

MARCH 2024

Resources

★ [ASD Oregon CAMP 2024](#)

- [About the Camp](#) Our camp is the only overnight camp in The Pacific Northwest that is specifically designed for children with Autism or Asperger's
- [ASD Oregon - Apply Campers](#)
- **REGISTRATION OPENS MARCH 1st!**
- When: July 23th-27th

★ [Special Education Virtual Summit \(FREE Kids & HST \)](#)

- What: This summit is to help you understand and participate in special education services. Explore special education and the IEP, Share effective communication strategies & Talk about how to resolve disagreements. Explore the purpose of IDEA, its core principles, and how IDEA supports students with disabilities in accessing their education
- Gain a deeper understanding of Free Appropriate Public Education (FAPE) and Least Restrictive Environment (LRE)
- Understand the importance of IEP documents and the evaluation process
- Learn how the IEP is developed and the importance of meaningful parent and student participation during the special education process
- Review the sections of the IEP and identify ways families and caregivers participate in the development of the IEP content
- Learn effective communication techniques to express your concerns with your child's school team during disagreements, learn about various dispute

resolution options available, and review the Complaint Toolkit as a valuable resource

- When: Saturday March 2, 2024 8:45AM - 230PM
- Where: VIRTUALLY
- [Espanol](#)

★ **[PHAMEtastic: Ruby Jubilee Sunday, March 10, 2024 6:00 PM 9:00 PM](#)**

- What: A **FUNDRAISER** Join us Sunday, March 10, 2024 at the Melody Event Center for a PHAMEtastic Gala like no other, celebrating 40 years of making a difference for adults with intellectual and developmental disabilities. With a concert that will knock your socks off, and PHAMEtastic favorites like our phabulous costume contest and online auction, we can't wait to get together with you and the whole PHAME family. Join us for the full trifecta: dinner, cocktail hour, and the concert—or just come for cocktail hour and the concert—and support our life-changing work.
- Where: Melody Event Center 615 SE Alder St Portland

★ **[Children's Mental Health: A Basic Overview of Common Childhood](#)**

[Diagnoses](#)

- What: This training will cover symptoms of common childhood mental health diagnoses, strategies to support children, and ways to approach parents with concerns. Diagnoses covered include Autism, ADHD, anxiety disorders, depression, adjustment disorders, post traumatic stress disorder, attachment disorders, conduct disorder, oppositional defiant disorder, reactive attachment disorder, and disinhibited social engagement disorder.
- When:: March 4, 2024 9:00am – 12:00pm
- Where: Virtual Training via Zoom, calendar invite sent to email.
- Registration Information: Register online [here](#)

★ The ARC Oregon - Events MARCH 2024

- March 5 @ 10:00 am - 11:30 am
- What: **Supporting Dignity of Risk**
- March 20 @ 10:00 am - 11:30 am
- What: **Sexual Self-Determination and Supported Decision-Making**
- March 28 @ 10:00 am - 11:30 am
- What: **Workplace Conflict Management and Resolution**

★ MARCH 2024 Autism Society Calendar of EVENTS

★ HELPFUL WEBSITES

- [ABI Community.org- recommended books and websites](#)

★ **RESOURCE**

- What: [A Caring Closet](#), is a nonprofit in Vancouver, WA that **provides gently used Durable Medical Equipment (DME)** to those in need **at no cost**. They primarily serve an older population, but do not turn away anyone based on age, race, gender or income. They accept *and* distribute almost all DME donations including hospital beds, wheelchairs, ramps, PT supplies, toilet chairs, shower chairs, adult briefs, walkers. They do not accept needles or tubes such as G-tubes or trach supplies.
- When: Open Tuesday/Thursday/Friday 10am-1pm
- Where: 7500 NE 16th Ave Warehouse 1C Vancouver, WA 98665
360-258-0039 info@acaringcloset.org
- [The Giving Closet](#) nearby also accepts clothing donations.

★ Caring for Yourself while You Care for Others

- What: Caring for yourself while you care for others is a workshop by Barbara Avila! We will be looking at how you can manage your own needs and find out how to focus on your overall care during those moments of stress! Contact Portland Parks & Recreation.

