

### Community Resources 2025

- <u>Disclaimer note</u>: These are community resources & events that may or may not necessarily be endorsed and/or supported by The I/DD Division
- October is Global Diversity Awareness Month, a month to celebrate and increase awareness about the diversity of cultures and ethnicities and the positive impact diversity can have on society.

# **★** 2025 → FACTS: Learn how to manage and make smart choices about money REGISTER HERE

What: FREE for youth ages 14-26 and families (Youth must attend)
 Training will be provided in English with Spanish interpretation. Please request ASL or other language support at least 14 days before the event.
 We will do our best to accommodate.

#### Youth will learn:

- Why it's important for youth to make their own decisions about money.
- About bank accounts, digital wallets, and mobile payments.
- How to be safe with money.
- How to set goals, create budgets, and make plans to spend wisely.
- How credit or borrowing money works.
- How having a job can affect SSI/SSDI benefits.

- Financial resources available to get more help
- When: Mondays and Wednesdays October 6, 8, 13, 15, 20, 22 | 6:30 p.m.
   7:30 p.m.
- Where: Virtually / On Line / ZOOM

#### ★ East Portland Community Health Fair 10.2025

- What: Join us at East Portland Community Center for an event designed to connect you with vital health resources and services. This fair is perfect for those 55 and older, individuals with disabilities, and anyone seeking information on Medicare. Explore a wide range of offerings tailored to promote health, independence, and informed decision-making, including access to key community resources and expert support. Save the date and take advantage of this opportunity to learn, engage, and empower your well-being. Special thanks to our event partners at Providence for sponsoring this event!
- When:Saturday, October 4, 2025, from 11 AM to 2 PM
- Where: East Portland Community Center 740 SE 106th Ave 97216

#### ★ Registration Table Talk

- What: October 2025 Table Talk: Preparing your child (AND YOU!) for family and holiday events. Worried that your child will not be fully included in upcoming holiday events or family gatherings?
- Come join us to discuss:
  - Preparing your child for large family events
  - Strategies for dealing with extended family and friends
  - Supporting your child in managing stressful family gatherings

You will hear from other parents, learn what works for them, and share ideas for creating positive family gatherings.

- This session is offered in Spanish on Thursday, October 23 at 6-7pm If you would like to attend that session, click here.
- Esta sesion esta ofrecida en Español el Jueves 23 de Octubre de 6-7pm.
   Si gusta inscribirse para esa sesion, <u>haga clic aqui</u>.

When: Wednesday, October 22, 2025 at 6-7:00pm

Where: ZOOM LINK will be provided upon registering

#### ★ Taking Weird Seriously & Keeping Seriously Weird

What: Collective of weirdos that envisions a Portland devoid of barriers where citizens feel free to take risks, find success by living to their full
creative potential, and take pride in their unique way of doing things.

When: September 27th 10:30AM to 4PM

Where: OAKS Park

#### ★ Salmon Homecoming 2025

- What: Join us in honoring salmon with two days of fun, food and cultural connections along the Sandy River. <u>View fall Chinook returning to one of</u> <u>the Pacific Northwest's premier glacier-fed wild and scenic rivers</u>. Enjoy plant walks, arts and crafts, storytelling, Native games, vendors, traditional baked salmon samples, educational activities and more!
- Free event. No registration is required. All activities are held both days unless otherwise noted. Parking is \$5 or covered by an annual parking pass
- Where: Oxbow Regional Park 3010 SE Oxbow Pkwy, Gresham

When: Sunday, Oct. 19, 2025 11AM - 4PM

#### ★ GAMES GAMES Retro Gaming Expo OCT 17 to 19th 2025

- When & Where: October 17-19, 2025 at the Oregon Convention Center
   777 NE Martin Luther King Jr. Blvd., Portland.
- What: Non-profit cooperative organization dedicated to creating awareness
  of, and appreciation for classic video and arcade games through the
  presentation of events and conventions that celebrate the historic
  contribution video games have made and continue to make in popular
  culture.
- DO YOU want to VOLUNTEER for this event??!! Learn

