

February

Resources 2024



★ [The Official Guide to Portland Events 2024 - \(ALL\)](#)

- ***The MONTH of February 2024 - Portland events***
- [JSMA at PSU is pleased to present a public tour of Labor of Love](#)
 - What: [JSMA at PSU - Labor Of Love](#)
 - When: Saturday, February 3 Exhibition Tour 1:00-2:00 pm
 - Where: [Portland State University](#)
 - **OTHER Art Exhibitions and Programs:** [PDX. EDU JSMA at PSU Exhibitions and programs 2024](#)
- [Chinese New Year Cultural Fair 2024](#)
 - What: Traditional and contemporary Chinese cultural activities, including a Lion Dance and other Chinese folk dances, Chinese instrumental music, Chinese calligraphy, Chinese martial arts demonstrations, children's games and more.
 - When: Sat Feb. 3rd, 2024 11:00AM-5:00PM
 - Where: Oregon Convention Center
 - [YouTube 2023 Event](#)

- [Portland International Auto Show 2024](#)
 - When: Feb 22nd through Feb 25th 10:00am - 10:00pm
 - Where: Oregon Convention Center
 - Website: [Portland Auto Show - Visitor Information](#)
- [Portland Winter Light Festival 2024 \(ALL\) FREE](#)
 - When: Feb 2nd - Feb 10th
 - FREE 6:00pm - 10:00pm
 - Website: <https://www.pdxwlf.com/>
- [Pacific Northwest Sportsmen's Show](#)
 - When: Feb. 14–18, 2024 Cost: \$15 - \$24
 - Where: Portland Expo Center 2060 N Marine Dr
 - Website: <https://www.thesportshows.com/shows/pacific-northwest/>
- [Portland Indigenous Marketplace 2024](#)
 - When: Feb. 9–10, 2024. 2 p.m. – 7 p.m. Free
 - Where: Bar CARLO 6433 SE Foster Rd Portland, OR 97206
 - What: Portland Indigenous Marketplace will host Indigenous Marketplace. 10 vendors each day at Bar Carlo, a Native guest chef in the kitchen TBA, and so much more in the neighborhood. **The first 50 Elders each day get a FREE GIFT. (60yrs and older)**
 - Trimet: #10, #14 and #17
 - Food and drinks are available to order through Bar Carlo. Family, Children and ALL are welcome. This is an ADA Accessible space. Indigenous and Black vendors are ready to help with all your gifting needs. Find out more at the Portland Indigenous Marketplace website: www.indigenoumarketplace.org
- [NW Black Comedy Festival](#)
 - When: Feb 15th - 18th 2024
 - Where: Curious Comedy Theater 5225 NE Martin Luther King Jr Blvd

- Website - <https://www.nwblackcomedyfest.com/>

★ [Feb 3, 2024 - Transition to Adulthood Virtual Summit | Cumbre Virtual de Transición a la Edad Adulta](#)

- Si necesita ayuda para inscribirse, por favor llame al (503) 786-6082 o (541) 695-5416 o envíe un correo electrónico a program@factoregon.org.
- What: Join us for **a day of discovery** to support youth with disabilities as they transition to adulthood! **Designed for families, youth (14-21)**, and professionals, this Virtual Summit will dive into the following topics: Diploma Options Financial Empowerment and Literacy Pre-Employment Transition Services Self-determination Sexuality, Relationships and Person-Centered Supports SSA Benefits and Employment Supported Decision Making and Alternatives to Guardianship Supported Employment Supported Living and Housing Transition Services (18-21).
- Free for families & youth! \$25 for educators and other professionals (includes certificate of attendance).
- [FAN EXPO Portland 2024](#)
 - What: FAN EXPO Portland (formerly Wizard World Portland) is the ultimate place to celebrate fandom. Experience the ultimate playground for comics, sci-fi, horror, anime, and gaming. Three days of citywide events, family-friendly attractions and world-renowned celebrities await. Attendees can shop at hundreds of vendors and exhibitors, check out panels and workshops, meet favorite stars and creators, and celebrate what makes them geeky with thousands of other fans in cosplay. There is something for every fan at FAN EXPO Portland. **NOTE:** *If you are there and need a break from the plethora of things to see and hear, come find us in the **Quiet Room** at **B119** (across from the coffee shop) or at our Sensory booth at **662**. We will have beanbags and weighted animals to relax in. We will also have*

noise canceling headphones and fidgets for you to pick up if you need them, free of charge. Come enjoy the con environment knowing that we are here to provide a safe and relaxing space when you need it.