- When: Date: March 8th Time: 10:00 – 12:00
- Location: On Zoom
- Cost: \$35
- **Call 503 – 823 – 2883** or contact Jessica Sterling @ jessica.sterling@portlandoregon.gov

★ **[Autism Society Oregon - Men of Color Caretaker Support Group Online](#)**
[MARCH 07](#)

- What: A free, confidential, enlightening, and educational SUPPORT GROUP for Black/African American Men who Parent/Co-Parent Children on the Autism Spectrum.
- When: The 1st and 3rd Thursday of each month 4PM PST
- Register at Zoom **[LINK HERE](#)**.
- For more information: <https://thecolorofautism.org/programs/>
- **AUTISM SOCIETY of OREGON has a calendar of EVENTS.**
- Check **[HERE](#)** for more groups

★ **Advocates for Life Skills & Opportunity**

★ **[ALSO Events](#)** Join us at the Hollywood theater on **March 9th** for special showings of select movies. All proceeds go directly to supporting ALSO, so join us for some fun and a good cause.

- For additional information, contact Sarah Cinquini at sarah.cinquini@alsoweb.org
- During the summer months, First Friday expands into the street with dozens of vendors, sidewalk dining, live music at Mayors Square, a Kid Zone, and much more!

★ 2024 Horse Day Camp & Riding Events We are OPEN for all Horse Riding!

- What: Horse Day on the Farm Ages 3-12 years. Enjoy grooming, riding horses and ponies, and petting chickens, ducks, and rabbits. Enjoy relay races, and other horse games on foot. Students must have the ability to balance while sitting on the back of a horse. Please wear layered clothing, gloves, and boots or closed toed shoes for riding. Students may bring their own helmet or use ours. Parents of young riders (3-5 years old) may be required to stay. Students will be grouped by age and ability day of event.
- When: March 30th 2024 1:00PM - 3:00PM
- Where: 32900 SW Wohler St. Hillsboro, OR 97123
- What: **SPRING BREAK CAMP** for 8-16 y/o. (Check availability)
- When: March 26th-28th
- Cost: \$310

★ Explore Troutdale- Outdoor Adventure Scenic Drives. PLACES to GO! SCENIC DRIVES! WATERFALLS!

★ FOOD & DRINK in TROUTDALE

★ Tualitin-Valley Annual Rock Show Events

- ROCK & GEM SHOW FLIER
- WHAT: Exhibits consist of all varieties and combinations of private collections these collections can consist of lapidary works, wire wrapped or silversmithed gems, minerals in their crystal form, and fossils from around the world. Come and choose your favorite Exhibit or pick up a bargain rock specimen at the silent auction table all the raffle prizes and silent auction items as well as some kids corner prizes are privately donated (kids get a free rock). Demonstrations historically included cabochon making or wire wrapping. The Kids Corner includes fun games for children to play and fun rock prizes to add to their collection.
- Admission \$1 for Adults, Kids 12 and under free with an adult.

- Displays of unusual specimens of rocks (lapidary arts), fossils, gems and minerals.
- WHERE: 2950 Taylor Way, Forest Grove, OR 97116
- WHEN: March 1-3 10am-5pm

★ **SPRING BREAK ART CAMP March 21 - March 25**

- Weekly: Full-Day - \$199 Half-Day - \$160
- Daily Drop-in :Full-Day - \$70 Half-Day - \$55
- (503) 516-8525, 1150 SW 170 Ave Suite 100 **Beaverton**

★ **AIR - Friday Night at the Movies -**

- March 17 Class #1149171
- When: 4:30PM - 6:30PM
- Where: 6820 SW 45th Ave

★ **Special Olympics Event: Winter Regional Powerlifting In Gresham**

- When: Sunday March 10th, 2024 9:30AM - 4:30PM
- Where: 346 GRIT CrossFit 346 NE 219th Ave Gresham
- **OTHER Special Olympic Events to attend**

★ **SWINDELL's - The Science and Practice of Co-Regulation**

- What: Introduction to the science of the human nervous system and its safety needs. Jennie Ehleringer MAEd, CYT, will address how our nervous system operates and ways we can use this knowledge to positively support our children through co-regulation. The strategies and tools shared will be immediately accessible to help families and professionals cultivate internal safety cues that influence external behaviors. She will explain what our

nervous systems need, why, and how to harness this knowledge to co-regulate with our families.

- **In this class we will learn more about:**
- How stress affects our nervous systems
- What co-regulation is and how it can be used to support our children
- Structures to help build resilience within our own lives and our children's lives
- Tools to use in the moment of extreme stress to support ourselves and our children
- **DEFINITION** of Co-Regulation-
 - The process through which children develop the ability to soothe and manage distressing emotions and sensations from the beginning of life through connection with nurturing and reliable primary caregivers.
 - En Español- El proceso a través del cual los niños desarrollan la capacidad de calmar y manejar emociones y sensaciones angustiosas desde el comienzo de la vida a través de la conexión con cuidadores primarios confiables y cariñosos.
- When: Wednesday 3/13/2024 6:00PM -7:30PM
- También presentado in español

★ **SWINDELL's Building Bridges of Understanding: Gender, Sexuality, and LGBTQ+ Identities**

- Sara McNinch of Oregon Family Support Network for this training designed for professionals working with diverse clientele. "Building Bridges of Understanding: Gender, Sexuality, and LGBTQ+ Identities" is a course designed to foster a deeper comprehension of the diverse spectrum of gender and sexuality. Participants will gain the knowledge and skills to be effective allies, learning about the challenges faced by the LGBTQ+ population and resources to support future learning. Through these

informative sessions, the course aims to promote inclusivity in our increasingly diverse society.