#### **★ Not Date Specific - GENERAL RESOURCE LIST**

#### **★** Full Spectrum PDX (ALL)

- 1219 SE Lafayette St Portland, OR 97202
- o admin@fullspectrumpdx.com 503-765-5733
- Full Spectrum Therapy, we believe the LGBTQ+ community is composed of ordinary people who simply need a therapist who understands them. Our mission is not to operate as "gender therapists," but to offer a space where the LGBTQ+ experience is normalized, understood, and celebrated. We serve children (age 5+), adolescents, adults, and families connected to the LGBTQ+ community.
- Clinicians with profound, first-hand knowledge about the LGBTQ+
   community. Unique therapeutic modalities including expressive therapies Full Spectrum PDX Groups D & D
- Cutting edge, evidence-based techniques.
- A comfortable, boutique atmosphere that feels more like a home than a clinic. Technology to make therapy secure, accessible, and efficient

#### **★ OHSU Zetosch Funds SAVE THE DATE FOR NOVEMBER!**

- What: The intent of this charitable gift fund is to help low-income Oregon children with special health needs succeed in school. OCCYSHN uses the funds to buy educational equipment for children who meet the criteria. Oregon children age 3-21 years qualify if they have a diagnosed disability or special health need which impacts their education. The child must be enrolled in school, Early Childhood Special Education, or other preschool. The child's family must be low-income.
- When: OCCYSHN's Zetosch Funds applications are open from November 1-30, 2025
- Contact: Gillian Freney OCCYSHN Zetosch Fund Coordinator 503-970-5616
- ★ The H.E.R.O. (Health Emergency Ready Oregon Kids Registry is a voluntary, no-cost, secure system that lets families and young adults record critical health details that first responders and hospital emergency department providers can quickly and easily access in an emergency.
  - It's not just for kids! HERO Kids Registry is open to any Oregon child or young adult through age 26.
     https://www.ohsu.edu/occyshn/hero-kids-registry
- ★ Oregon Center for Children & Youth with Special Health Needs (RESOURCE and INFORMATION)
  - OCCYSHN works on behalf of Oregon's children and youth with special health care needs (CYSHCN). Oregon Family to Family Health
     Information Center: Family Support These children and youth either have chronic health conditions, or they are at risk for having them. Their health conditions can be physical, developmental, behavioral, or emotional.

CYSHCN need more health and related services than other children. One in five Oregon children fits this description.

• REGISTER HERE

## ★ ENTIRE State of Oregon - Autism Society Oregon [ASO] October 2025 Events

When: October 7 @ 6:30 pm - 8:00 pm

What: Autistic Adult Panel Discussion Series (online)

- Come hear what Autistic adults have to say about their experiences on each topic! When you register, send in your questions for our panelists.
- This workshop series will be online. This allows more people to access the series and allows us to have panelists from different geographical areas. Register at LINK HERE.
- Where: Online!

#### PROFESSIONAL DEVELOPMENT CONFERENCE

When: October 29 @ 8:30 am - 4:00 pm

What: Shoulder to Shoulder 2025 Conference (Portland)
The conference is a collaborative partnership between various community agencies to provide quality training and networking opportunities to those that work with and care for children who have been connected to Child Welfare. Read our History page for a more detailed description of the formation of the Shoulder to Shoulder conference. The conference planning committee is comprised of statewide community partners from the child welfare and child abuse prevention fields.

- Register at LINK HERE
- Ticket options:
  - Tuesday, Pre-Conference (Oct. 28): 5:30 -8:30 PM
  - Both Tuesday & Wednesday (Oct. 28 & Oct. 29)

