



Community Resources 2026

- **Disclaimer note:** 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.

★ 2026 → [FACT: Money Skills, No Limits. A 6-session virtual training](#)

[REGISTER HERE](#)



★ [FACT Oregon - Money Skills](#)

- **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 5, 7, 12, 14, 19, 21 | 6:30 p.m. – 7:30 p.m.
- **Where:** Virtually / On Line / ZOOM



[Understanding OHP: An Introductory Class](#)

LIMITED SEATS

- **What:** The CSN is partnering with [CareOregon's Connect to Care team](#) to host "*Understanding OHP: An Introductory Class*," a recurring virtual workshop held on the last Tuesday every other month. This introductory training is designed for staff from community-based organizations, social service agencies, and other partner organizations looking to build a

foundational understanding of the Oregon Health Plan (OHP). Learn who qualifies, the range of benefits offered, and how OHP works so you can better serve your community. [REGISTER HERE](#)

- **When:** Tuesday, **September 29**, 2026 9:00 AM 10:30 AM



[Preparing for the holidays](#)



- **What:** October 2026 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
 - [Preparando en familia para las fiesta y eventos de celebración](#) Miércoles 6 de Octubre 12:00-1:00pm Link for [Preparando en familia INSCRIPCIÓN](#)
- **When:** Wednesday, **October 07**, 2026 at 6:30pm-7:30pm
- **Where:** ZOOM LINK will be provided upon registering



[Table Talk: Fathers of Children and Youth with Special Health Care Needs \(CYSHCN\)](#)

- **What:** A gathering of Fathers to connect and discuss their children who are living with special health care support needs.
- **When:** Tuesday **October 13, 2026** 12:00-1:00pm



[West Coast Giant Pumpkin Regatta Festival](#)



- **What:** This fun filled weekend includes Pumpkins and Pints which features a giant pumpkin weigh-off, the 5K Regatta Run/Walk hosted by the [Tualatin Rotary](#), and the West Coast Giant Pumpkin Regatta festival and pumpkin races. The giant pumpkins are supplied by our friends from the [Pacific Giant Vegetable Growers](#).
- **When:** Sunday, **October 18, 2026** 10am – 4pm
- **Where:** Lake of the Commons, 8325 SW Nyberg St, Tualatin. Free



[The Portland Greek Festival](#)

GREEK FESTIVAL



- **What:** When the first Greek immigrants came to the Northwest in the late 1800s to work in fishing, lumber, railroad and other jobs, they established the Holy Trinity Greek Orthodox Church in southeast Portland. After they moved to a larger church on 32nd and NE Glisan in 1952, they needed to find a way to pay off the mortgage. The ladies decided to help by holding a

bazaar featuring their handwork, food, pastries, music and dances from their homeland.

- **When:** **October 2, 3, 4**, 2026
- **Where:** Holy Trinity -Greek Orthodox Cathedral NE 32nd & Glisan



Front Row Card Show

FRONT ROW CARD SHOW

- **What:** **A SHOW FOR COLLECTORS** of sports cards (baseball, football, basketball, hockey, soccer, racing, boxing, UFC), TCG (Pokemon, Magic The Gathering, Yu-Gi-Oh, Disney Lorcana), comic books (Marvel, DC Comics, indie), Star Wars, original artwork, action figures, Funko, toys, video games, pop culture, movie posters, sports memorabilia, autographs and other collectibles.
- **TRADE NIGHT** Saturday 5:00 PM to 9:00 PM is Trade Night - sponsored by Crossing. Entry is free for all attendees. Show off your cards, and make deals with other collectors. Great fun! Lots of free prizes!
- [Buy Tickets here](#)
- **When:** **October 3rd - 4th**, 2026
- **Where:** EXPO Center - 2025 North Expo Road



[OAKS PARK: ScareGrounds](#)



★ [Oregon's Largest Halloween Event Portland's Scariest Haunted Houses](#)

- What: Portland's only Scream Park returns this fall to one of the oldest amusement parks in the country, the historic Oaks Amusement Park.
- The Event features three horrifying haunted walkthrough attractions, amusement rides, themed side attractions, mini golf, roller skating, concessions and so much more.
- When: **Oct. 1–Nov. 1**, 2026 Every Thursday- Sat
- Where: Oaks Park 7805 Southeast Oaks Park Way