- WHEN: 3/20/24 9:30AM - 12PM

★ 2024 Gender Studies Symposium Art Show

- What: The 43rd Annual Gender Studies Symposium, “Being Online,” will focus on the ways in which digital technology, internet platforms, and online spaces have shaped and been shaped by understandings and expressions of gender and sexuality.
- Some questions that arise for us: How do gender and sexuality influence the ways we use the internet, social media, and digital technologies? How has the internet been a space for finding safety, building community, and forging feminist and LGBTQ+ resistance? At the same time, how has the internet facilitated violence, abuse, and harassment? How have online spaces been an outlet for self-expression and creativity around gender and sexuality? How has the growth of the online sex work industry and dating apps affected sex, intimacy, and labor? How do people with identities as gender and sexual minorities experience obstacles or opportunities in the tech industry? What aspects of data mining and digital surveillance are revealed when we focus on privacy and security in relation to gender and sexuality? How do technologies like algorithms and artificial intelligence amplify, reinforce, challenge, or undermine gender biases, sexism, homophobia, and transphobia? We hope this symposium inspires dialogue about these changing technologies and their relationship to gender and sexuality.
- When: March 6-8, 2024

★ Welcome to Troutdale Recreation

- Create an Account to sign up for activities
- Little Trout Play Park

- **When:** Date: Every month in January, February, March, November, December on the second Tuesday. Tuesday, February 13, 2024 - 10:00am to 11:30am. The cost is just \$2 per child and no registration is required. Have a play date with your community!
- **What:** Little Trout Play Park - a pop-up indoor playground - is open on the second Tuesday of the month October **through March**
- **Where:** Inside the Sam Cox Building in Glenn Otto Park. You bring the kids (0-4). We have the toys.
- For more details visit troutdaleoregon.gov/littletrout

★ **EastCounty Challenger Baseball Program (ALL)**

- **What is the Little League Challenger Program?** If you are in **Reynolds, Gresham-Barlow or Centennial school district** you can play baseball with us! The Little League Challenger Program is Little League's adaptive baseball program for individuals (boys and girls) with physical and intellectual challenges.
- **Who can participate in the Little League Challenger Program?**
- Any individual with a physical or intellectual challenge may participate. If an individual can participate in the traditional Little League Baseball or Softball program with reasonable accommodations they should do so. The Little League accommodates players ages 4-13 in our Junior Division. The Senior Division accommodates players ages 14 and above (no maximum age).
- **Is there a cost to participate in the Challenger Program?** Reynolds Little League Challenger Program has no registration fee.
- Baseball hats and uniform shirts are provided to players by Reynolds Little League *Please bring your own baseball gloves
- **Registration Information FAQ**

- You can register online at www.rllb.org Challengers Director Sarah Roberts (503) 502-0521
- March 1st - ECLL Board Meet and Greet
- March 2nd & 3rd - Assessments Session 2
- March 16 - Coaches Safety Clinic for Tball, Rookie, and Farm Coaches

★ Easter Seals [Articles on this topic](#) → **Love, Dating, Relationships and Disability**
INFORMATIONAL ONLY ~ (HST & ADULTS)

★ [Rose Quarter- Events Calendar](#)

★ [FIND A FARM](#)

★ [HEROX Crowdsourcing Projects](#)

- What is this?? HeroX is a crowdsourcing platform that allows anyone in the global community to create a challenge or **submit a solution** to a posted challenge.
- LEARN More about what herox is - [HERE](#)

★ [50 Things to Do in Portland](#)

★ [National Parks Website LINK to ACCESS the PASS](#) - (**ALL AGES**) This is a Federal program for folks with a permanent disability that can *apply* to get a free access pass to Federal Parks and National Recreation lands. This is not specific for IDD folks, but any person with a permanent disability. U.S. citizens or permanent residents of the United States that have been medically determined to have a permanent disability (does not have to be a 100% disability) *may get* a free, lifetime pass that provides admittance to more than 2,000 recreation sites managed by five Federal agencies. See website link for required documentation.

★ **INFORMATIONAL RESOURCE** - Traveling can be difficult, check out the **SENSORY ROOM @ The Portland International Airport (PDX)**. Click [here](#) for more.

