.
- Where: Airway Science for Kids, Inc. (ASK) 3710 N Mississippi Ave.
- https://airsci.org/ask-locations/portland-oregon/
- Their website also has COMMUNITY RESOURCES <u>CLICK HERE for</u> those resources

★ My People's Market 14 (all)

- What: We're throwing a block party. Expect music, food, shopping, and good vibes. Connect with friends old and new for an experience only My People's Market can deliver. 100+ BIPOC businesses, food, music, & performances
- When: Saturday June 8 June 9th 12:00 PM 6: PM
- Where: Redd East Event Space 831 SE Salmon St Portland

★ Portland Parks & Rec: Stay and Play Video Series

Check out the entire series on the Portland Parks & Recreation YouTube
 channel

 Portland Parks & Recreation's new Stay and Play video series presents content for you and your family on fun subjects like performing arts, preschool, visual arts, nature, sports, fitness, and swimming.

★ Oaks Park Specials

- Three (3) full days of family fun including competitive exhibits, musical and stage performances, a car show, pioneer village, as well as small animal activities. Fair Exhibit Admission: FREE
- Oaks Park attractions are open from 12-7 PM every day of the fair.
 ATTRACTION FEES apply to rides, roller skating, mini golf, etc.
- o Sunday June 30th 3rd annual Pride celebration from 12-8 PM
- Celebrate Portland's LGBTQ+ community with discounted rides,
 limited-edition treats, Pride-themed game prizes and Gift
- Saturday June 29th Oregon BIG FOOT festival and Beyond 12:00 PM 6:00 PM in Picnic Areas 4, 5, 6 & 9. Features a "Paranormal Caught on Stage"
- Saturday June 1st Proudly delighting the NW since 1905!
- Join us for a celebration of 119 years of the place where "the fun never ends!" Use the coupon code online to get 20% off bide Bracelets, plus enjoy free birthday cake and balloons and a visit with Chipper the Squirrel on the midway (while supplies last)!
- o Coupon Code: 119YEARS

★ OHSU Edu University Center Excellence Development Disability Resources

- Links attached for each of these categories
- Staying healthy
- Communication

- Transition
- Resources for families
- Community connections
- Employment

★ SAVE THE DATE → Board Gaming Event!

- SPACE IS LIMITED!!!
- What: Board Gaming Event! We are planning ahead! Sign up and mark your calendars! Join us for a special board gaming event at Mox Boarding House in Portland! The Reading Room at the Mox Boarding House is ours for the afternoon. Gather with a small group of people for 1-2 board games as we decide on together at the start of the time together. We will have playing cards and complex board games available. Food is available separately for purchase. Come early, stay afterwards. Come enjoy the afternoon together. We are trying something and somewhere new.
- We are upping our game a little. We are meeting at an already established gaming restaurant. This is <u>limited to just 8 people</u>, so please RSVP today and reserve your spot. There is a room fee so I am charging each person just \$10 for a spot at the table.
- o Questions? Let me know. Barbara@SynergyAutismCenter.Com
- When: Thursday <u>July 11</u>, 2024, 4:00 PM 6:00 PM
- Where: 1938 W Burnside St, Portland, OR 97209

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★ Familias En Accion - Mental Health Latinx Community Resources

★ Midsummer Extravaganza at the Nordic Northwest Campus

 What: 2-Day Midsummer Extravaganza at the Nordic Northwest Campus in SW Portland! Tickets grant access to both Friday evening and Saturday festivities.

- O When: Friday, June 28th: 5pm 9pm & Saturday, June 29th: 10am 5pm
- O Where: Nordic Northwest, 8800 SW Oleson Rd, Portland, OR 97223
- O Bask in the warmth of the midnight sun as we commemorate the end of the cold winter months with the Oregon Midsummer Festival - a delightful fusion of friendship, food, and drinks, transcending the boundaries of Scandinavian ancestry. This family-friendly celebration, steeped in centuries-old traditions, extends a warm welcome to all!
- The Oregon Midsummer Festival is proud to host The League of Swedish Society's 96th annual raising of the Portland Midsummer pole, an Oregon Heritage Tradition.