[Salmon Homecoming 2026](#)

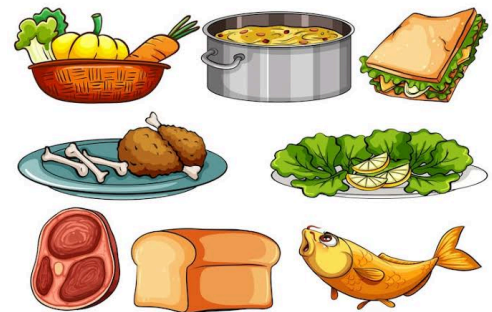
- What: Join us in honoring salmon with two days of fun, food and cultural connections along the Sandy River. View fall Chinook returning to one of the Pacific Northwest's premier glacier-fed wild and scenic rivers. Enjoy plant walks, arts and crafts, storytelling, Native games, vendors, traditional baked salmon samples, educational activities and more!
- Free event. No registration is required. Parking is \$5 or covered by an **annual parking pass**
- Where: Chinook Landing Marine Park [5201 NE 223rd Ave.](#)
- When: Sunday, **October 9**, 2026 10AM - 2PM



★ GAMES GAMES GAMES

★ Retro Gaming Expo OCT 9th-11th 2026

- When & Where: - **October 9-11**, 2026 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??!**



★ Food Resources in Oregon

★ Amazing general RESOURCE LIST

★ Full Spectrum PDX (ALL)

- 1219 SE Lafayette St Portland, OR 97202
- 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
- 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

★ [Latin American Film Festival](#)



- What: Celebrating 20 years of cinema, culture, and community—a very special milestone celebrating two decades of building bridges between Latin America and Portland through film.
- When: **Sept. 23–Nov. 11**, 2026
- Where: 4122 NE Sandy Blvd Portland, OR, 97212

★ [The 2026 Portland Film Festival](#)



- What: Portland Film Festival is Portland, Oregon's largest film festival by filmmakers for filmmakers. It was named "one of the coolest film festivals in the world" by MovieMaker Magazine in 2014. It has won the distinction of being named one of the "50 film festivals worth the entry fee!"
- When: **September 30 – October 4**, 2026
- Where: Held at the [Center for Native Arts + Cultures](#) SE Belmont and 8th



★ 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. [HERO Kids Registry Health Emergency Ready Oregon](#)
- 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](#)

★ Multicultural and Diversity Resource Center's (MDRC) Open House

- What: Join us today starting at **12:00 PM** for the **MDRC Open House**, a welcoming and inclusive event as we kick off the Winter quarter of learning, growth, and celebration of our diverse identities.
- Explore the **Multicultural & Diversity Resource Center (MDRC)**. Connect with peers, meet MDRC staff, and learn about the many resources and services available to support student success through social justice, inclusion, and empowerment. Whether you're seeking campus resources, a place to connect, or simply a space to relax and be yourself, the MDRC is here for you.
- Stop by, say hello, and be part of a community that celebrates you
- When: **October 07** 12:00 PM - 1:30 PM
- Where: MDRC, Student Union, Room 1050 Gresham Campus
26000 S.E. Stark St. Gresham, OR 97030

★ Barney's Boo Bash at Mt. Hood Community College

- What: Wear your best Halloween costume and bring the family for a fun trick-or-treating, the spookiest family-friendly event of the year.
- When: **October 30** 4:00 PM - 8:00 PM
- Where: Main Mall Gresham Campus 26000 S.E. Stark St.

★ ENTIRE State of Oregon - Autism Society Oregon [ASO] October 2026

Events DISCUSSION GROUPS and More

- When: **October 20** @ 5:00 pm - 8:00 pm **Free**
- What: [Neurodivergent Dungeons and Dragons \(Portland\)](#) We will have snacks and beverages provided as an experienced and inclusive Game Master takes you into another land to adventure and make new friends along the way. This is a limited space event as you can only have so many

adventurers at the table, we will open more campaigns based on interest.