- Wednesday, All Day Conference (Oct. 29): 8:30 AM 4:00 PM
- Virtual Group (includes both Tuesday & Wednesday): Oct. 28 & 10/29
- Where: Our sessions are available IN-PERSON at the Holiday Inn Portland Airport (I-205) in Portland.
  - Online, virtually via Zoom.
  - In-person and virtual attendance supported Spanish presentations & interpretation available
- ★ ADHD 101 reviews information about ADHD, including the traits, history, causes, treatments, and an overview of how you can support someone with ADHD
  - o What: Participants will gain an understanding of:
  - describe the basic traits of ADHD
    - name three to five ways to adapt routines and lessons to support children with ADHD.
    - name specific supports for areas of executive function weaknesses
    - describe at least three to five ways to structure the classroom and routines in order to increase success of children with ADHD.
  - When: October 3 @ 10:00 am 12:00 pm Instructor(s): Jennifer Cork,
     DSW, LCSW
  - o Where: online

#### ★ Portland Oddities & Curiosities Expo 2025

What: For Lovers of the Strange, Unusual & Bizarre... The Oddities & Curiosities Expo showcases hand selected vendors, dealers, artists and small businesses with all things weird. You'll find items such as: taxidermy, preserved specimens, original artwork, horror/halloween inspired pieces, antiques, handcrafted oddities, quack medical devices, creepy clothing, odd jewelry, skulls/bones, funeral collectibles & much more. We

- truly have something weird for everyone at our shows. All items you see at our shows are legal to own and sustainably sourced.
- The O&C Expo provides a safe place for anyone to come and discover new artists, meet new friends and be surrounded by an amazing community of like-minded people. We find so much joy in being able to provide a place where you can feel at home surrounded by others that share the same interests.
- When: Saturday/Sunday, October 25th/26th 2025 10AM 6PM
- o Where: Oregon Convention Center
- <u>ENTRY COST</u>: \$10 advance / \$15 day of Kids 12 and under free (no ticket needed)

#### ★ Oregon Intervention Systems Training by Sally Gibson

- If interested in a 2 day intervention training CONTACT Sally Gibson via email: <u>Sagibson@protonmail.com</u>
- For MORE information you can ask your behavioral specialist about OIS.
- What is Oregon Intervention Systems (OIS)? OIS is a statewide training program that teaches staff how to use positive behavior support and non-aversive intervention strategies to help adults and children with intellectual and developmental disabilities who display challenging behaviors. It focuses on person-centered approaches, using data to monitor progress, and providing training for interventions such as evasion, deflections, and, as a last resort, safe physical skills.
- When: October 16th AND 17th or October 23rd AND 24th, 2025
- Where: email Sally Gibson for location and COST

#### ★ Kids NW (Resource)

KIDS NW Behavioral Services.

- O How does a Positive Behavior Support Plan help my family?
- Provides easy-to-read documentation of behaviors and needs.
- Provides support providers with evidence-based interventions on how to reduce the frequency and severity of behaviors.
- Provides training to new support staff and families.
- o May help families qualify for additional services.
- o Provides support and advocation; we are here for you
- A <u>referral</u> from the service coordinator is needed to begin this process.
   Additional information: 503-437-4917
- Frequently ASKED Question

#### ★ EQC Behavior Services (a resource for caregivers)

- Contact: kgunawan@eqchomecare.com
- EQC 7133 N Lombard St Suite 101, Portland (503) 753-8551
- o aba@eqchomecare.com
- <u>Services Provided</u>: ABA, attendant care, social skills groups, OT & PT,
   educational support and parent training
- ★ Travel Portland Events OCTOBER 1-31, 2025
- **★ WHAT** → This calendar is where ALL the FUN EDUCATIONAL things are HAPPENING right in our backyard.
  - The Spirit of Halloweentown -
  - When: Sept. 28-Oct. 31, 2025 <u>Daily Cost</u>: Cost Varies <u>Where</u>: Courthouse
     Plaza 275 Strand St. St. Helens, Oregon
  - WEBSITE Spirit Of Halloweentown 2025
  - Lents International Farmers Market When: through Nov. 24, 2024 Every
     Sunday, 9 a.m. 2 p.m. Free Where: 5827 SE 91st Ave Portland
  - WEBSITE Portland Farmers Market Lents

