



# April Resources

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- **Note: Due to COVID-19 please confirm with the activity directly prior to attending.**

★ **[2021 Wooden Shoe Tulip Festival](#)- ALL AGES**

- March 19 – May 2, 2021
- Check the website for more information or if you have any questions or concerns please reach out to the farm directly, [office@woodenshoe.com](mailto:office@woodenshoe.com) or 503-634-2243.

★ **[Kids Bowl Free!](#)- KIDS & HST**

- You can get gift cards shipped to you for FREE, no strings attached.
- Just request the cards at <http://www.kidsbowlfree.com/earlybird/pto.html>
- Several Metro Area bowling alleys participate, check [here](#) to see the list of participating locations.

★ **[The “M” Word: Education & Supports for Self-Stimulation](#)- ALL AGES**

- This training is designed for anyone supporting someone who experiences I/DD or neurodiversity.
- Self-stimulation can be awkward and embarrassing to talk about, but it is also the safest expression of a person’s basic, biological sex drive. It is critical to learn how to talk about and support this private topic in a professional manner – whether in team meetings, with family members or support workers, or with the person you are working with.
- April 8, 2021, 10 am -11:30 am, Instructor - Shanya Luther, Among Friends
- Cost - \$30

★ **[Virtual Field Trips! From Arizona State University](#)**

★ **[More Virtual Field Trips!](#)**

★ **[The Kitchen Table Classroom:](#) Free online art classes**

★ **[LUNCH DOODLES with Mo Willems](#) A virtual art class with artist Mo Willems daily at 10am**

★ **[New to Autism: What Do I Do Next?](#)- ALL AGES**

- April 7th from 7:30 pm - 8:30 pm
- This interactive webinar is for people new to autism, newly diagnosed and/or new to Oregon. Discussion will depend on the needs of each month's participants, including:
  - Steps to take after diagnosis
  - How to get an autism evaluation
  - Information on autism resources and how to access them
  - Ideas for actions to take before services to start

★ **[Housing and Independent Living](#)- KIDS & HST**

- Tuesday, March 30th from 6:00 to 7:30 PM
- Available in English and Spanish
- Join Jennifer Knapp ED from Community Vision to learn more about independent living options for youth transitioning into adulthood.

★ **Your Child's Plan for Special Education- KIDS & HST**

- Please join Katie Jackson, Educational Advocate & Consultant for an overview on the Individualized Education Plan (IEP) process.
- Available in English and Spanish
- [IEP Basics Part I:](#)
  - Wednesday March 31st from 6:00 to 7:30 PM
  - Katie Jackson joins us to discuss IEP tools and tips for tracking your child's progress, communicating with your school and advocating for your child.
- [IEP Basics Part II](#)
  - Wednesday, April 21st from 6:00 to 7:30 PM
  - Katie Jackson joins us to discuss how to prepare for the 2021-2022 school experience and navigating the transition to school in the fall

★ **[Punch Through Pandemics with Psychological Science](#)- ALL AGES**

- Free class through Oregon State University
- Starts March 30th and runs for 10 weeks, join at any time.
- In uncertain times like these, it's normal to feel anxiety, stress, loneliness, and other feelings of isolation. Stress effects can be invisible and damaging even if we are not consciously aware of them. We are all concerned for the health and well-being of our families, friends, and the world. Experts in psychology will help you handle these feelings and learn ways to cope and communicate in "Punch through Pandemics with Psychological Science".

★ **[Imagineering in a Box](#)- ALL AGES**

- Imagineering in a Box is designed to pull back the curtain to show you how artists, designers and engineers work together to create theme parks. Go behind the scenes with Disney Imagineers and complete project-based exercises to design a theme park of your very own.

★ **[You are Brave! Supporting Children who Experience Anxiety](#)- KIDS & HST**

- Tuesday April 20th from 6:00 to 7:30 PM
- Available in English & Spanish
- Tips and resources to help identify and support children with anxiety. How to advocate for your child at school. When to seek professional help.
- Join Jody Conrad, MS NCSP, School Psychologist with the SOESD as she shares: tips and resources to help identify and support children with anxiety; how to advocate for your child at school, and when to seek professional help.

★ **[Visual Supports: Finding Success in a Confusing World](#)- ALL AGES**

- Thursday, April 15th from 6:00 to 7:30 PM
- Rowan Hill-Walko, MS, Autism Specialist with the SOESD, joins us to discuss how visual supports can assist individuals in completing more tasks by themselves, increase their independence, reduce levels of frustration, anxiety, and aggression related to task completion and adjust more readily to changes in their environments

★ **[Webinar: Saving with Oregon ABLE 101](#)**

- April 14th from 12:00 pm - 1:00 pm
- Free! Presented by Oregon ABLE Savings Plan

★ **Could it be Sensory? - KIDS & HST**

- Difficulties with sensory processing may explain why your child is picky, uncooperative, clumsy, anxious, intense, or unable to get through the day without a meltdown. Lynn Roussell, MS, OTR/L, joins the Swindells Resource Center for this 2 part series:
- [Part Two: Tuesday April 6th from 6:00 PM to 7:30 PM](#)
  - Helpful tips for supporting children with Sensory Processing needs at home and school.