Register at [LINK HERE](#)

- Presented by the Connection Club in Come join us for recurring evenings of exploration, fun and friendship! Date: 3rd Tuesdays of each month
- Where: Taborspace – 5441 SE Belmont St. Portland

FOR PROFESSIONAL DEVELOPMENT

- When: **October 27-28** @ 8:30 am - 4:00 pm
- What: [Shoulder to Shoulder 2026 Conference \(Portland\)](#)
- **General Conference Information**
- The **2026** Shoulder to Shoulder Conference will take place on Tuesday, October 27 and Wednesday, October 28 VIRTUALLY. **Conference Schedule** Please visit our Agenda page to view the schedule and descriptions of presentations and speakers available at this year's conference. **Scholarships Available** Scholarships available for Oregon Certified Resource/Foster Parents (ODHS, OYA, Tribal, Therapeutic, etc.), State Adoptive or Assisted Guardian Parents and Relative/Kinship Caregivers. Scholarships provided by Oregon Resource Family Alliance (formerly Oregon Foster Parent Association). More information can be found on our Scholarship page.
- Register at [LINK HERE](#)

★ [Portland Oddities & Curiosities Expo 2026](#)



- 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.

- When: Saturday/Sunday, **October 7th/8th** 2026 10AM - 6PM
- Where: Oregon Convention Center
- ENTRY COST : \$10 advance / \$15 day of Kids 12 and under free (no ticket needed)

★ [Fall Community Health Fair](#) **SAVE the DATE**

- What: Whether you're looking to connect with local health resources, learn about nonprofit and utility bill discount programs, or just enjoy an afternoon of food and fun with your neighbors, there's something here for everyone.
- **What to expect:**
 - Free health resources and screenings, nonprofit resources, bill discount program information, a yummy lunch, facepainting and family-friendly activities, and raffle prizes & giveaways.
- Come spend the day with us! Bring your family, invite your neighbors, and enjoy free resources, good food, and community connection.
- When & Where: Saturday, **November 7**, 2026 11 AM - 2 PM. IRCO's Sokhom Tauch Center
10323 NE Glisan St. Portland, Oregon, 97220

★ [Request an accommodation under the Americans with Disabilities Act \(ADA\) for any City of Portland program](#)

★ [Kids NW](#) (Resource)

- KIDS NW **Behavioral Services**.
 - 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.
 - May help families qualify for additional services.
 - A **referral** from the service coordinator is needed to begin this process.
- Additional information: 503-437-4917
- [Frequently ASKED Question](#)

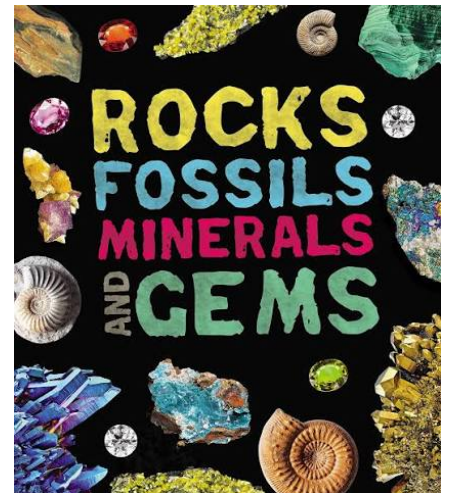
★ [Travel Portland - Events OCTOBER 1-31, 2026](#)

★ **WHAT** → **This calendar is where ALL the FUN things are HAPPENING right in our backyard.**

- [The Spirit of Halloweentown](#) - [Spirit of Halloweentown Event Calendar](#)
 - When: **Sept. 26th–Nov. 1**, 2026 Daily Cost: Cost Varies Where: Courthouse Plaza 275 Strand St. **St. Helens**
 - [WEBSITE - Spirit Of Halloweentown 2026](#)
-
- [Lents International Farmers Market](#) [Lents International Farmers Market WEBSITE](#) - When: through Nov. 22, 2026 Every Sunday, 10AM – 3PM Free Where: 5827 SE 91st Ave Portland
 - [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 16-18**, 2026 11am -5pm
 - Where: Oregon Contemporary 8371 North Interstate Ave.
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- [Portland Regional Gem and Mineral Show](#)
- When: **Oct. 2nd - 5th**, 2026 Daily, 10AM–6PM 12 under FREE
- 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

- What: Understanding Special Education: IDEA, IEPs, and Communicating with Your Team This is a virtual training in partnership with [Help Me Grow Oregon | Swindell's Resource Center](#).
- When: Thursday, **October 8**, 2026 12PM - 1PM



★ [**Snails of Milwaukie A sculpture scavenger hunt**](#)

★ [**A guerrilla artist hid 15 snails across Milwaukie. Finding them unlocks a secret prize**](#)

- What: A scavenger hunt of 15 secret snails. After collecting enough snails, players receive GPS coordinates and a code to open a small safe containing a tiny prize.