The Portland Film Festival 10.01 - 10.05

#### Sitka Art Invitational

- What: Sitka Art Invitational marks three decades of artistic excellence and community engagement. The exhibition will feature a diverse array of artwork from 100+ artists spanning various mediums, including paintings, sculptures, photographs, prints and more. The display and sale of 300 works of art promises to be a spectacular fusion of traditions and new horizons.
- The three-day celebration will include four live performances by Northwest musicians, from lyrical piano compositions to medieval music to upbeat jazz. Furthermore, attendees can engage directly with artists through a series of Artist Conversations. Artists will be available for questions and discussions during specific times during the show so viewers can gain insights into the creative process and inspiration behind the artwork.
- When: October 10-12, 2025 Friday, Saturday and Sunday, 11am to 5pm
- o Where: Oregon Contemporary 8371 North Interstate Ave.

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#### Portland Regional Gem and Mineral Show

- When: Oct. 3–5, 2025 Daily, 10 a.m.–6 p.m. Cost: \$7
- Where: Wingspan Event and Conference Center at the Westside Commons
   801 NE 34th Ave Hillsboro
- What: The Portland Regional Gem and Mineral Show, the largest local rock and mineral show in the Portland metro area.
  - Kids' corner with games and prizes. Interactive Fossil Area to look at fossils and ask questions. Door prizes, raffles, and Silent Auctions. Interactive demonstrations from experienced artisans in subjects like wire wrapping, cabbing and faceting

Visit the show to learn from a variety of great exhibits and demonstrations.

Come visit our show to learn and have fun. Saturday morning is Family friendly learning presentations, click here to see details.

#### ★ Family Info Session with Oregon Developmental Disability Services

- What: Family Informational Sessions with Oregon Developmental
   Disabilities Services
- The Oregon Consortium of Family Networks (OCFN), of which FACT Oregon is a member, is teaming up with the Oregon Developmental Disabilities Services (ODDS) to share information with families about developmental disabilities services in Oregon, especially about the Oregon Needs Assessment and recent changes in-home service hours and what families can do. We will discuss: The Oregon Needs Assessment (ONA) and ONA Service Groups; in-home service hours. How to request exceptions. Your rights when you disagree and Resources
- When: Choose your session: Tuesday, October 14, 12:00-1:30 PM
- Wednesday, October 15, 6:00-7:00 PM.
- Sessions are in English with Spanish interpretation.
- Where: Virtually Online

#### ★ <u>iFLY- Indoor Skydiving that is Limitless and Inclusive</u>

- The opportunity to indoor skydive for individuals who may have physical or cognitive challenges.
- o Proper accommodations based on specific challenges.
- Additional assistance and attention during orientation, putting on a flight suit and helmet, etc.
- A highly-trained, world-class iFLY instructor. This Instructor personally guides All Abilities flyers through the indoor skydiving experience.

 All can Fly- Traits of children or adults with cognitive challenges who can indoor skydive are: Neurodevelopmental disorders including ADHD, autism and learning disabilities.

#### ★ Sexual Health and Relationships Education (SHARE) - Resource (ALL)

Tools for teaching sexual health OHSU

#### **★** THESE ARE PORTLAND'S G.O.A.T. Greatest of All TIME

- The Belmont Goats (no longer on Belmont) (All)
- The Goats are in North Portland now! Every Saturday and Sunday from 11am-2pm Carey Blvd Greenway 6631 N Syracuse St Portland West Of N Macrum Ave
- o 971-301-4628 ASK@THEBELMONTGOATS.ORG

#### **★ ASO/Synergy FREE Parent Group** (care givers)

- What: Cozy up with a morning beverage and your computer on the fourth Saturday each month starting at 10am. A FREE online group for parents of children on the autism spectrum living in Oregon, facilitated by Barbara Avila, MS, of Synergy Autism Center.
- o This month's topic is: TBD
- Questions- please contact info@AutismSocietyOregon.org or 503-636-1676 (toll-free: 888-AUTISM-1)
- When: Oct 18, 2025, 10:00 AM 11:30 AM

#### ★ Fall Recycling Collection Event

- When: Saturday October 11th, 2025 9AM-12PM
- o Where: Gresham City Hall Parking Lot, 1333 NW Eastman Parkway
- What: Paper for shredding <u>NOTE</u>: Limit two paper grocery bags per household. Paperwork that may contain sensitive personal or financial information. Any other paperwork including bills or credit card offers.