- When: Feb. 12–14, 2024, Times vary Cost: Cost Varies
- Where: Oregon Convention Center 777 NE Martin Luther King Jr Blvd


- [Portland Mardi Gras Parade](#)

- When: Tuesday, Feb. 13, 2024
- Where: Mississippi Avenue

★ [OMSI FREE days](#)

- Feb 3rd & 4th NOT a sensory friendly event

★ CRAFTERNOON! → [Sunday Crafternoon: Mini Karts & Cork Racers!](#)

- What: **This week's theme is...** Mini Karts & Cork Racers! 
- If you love Mario Kart and are constantly dreaming of designing your own wacky kart—base, wheels, sails, and all—then this is the Crafternoon for you! We'll be designing creative mini go-karts with working wheels that really go, designing cork creature racers to ride in them, and testing out our novel new vehicles on our very own beloved Rainbow Road. Crafternoon is a self-guided, themed, creative reuse craft activity with materials provided!
- To reserve your spot/seats before the event, tickets can be purchased in advance through Humanitix for a slight discount (\$10 plus fees). Tickets sold at the door are \$12. SCRAP prioritizes access to affordable art materials and expressions, so if the ticket price poses a hardship, please select the Sliding Scale ticket type on Humanitix. If you would like to contribute to someone else's ticket in addition to your own, please select the Pay It Forward ticket type and know that your contribution helps spread

access to creative reuse and creative community-making! Please feel free to call the store (503-294-0769) on the day of the event if you have any questions.

- When: Sun Feb 4th 2024, 2:00 pm - 4:00 pm
- Where: SCRAP PDX 1736 SW Alder St, Portland

★ **Secret Roller Disco (FREE)**

- What: Secret location Roller Skating event every Thursday 7pm-9pm

★ **OAKS PARK - SENSORY SKATE**

- What: Join us for special sensory-sensitive during Preschool Skate! Music volumes will be reduced, disco lights turned off, and a quiet sensory play space will be provided. Kids 10 and younger are welcome to participate in Sensory Skate. Admission: \$12 per child. One adult free per paid child
- When: Wednesday's, 10-11:30 AM

★ **Autism of Society (ASO) Events for February 2024**

- Cosplay group, Running group Social groups, Support groups, Familias unidas: Juntos somos más fuertes Grupo de apoyo (en línea) and Happy Hours

★ **Aprendiendo a Caminar con Nuestros Hijos Wed, February 21st, 6pm – 7pm**

★ **Free Food Market | PDX Open Bible Community Pantry**

- Where & When: Wednesday, February 14, 2024 10:00 AM 12:00 PM 3223 SE 92nd Ave Portland OR 97266
- What: Including free market with groceries & home goods + a support table on the OHP plan changes

★ [Free Citizenship Classes at IRCO!](#)

- What: In-person classes. Classes will provide preparation for Citizenship Process (Civics, written and reading parts, N-400 application + ESL with a PCC Instructor).
- When: CHOOSE a Date: Feb 1st. Feb 6th Feb 8th Feb 13th Feb 15th
- Where: 10301 NE Glisan St, Portland, OR 97220

★ [Portland Night Market](#)

- What: 175+ of Portland's best vendors celebrating local food, culture, music, drinks and retail. The Portland Night Market showcases many unique businesses that call Portland home. Blending food, culture, music, drinks and retail together for an adventurous evening in the Central Eastside. Come meet some of Portland's best makers and creators!
- When: Feb 9 & 10th
- Where: 100 SE Alder Street Portland, Oregon 97214

★ [Assistive Technology Lab - Borrow AT devices \(ALL \)](#)

- The Lab has a growing inventory of Assistive Technology to loan for free over a 2-week period. To make informed decisions around AT selection, it can be helpful to use equipment at home or in the community. Pick-up and drop-off are in-person during Open Hours (or by appointment). Free instructional support is provided at pick-up.

★ [Managing Anxiety in an Anxious World](#)

- What: Identifying potential triggers in self, environment, relationships
Navigating your own anxiety and the anxiety of others
Maintaining reduced anxiety
Melissa is a Licensed Clinical Social Worker, Certified Integrative Mental Health Practitioner and Founder of Inspired Boldness. She worked

in social services for fifteen years serving those who experience life with severe and persistent mental illness, homelessness and those with co-morbid medical conditions.