- [Portland Monthly Magazine article on PDX's sensory room](#)

★ **Black Mental Wellness**: The mission is to provide access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, to highlight and increase the diversity of mental health professionals, and to decrease the mental health stigma in the Black community. Contact: DrCunningham@BlackMentalWellness.com for additional information. Resource is for (**FAMILY & PROVIDERS**)

★ **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.

★ **NAMI Multnomah (National Alliance on Mental Illness) MARCH 2024 Calendar of Events- (ALL AGES)**

- Several options for online support groups and classes
- Check it out [NAMI Multnomah March 2024 events calendar](#)

★ **PORTLAND NON-EMERGENCY POLICE DEPARTMENT- EMERGENCY FOOD DELIVERIES**

- Taking referrals for Emergency food deliveries to vulnerable citizens. The service is provided by Sunshine Division and Snowcap for anyone in Multnomah County. They will continue to provide the service as long as they have the food supply and are trying to deliver the box within a few hours after a call is made. **CALL: 503-823-3333**
- [The Sunshine Division - Programs](#) [Year round]
 - Food Pantry Open 6 Days a Week

- Emergency Home Delivery Program
- Partnering with First Responders
- Izzy's Kids "Shop with a Cop"

★ **Crisis Line for Racial Equity Support - 503-575-3764**

- [Racial Equity Support Line.com](https://www.racial-equity-support.com)
- Answered by BIPOC counselors M-F from 8:30 AM -5:00 PM

★ **[Culturally Specific Mental Health Providers in Portland Area](#)**: A list of African American-Black Mental Health Practitioners including specialty, insurance and location

★ **The NewStart Reentry Resource Center**

- Website : [SE Works NewStart](#)
- Where: 8044 SE Harold Street Portland.
- What: The New Start Reentry Program is dedicated to helping individuals **successfully re-enter the community after incarceration** from State or local Jails in Multnomah County within the last two years.
- Our Navigators assist with: • Support services funding • Securing your ID
- Navigating community resources for housing, health, treatment, family reunification, disability services • Housing Referrals and emergency vouchers
- MORE INFORMATION: Call or TEXT the Navigators: Ryan at 971-432-5030 Kiva at 971-432-5027 or Tonja at 971-432-5028

DID YOU KNOW this about the Month of March?

Month of March & Days of March Awareness

- ★ **[March 25, is the federally recognized Cerebral Palsy \(CP\) Awareness Day](#)**
- ★ **[Developmental Disabilities Awareness Month](#)**

★ [Multiple Sclerosis](#)

★ [Brain Injury Awareness Month](#)

★ [Women's History Month](#)

★ [Trisomy Awareness](#)

★ [World Down Syndrome Day 21 March](#)

★ [March 3-4 is Global Day of UNPLUGGING!](#)

- Unplug Collaborative organizes the Global (formerly National) Day of Unplugging, an annual awareness campaign that has been running since 2009. The other 364 days a year, we are here to help every city turn into an Unplugged Village® and with the social impact initiative, Unplug for a Cause®, we make tech-free experiences meaningful and accessible to all.
- [Why Unplugging Matters](#)
- [Unplug Collaborative.Org](#)

★ [March 8th : International Women's Day #EMBRACE EQUITY](#)

- Imagine a gender equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge women's equality. Collectively we can all #InspireInclusion. **Celebrate women's achievement. Raise awareness about discrimination.** Take action to drive gender parity.

★ [March 10th is SUPER Mario Day](#) - March 10, written as “Mar10”, looks like Mario's name. The friendly mustached Mario character was initially released by Nintendo in 1985. Nintendo officially adopted the holiday in 2016, and ever since it has been a day for video game fans, young and old alike, to celebrate everything they love about gaming. Of course, the best way to celebrate would be booting up your old Nintendo systems and enjoying some classic Mario titles.

- Mario is named after real-life businessman Mario Segale, who was renting out a warehouse to Nintendo. After Nintendo fell far behind on rent, Segale

did not evict them but gave them a second chance to come up with the money. Nintendo succeeded and named their main character after him.

★ **March 26, 2024 is PURPLE DAY** recognizing and supporting Epilepsy around the world. <https://www.purpleday.org/>

- **Purple Day is** an international grassroots effort dedicated to **increasing awareness about epilepsy worldwide**. On March 26th annually, people in countries around the world are invited to wear purple and host events in support of epilepsy awareness. Last year, people in more than 85 countries on all continents participated in Purple Day! Canada is the only country in the world who officially recognizes March 26th as Purple Day through the Purple Day Act implemented on June 28, 2012.