Household sharps and Compact fluorescent bulbs (CFLs)

#### ★ OCTOBER 2025 SWINDELL'S EVENTS

# ★ Trauma Informed Parenting: Emotional Regulation and Relationships Wednesday, October 8, 2025

 What: Join us as we welcome Emily Santiago, LEP, NCSP Executive Director of Center for Social Resilience, for the first session in a 5-week series on Trauma Informed Caregiving.

#### • When:

- Week 3 Wednesday, 10/1- Emotional Regulation and Relationships
- Week 4 Wednesday, 10/8- Strategies: Collaborative Problem
   Solving and Mindfulness
- Week 5 Wednesday, 10/15- Collective Wellbeing, Building Community, Working with Schools
- Where: Online

#### **★** <u>Autism 101</u>

 What: The Swindells Resource Center welcomes Lauren Stewart, MA, Autism Regional Consultant, for a workshop on understanding Autism Spectrum Disorder through the lens of neuro-affirming care and interventions.

When: October 07th, 2025 6pm - 7:30PM

o Where: ONLINE

#### ★ Familias en Acción: Showing up for Health Justice

 What: The reality of what is happening in our Latiné community in Oregon is something we can't ignore. Supporting families and individuals, and providing spaces where they can feel safe and heard is urgent. With this in mind, Familias would like to extend an invitation to our upcoming gathering. You'll have the chance to learn about our work, how we are navigating changes, and ways you can continue to support our beautiful comunidad through these challenging times

- When: Thursday, October 2nd 6:30PM-8:30PM
- Where: At MorningStar at Laurelhurst

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#### ★ SAVE THE DATE!! I/DD Case Management Conference November 5-6, 2025

What: <u>CLICK HERE</u> The Conference Program Search will be available
 October 6th

o Where: On Line

When: November 5-6, 2025

#### ★ Connecting Portland - Information about a POSSIBLE FREE tablet

- <<<WHO IS ELIGIBLE>>>
- People who participate in government aid programs (for example Medicaid, SNAP, EBT, OHP, Pell grants, school lunch).
- People who can demonstrate that their income is below 200% of the poverty level. Lifeline recipients can participate
- Only ONE Emergency Broadband Benefit per household / filer
- QUESTIONS
- ★ FREE DANCE CLASS A drop-in dance class on Saturday's check InstaGram.
  - CONTACT: Leah Cabler @ 971-303-7156. Email:
     leah.tiger@gmail.com
     be passed along!
  - PDXfcy is the Instagram account where you can learn MORE!
  - Fight Club Yoga (F.C. Yoga) 231 SE 12th Ave
  - Leah does not have a website. Her yoga studio is called Fight Club yoga.
     Leah prefers to get referrals and participants by word of mouth.

- The "Pop Rocks" dance class is also meant to be a community for young adults with disabilities, where they can share their experiences and even talk about themselves. Leah also is involved with the Special Olympics.
- You can contact Leah via Facebook- under her name <u>Leah Cabler</u>. Her Facebook page also has references to FC Yoga and the pop rocks dance class.

#### ★ Rent Well- About ..... and For tenants

<u>Time</u>: 12:00 PM – 4:00 PM (4 hrs per class)

<u>Location</u>: Address provided upon registration

o Cost: FREE

How to Register: Fill out the linked form to register. You will receive an
email with the location and further instructions closer to the date! Please
note that spots are limited. If you do not receive an email, you have been
added to our waitlist and will receive an update on that.