- When: **January 30**, 2024, 10:00 am – 11:30 am \$40
- Where: **Virtually**
- **Family Training via K plan**

★ **Free – make a valentine (FREE)**

- What: FREE drop-in event Make a valentine! Saturday. FREE! All supplies included
- When: February 10 @ 1:00 pm - 3:00 pm
- Where: 1060 NW Saltzman Rd, Portland Oregon 97229

★ **The Affordable Connectivity Program (ACP) (ALL)**

- This longer-term program was created by Congress in the [Infrastructure and Jobs Act](#), and replaces the Emergency Broadband Benefit program. Enrollment in the ACP is [open](#) for households with at least one member qualifying under any of the following criteria:
- Income at or below 200% of the [federal poverty guidelines](#);
- Participates in SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, or [Lifeline](#); Tribal specific programs, such as Bureau of Indian Affairs General Assistance, Tribal TANF, or Food Distribution Program on Indian Reservations; free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision; and a Federal Pell Grant during the current award year.
- Meets the eligibility criteria for a participating provider's existing low-income program. Quick Links: ACP Application Link [Apply Here](#)
- Contact ACPSupport@usac.org or call 1-877-384-2575 Request a Speaker ACPspeakers@fcc.gov

★ Affordable Connectivity Program - [Consumer Outreach Toolkit](#)

- This TOOLKIT has many many **fliers to download**, print and post
 - Consumer Awareness Content
 - Back to School
 - For Households on Qualifying Tribal Lands
 - Additional Languages
 - Web Resources

★ [Reach Out Oregon.org](#) (PARENTS)

- [Trillium Family- Programs and Services](#)
- [Trillium Family Guide](#)
- The TFS Family Advisory Council (FAC) is composed of families representing all areas of Trillium Family Services including residential, day treatment and outpatient services in both the Valley and our Metro region.
- If you are a parent that has experience with Trillium services, please join us the first Monday of each month at 5:30 p.m. We are currently meeting via Zoom. **Contact me at 541-750-1134 or mbuzzell@trilliumfamily.org** for more information about location and stipends.
- [If you or a family you know is looking for community support](#), please check out reachoutoregon.org <https://www.reachoutoregon.org/>.
- This website contains statewide family resources by region and a family warmline 1.833.732.2467.

★ [Dr. Sergio Ochoa](#)

- sergio8a10@hotmail.com 503-810-4582 [Dr. Ochoa Resume](#)
- [SMART Centros de Inteligencia](#)

- Mental health specialist with over 40 years experience. Dr Ochoa is an expert in trauma and he is culturally trained with Indigenous Mesoamerican community sensitivity and approach.

★ <https://www.theyouthline.org/>

- **What:** YouthLine is **a free teen-to-teen crisis support and help line**. YouthLine is confidential to a point- while we will never share conversations had on the lines, we are mandatory reporters. If a young person is unable to agree to safety for themselves or another person or if someone has experienced abuse or assault, YouthLine may contact other agencies to ensure the best support and safety for the young person in crisis.
- [Materials to order](#)

★ [Familias en Accion Mental Health Latinx Community Resources](#)

★ [Portland Office of Equity Disability Disability Resources](#)

- **What:** Local Disability Organizations and Resources
- GREAT DIRECTORY

★ <https://www.votervoice.net/AutismSociety/home> Exciting news! You can now **stay up to date** on our Action Alerts by texting AUTISM to 50457. Once signed up, you will receive links to the Autism Society's Action Alerts so that you may educate your Members of Congress about issues close to the Autism community.

★ [OFSN Free & Low Cost Training Available to Families and Providers](#)

- [Register through the OFSN training calendar](#) | [Download the scholarship form here](#)
- [OFSN training course collections](#)

★ [Portland.gov Civic Disability: Access Tips \(ALL \)](#)

★ [Portland.gov - Civic Disability Resources Page \(ALL \)](#)

- Need resources or support but aren't sure where to start? **2-1-1** and the [Aging and Disability Resource Connection](#) keep up-to-date information on local community resources.

★ The ROLE of Neurotransmitters in GI disorders related to Autism-

Parents/Caregivers - Kara Gross Margolis, MD, explores recent studies surrounding the role of serotonin and the more extensive gut microbiome in gastrointestinal (GI) and inflammatory conditions related to autism. She presents case studies highlighting the different presentations of GI issues in individuals with autism and how those behaviors relate to the gut-brain links. An hour long video. [For more INFO click here](#)

- Access to various learning WEBINARS - @ Autism research Institute website : <https://www.autism.org/webinars/>

★ A FRIEND Finder for Kids (KIDS/HST)

- Friendometry is one of the only places online where parents can go to find other parents who are seeking friends for their children in their geographical area. There is an annual membership. **This could also be a way to secure potential support workers.**

★ The Rec Room @ HammerandJacks (KIDS)

- Website: Hammerandjacks.com - events

★ African Youth & Community Organization

- AYCO's mission is: To settle the past, engage the present, and hope for the future. Founded in 2009, African Youth & Community Organization (AYCO) is a culturally specific, community-based nonprofit organization led by and for the East African immigrant and refugee community in the Portland Metropolitan Area.