★ [**iFLY- Indoor Skydiving that is Limitless and Inclusive \\$\\$\\$**](#)

- The opportunity to indoor skydive for individuals who may have physical or cognitive challenges. 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](#)
- [Understanding Supports for Disability and Sexuality](#)



★ THESE ARE PORTLAND's G.O.A.T.

- [The Belmont Goats \(no longer on Belmont\)](#) (All)
- The Goats are in North Portland now! Every Saturday and Sunday from 11am-2pm 10300 N Iris Way Portland. Located in St. Johns Pier Park, across from Pier Community Garden
- 971-301-4628 ASK@THEBELMONTGOATS.ORG



★ [TOPSoccer is designed for athletes with disabilities](#)

- What: Fall TOPSoccer Season
 - Program Details →
- Day/Time: Mondays, 5:00–8:00 PM
- Cost: \$50 per player per season (\$6.25 per session) Duration: 8 weeks, one session per week.
- If you are in need of a scholarship, please email info@eastSIDETIMBERS.COM for the Discount Code. You can then begin the registration process

- When: Season Dates: **September 28 - November 16**
- Where: Location: Troutdale Indoor Sports, Troutdale, OR

★ City of Gresham's October 2026 Calendar of Events

★ Newborn Care Class (In-Person)

- When: **Oct. 10th**, 2026 12:30PM to 4:30PM

★ Group-based Medical Nutrition Therapy or Diabetes Education

- Which classes are you interested in?

★ **SAVE THE DATE!!** The Arc's National Convention \$\$\$

- What: The Arc's National Convention gathers people with intellectual and developmental disabilities (IDD), family members, and professionals from through The Arc's chapter network and beyond for three days of learning, networking, and fun. A leading disability-focused conference, the National Convention provides an unmatched opportunity to connect and learn with passionate advocates and professionals from across the country. With topics ranging from employment, education, advocacy, housing, criminal justice, and more, there are sessions for everyone. Join us in building a stronger, better future for people with intellectual and developmental disabilities, their families, and the professionals who support them.
- When: **November 18th - 20th**, 2026

★ 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 SEE: Instagram.

- **CONTACT: Leah Cabler @ 971-303-7156. Email:**
leah.tiger@gmail.com Leah welcomes new people and wants the info to be passed along!
- [PDXfcy](#) is the Instagram  account where you can learn MORE!
- Fight Club Yoga (F.C. Yoga) 231 SE 12th Ave
- [Pop rock hour - music and dance class for young adults with disabilities](#). 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 Leah Cabler. Her Facebook page also has references to FC Yoga and the pop rocks dance class.

★ **EASTER SEALS: Connecting Communities provides services for individuals with disabilities who have language and/or literacy barriers**



★ Connecting Communities Program

- 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. **How to Join:** In order to qualify for our services, you need to already be a participant with Vocational Rehabilitation
- **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: 237 NE Broadway Street, Suite 100 Portland, OR 97232
503-335-6161



PORTLAND PARKS
& RECREATION

★ Adaptive & Inclusive Recreation Activities (AIR)

- [LOOK HERE FOR ALL PP&R OCTOBER 2026 ACTIVITIES](#)
- **October activities are ALMOST FULL. Sign up in advance for NOVEMBER!!**

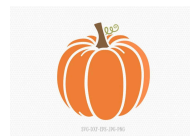
★ [French Prairie Gardens Pumpkin Patch 2025](#)

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 **famous Pigtucky Derby Pig Races!** 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



MORE PUMPKIN



PATCHES:

○ **PLEASE CALL FIRST**

- [Maize on Sauvie Island. TICKETS](#)
- [Fazio Farms- NE Portland](#) - page not updated call first
- [Mr. Tree's Pumpkin Patch- Happy Valley](#) - (503) 753-6896
- [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 503 658-2237
- [Liepold Farms- Boring](#) - (503) 663-5880
- [Dolan Creek Farm- Boring](#) - (503) 663-3176
 - Dolancreekfarm@Gmail.Com
- [Packer Orchards- Hood River](#)
- [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
- [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