★ **Swindells 2 part series with the Clinical Director of Providence Pediatric Neurology- ALL AGES**

- Part Two: Headaches in Kids: When to worry, what to do
  - Thursday, April 22 6:00 - 7:30 pm
  - Factors that affect headaches, Treating headaches, Medications, When is a headache not a headache?
  - Register [here](#) or call 503-215-2429

★ **Durham Family Autism Support Group**

- April 21st from 6:00 pm - 7:30 pm
- Email [lorib@autismsocietyoregon.org](mailto:lorib@autismsocietyoregon.org) for Zoom invite

★ **ADULT TRANSITION SUMMIT: COLLEGE & CAREER SUCCESS FOR ALL**

- Friday, April 16, 2021 from 9:00am to 6:00 PM
- Holiday Inn Portland Airport, 8439 NE Columbia Blvd, Portland, OR 97220
- Together we will learn and share with national and local experts on transition and inclusive college! This powerful day builds on successes and creates action steps for youth (16-25), parents, educators, professionals, and anyone interested in increasing inclusive higher education opportunities in the NW region. Receive information, network, and take part in state-level advocacy around inclusive postsecondary education for individuals with intellectual disability (ID) in Oregon, Washington, Idaho, northern California, and Nevada.

★ **ALL BORN (IN) 15TH ANNUAL CROSS-DISABILITY EDUCATIONAL INCLUSION CONFERENCE**

- Saturday, April 17, 2021 from 8:45 am to 6:30 pm
- Holiday Inn Portland Airport, 8439 NE Columbia Blvd, Portland, OR 97220
- The annual All Born (in) Conference is an exciting day for parents, caregivers, and professionals working to end segregation in neighborhood schools and the community. It's a day of celebrating community and learning how to use Universal Design for Learning and best practices to reach and teach every child. Share, learn, and make connections so that we can all go forth to open the eyes of the wider community to the fact that our children are all born "in".
- The day includes tools, networking, and inspiration for inclusion, intersectionality, Universal Design for Learning, and ending segregation. Over 30 workshops designed to prepare parents, educators, persons with disabilities, allies, providers, schools, and communities to successfully embrace diversity. Please join us!

★ **Portland Parks & Rec: Stay and Play Video Series- ALL AGES**

- [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. Let's Stay and Play until we can be together again!

★ **Portland Audubon events [listed here](#)**

★ **[Let's Get the Wiggles Out- KIDS](#)**

- Tuesdays from 10:15-11am
- Join Jess for this high-energy storytime with books and lots of songs to help you get the wiggles out! Storytime will end with a suggestion for a craft you can do at home with materials you're likely to have on hand. Ages 3-6. Registration required; register with an email address and we'll email the link prior to the event.
- [Register here](#)

★ **[Mindfulness Mondays- ALL AGES](#)**

- Monday April 5th and Monday April 19th from 12:00pm-12:30pm
- Please join us for 30 minute meditation sessions using tools to calm our nervous systems, focusing on themes of body awareness, loving-kindness, joy, connections (ancestors and our relationship with ourselves and others), and inherit safety in pervasive awareness.
- [Register here](#).

★ **[Teen & Young Women On Spectrum Friendship Group: Meeting Virtually- KIDS & HST](#)**

- Meets on the 1st & 3rd Sundays of each month, from 3:00-4:30pm. For female-identifying people on the autism spectrum, ages 15 and up, looking for an accepting environment in which to hangout with other female-identifying teens and young adults on the autism spectrum. Come chat, relax, or just chill. Participate in great discussions and/or activities (or not) of your choosing! This group is currently meeting on-line.
- For more information, please contact Kim at 503-635-5112 or [click here to email](#). Sponsored by the Autism Society of Oregon.

★ **[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.

★ **[COMMUNITY DROP-IN SUPPORT- ABI- ALL AGES](#)**

- Every Thursday from 12pm-2pm
- Both in English and Spanish
- We work to provide you tools, tips, and strategies to navigate early childhood services, special education services, and inclusive communities. We also provide resources to support health and safety, connections to community, and an open ear and heart to families, educators, and other professionals.
- [Register Here](#)

★ **Online Collaborative Art Class- Drop in!- ALL AGES!**

- Being in quarantine doesn't mean we have to be without #community! We have decided to offer online prompts that we can all do at home, together yet separate, as a temporary substitute for our weekly Collaborative Arts classes! We will post a new prompt every Wednesday morning on Instagram and Facebook that you can work with whenever you choose.
- Now, we also invite you to join us for Collaborative Arts Online! Join us in our virtual Zoom room every Wednesday from 11 am - 12 pm. Send an email to [rachel@publicannex.org](mailto:rachel@publicannex.org) to join.