★ Eileen Devine Neurobehavioral Consultant & Trainer (Resource)

- Brain First Approach - Learn more about what it means to have an invisible, brain-based disability and its myriad characteristics. Understand more

about the source of your child's challenging behaviors. Advocate more effectively for your child in all the environments they encounter

★ **[The LIST of PP&R A.I.R. activities](#)**

- [Music - Drum Circle Feel the Beat!](#)
- When: Feb 15, 2024 - Mar 14, 2024
- Where: Community Music Center 3350 SE Francis St
- [Exercise - AIR: For the Fun of it - Weight Room](#)
- When: Feb 15, 2024 - Mar 14, 2024
- Where: East Portland Community Center, 740 SE 106

★ **[Friendship Line Website](#) - (Older Adults)**

- **Friendship Line** Institute on Aging Friendship Line – **1-800-971-0016**
- The Institute on Aging's 24-hour, toll-free, **Friendship Line** is designed to support people the age of 60 and older and adults living with disabilities. Their trained volunteers specialize in active listening and friendly conversation with depressed older adults.
- It operates both as a crisis intervention hotline and a warm friendly voice for non-emergency emotional support calls. They provide emotional support, elder abuse reporting, well-being checks, grief support, suicide intervention, and resources and referrals for isolated adults.

★ **[BIRDING anyone?](#) Events [Schedule List HERE](#) (ALL)**

★ **[Canby Brain Box Resources](#) (Under 5)**

- Email Jenny Avila jennya@todos-juntos.net

- [Estacada Community Carnival & Fundraiser 1:00 PM 5:00 PM](#) 🎉 Join the [Fun at Todos Juntos Community Carnival!](#) 🎪
- When: 📅 ****Save the Date:****February 3rd, 2024.
- Where: The Estacada Grace Crossing Bible Church, 29101 SE Eagle Creek Rd, Estacada , OR 97023
- Todos Juntos invites you to participate in our Brain Box Club! We believe in the importance of brain development through fun interactive play that builds school readiness skills, social skills and motor skills.
- How it works:
 - Join Brain Box Club we will deliver a box to the address you provided. You will receive a box full of activities, books and resources that foster curiosity, creativity, and problem solving. Each year you will receive the next age appropriate box until they are 4 years old. **This opportunity is FREE for Canby School District families**

★ [Digital Literacy Workshops](#)

- The first Tuesday through Thursday of every month, we offer a 3-day digital literacy series for beginner computer users from 1-2:30pm. Students and community members are welcome to attend at no cost. Workshops rotate between our Opportunity Centers and online via Zoom.
- **GREAT link to resource** for [creating ISP goals for those interested in learning computers and typing skills](#)
- [See HERE](#) for fliers in different language for this program

★ [Oregon Historical Society](#) (ALL)

- 1200 SW Park Ave

★ [BLAZERS FOUNDATION Info](#)

★ [Multnomah County LIBRARY Events & Classes](#) [CLICK HERE](#)

★ [Donated Dental Services \(DDS\) in Oregon](#) (Resource)

- Applicants must have no means to afford dental care and must meet **ONE** of the following criteria: Over 65 years of age, Or Permanently disabled Or Need medically necessary dental care
- What to expect?
 - Volunteers provide comprehensive treatment to eligible patients
 - Volunteers do not provide emergency services
 - Volunteers do not provide cosmetic treatment
- [Click HERE to see if you Qualify](#)
- [FAQ](#)

★ [Oregon Special Needs trust GRANTS available](#) (on going resource) - Grant requests will be reviewed on the first Monday of each month. Applicants will receive notice of the decision within 10 days of the review

- **Before** accessing and requesting K Plan **apply for this accessibility resource first** -
- Open to any person with a disability for home or vehicle modifications, adaptive equipment or technology, communication devices or durable medical equipment needed to increase accessibility at home, work, school or in their community.
- **The maximum Accessibility Grant award is \$2,000.**
 - Documentation Required:
 - Disability Verification: SSI or SSDI benefit letter dated within 12 months prior to the grant application date
 - First page of the person's ISP, IEP, BHP, or other verification of any disability services received

- Vendor purchase order, estimate, invoice or other documentation clearly showing the goods or services to be purchased and the vendor's contact information
- Proof of denial of payment (if applicable) for purchase of medical equipment or other items possibly covered by disability related benefits
- Letter from professional recommending the item or modification