#### What is Rent Well?

- A tenant education class that can help people overcome barriers to stable rental housing. Please call (503) 650-5647 to register for an appointment to sign up for a class. This is a 6-week class series. The class is free.
- What If I Don't Speak English?
- We can provide interpretation services if needed. This class will be taught in English by an instructor who is bilingual in English and Spanish. The Rent Well e-course is available in 7 different languages.
- Other Questions? Email rentwell@clackamas.us or call (503) 650-5647
- ★ EASTER SEALS: Connecting Communities provides services for individuals with disabilities who have language and/or literacy barriers

- What: Participants receive services essential to their employment success.
   Our program offers workshops for job application completion, mock interviews, resume building, English classes, computer classes and help to find and retain employment.
- Services Provided through Connecting Communities Program
  - Job Development & Coaching, Community Outreach
  - Translation and interpretation services, ESL and Computer classes
  - Networking events, Resume Workshops
  - Individualized Support, Interview Workshops
  - Application Workshops , Mock Interviews
  - American Working Culture, Motivational Classes
  - Where: 10011 SE Division St Suite 305 Portland, OR 97266 (P) 503-335-6161. Offices in Portland, Gresham

# ★ Portland Parks & Recreation Adaptive & Inclusive Recreation Activities (AIR)

- **OUNTIES TO LOOK HERE FOR ALL PP&R OCTOBER 2025 ACTIVITIES**
- October activities are ALMOST FULL. Sign up in advance for NOVEMBER!!
- ★ October 2025 Hood River Valley EVENTS
- ★ French Prairie Gardens Pumpkin Patch 2025
  - SEE WEBSITE LINK ABOVE for INFORMATION
  - What: PUMPKIN PATCH, PIG RACES, MAZES & MORE! The crisp fall air means it's time for some family fun at our pumpkin patch! Fall on the farm is much more than just a trip to pick out a pumpkin! There is so much to

do for all but the main attraction everyone talks about is our <u>famous</u>

<u>Pigtucky Derby Pig Races</u>! Other Fall Favorite attractions include our

DOUBLE Super Mega Ride n' Slide, our Huge Corn Maze (featuring games inside), tractor wagon ride, and over 15 more activities! Our Pumpkin Patch is over 12 acres and features over 20 different varieties of Pumpkins,

Squash and Gourds.

When: Through OCTOBER 31st, 2025



- <u>Fazio Farms- NE Portland</u> page not updated call first
- Mr. Tree's Pumpkin Patch- Happy Valley (503) 753-6896
- o BI-ZI Farms- Vancouver
- Pomeroy Farms- Yacolt, WA
- Bella Organic Farm Tickets
- Bella Organic- NW Portland
- The Pumpkin Patch- NW Portland (FREE Hayrides to The U-Pick Pumpkin Patch begin Yes! Free rides daily in October 10am 5:45pm.
   \*Rides are promptly finished by 6pm. Please be prepared for dust or mud. Dress accordingly as pumpkins are grown in their natural habitat in the soil. No pets allowed on the rides)
- Olson Farms- Damascus outdated website
- o Kirchem Farm- Oregon City E-mail: chershomes@me.com
- <u>Liepold Farms- Boring</u> (503) 663-5880
- <u>Dolan Creek Farm- Boring</u> (503) 663-3176
  - Dolancreekfarm@Gmail.Com
- o Packer Orchards- Hood River
- o Old McDonalds Farm- Corbett (503) 695-3316

- The Pumpkin Pick Fall Festival, Saturday, October 1st
- Old McDonald Activities
  - What: Join us on the last Saturday in September!
     Enjoy the sights, sounds and smells of the autumn season. See our
     30 Farm Program animals at our beautiful, educational site in Corbett.
     We have covered spaces and warming fires so join us rain or shine!
- Fir Point Farms- Aurora (503) 678-2455
- o Bauman's Harvest Festival- Gervais: Bauman's Calendar OCTOBER
- Red Berry Barn Pumpkin patch (503) 925-1700
- Papa's Pumpkin Patch- Sherwood no corn maze or ride
- Frog Pond Farm- Wilsonville (503) 475-5997
- Koch Family Farm- St. Paul On October 1st we open our pumpkin patch for the autumn season. We have hayrides on the weekends or by appointment and lots of cute baby animals to look at (503) 538-6834 kochfamilyfarm@gmail.com