

February Resources 2022



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

★ [The Official Guide to Portland Events 2022](#) - KIDS & HST

- The MONTH of February Portland events

★ [The ARC's Annual State Convention scholarship application](#) - All Ages

- Apply now for a scholarship for the May 5th - 7th, 2022 Convention
- Thanks to the Oregon Special Needs Trust (OSNT) Remainder Fund Grant Program, we are also able to offer generous travel stipends for people with IDD.
- If your application is accepted, you will receive a special code to register for the event.
- Please call our office at 503-581-2726

★ [Portland Winter Light Festival 2022](#) - All ages

- February 4-12, 2022. This event has been happening for a few years by [Willamette Light Brigade](#). It lights up the Central Eastside and near OMSI and Tilikum Crossing Bridge with light – lights, fire, technology, music. So fun! But **be warned, it gets super crowded.**

★ [The Affordable Connectivity Program \(ACP\)](#). 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 [now 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 certain assistance programs, such as SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, or [Lifeline](#);
- Participates in Tribal specific programs, such as Bureau of Indian Affairs General Assistance, Tribal TANF, or Food Distribution Program on Indian Reservations;
- Is approved for benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision;
- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating provider's existing low-income program. Quick Links: ACP Application Link [Apply Here](#)

★ The FCC's ACP Page [Info on The Connectivity Program](#) .Application Questions? Contact ACPSupport@usac.org or call 1-877-384-2575 Request a Speaker ACPspeakers@fcc.gov . ACP Consumer Outreach Toolkit

★ [Consumer Outreach Toolkit](#)

★ 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

- 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

★ Community Vision Adult Programming ADULTS

- DISABILITY ETIQUETTE TRAININGS - (informational)
- For people with disabilities, relationships can be slow to form. This is often because others are afraid of doing something embarrassing or unintentionally offending people with disabilities. This barrier to connection is simply a lack of knowledge around disability etiquette.
- Community Vision staff and people with disabilities are teaming up to develop training on communication tips and tricks on navigating assistive devices, and on dispelling myths and worries around disability. The interactive training will be informative, fun, and leave everyone feeling more at ease around each other.
- **Vision and Goal: 10 trainings to be completed by Summer 2022**

- For more information - John Canda jcanda@cvision.org 503-292-4964 x163

★ **[Planning Tools for a Health Emergency](#)- ALL AGES**

- Tuesday, February 8 | 6 - 7:30 p.m
- For More Info - Swindells @providence.org | 503-215-2429

★ **Portland Parks & Recreation → AIR Program - Virtual - Bingo Bonanza**

Ages 12+

- Feb 11, 2022 - Mar 11, 2022
- Fri 3:30 PM - 5:00 PM
- Winter 2022 - Session B #1142298
- [The whole LIST of AIR activities](#)

★ **NW Kids magazine events calendar - Kids**

- Triple Rainbow celebrates the release of *You Are Magic* with a **free show** at Music Millennium as part of their Family Day Saturday February 19th from 12-12:30 3158 East Burnside Street

★ **Friendship Line Website - Aging 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? 2022 Portland Audubon** events [listed here](#)

★ **Canby Brain Box Resources Under 5**

- Email Jenny Avila jennya@todos-juntos.net
- [Sandy, Estacada, Canby, Molalla](#) -

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**

[Google Workspace – Basics](#): February 1-3,

[Gmail Tips and Tricks](#) – Tuesday, February 1, 1-2pm

[Google Workspace Part 1](#) – Wednesday, February 2, 1-2pm

[Google Workspace Part 2](#) – Thursday, February 3, 1-2pm

★ **Crisis & Trauma Resource Institute** - See below

[Fetal Alcohol Spectrum Disorder - Strategies for Supporting](#)

February 9-10, 9am-4pm CDT

[Bullying - Responding for Prevention](#)

February 16, 9am-4pm CDT

[Anxiety in Children and Youth - Practical Intervention Strategies](#)

February 26, 9am-4pm CDT

★ **[OPB - Oregon's Black Pioneers 30 minute video](#) - ALL AGES**

- On FEB 7th, 2022 - 9:30pm – 10pm [OPB-TV](#)
- “Oregon’s Black Pioneers” examines the earliest African-Americans who lived and worked in the region during the mid-1800s. They came as sailors, gold miners, farmers and slaves. Their numbers were small, by some estimates just 60 black residents in 1850, but they managed to create communities, and in some cases, take on racist laws — and win.

★ **[Freeze the Day! A History of Winter Sports in Oregon](#) - ALL**

- **Oregon Historical Society:** 1200 SW Park Ave
- This work set the stage for championship athletes to thrive. *Freeze the Day* profiles 13 such athletes, including Olympic snowboarders Ben Ferguson and [Chris Klug](#), luger Jack Elder, figure skater [Tonya Harding](#), and **Special Olympics Oregon snowboarder Henry Meece**
- More @ The Oregon Historical Society - [EXHIBITS](#)

★ **[Oregon Historical Society](#) - ALL (1 hour and 30 min drive)**

- This is a “Traveling informational KIOSK” → @ [The Dallas Public Library](#) 950 Main St. Dallas. Through Feb 14th, 2022.
- In 1971, Oregon became the first state in the nation to pass a [Beverage Container Act](#) to address a growing litter problem. The legislation, known today as the Bottle Bill, marked its 50th anniversary
- If you are INTO RECYCLING

★ Professional Development opportunity (not for clients) **[Foundations of Sexual Health Online Series- Registration Form - February 2nd -4th, 2022.](#)**

3 days from 9:00am - 4:00pm

★ [32nd Annual Cascade Festival of African Films](#) February 4th through March 5th 2022

★ [Portland Blazer's Celebrate Black History](#)

Knicks vs Blazers February 12 - 2:00 P.M. PT

★ Tickets to our annual Celebration of Black History are now available

★ [K-12 Virtual Tutoring / Tutoría Virtual](#) February 1st 2022 4:00pm - 6:00p;m
FREE. If you have further questions please contact the program coordinator Jen May at jennifem@multcolib.org or text to 971.500.1733. NOTE: For disability accommodations, call 503.988.5123 or email help@multcolib.org 2-3 days before a program.

★ [Its Black story time live](#) - Wednesday February 2nd 2022 5:15pm- 5:45pm On line Live storytime with fun books, songs, rhymes, and more!: The African and African American experience comes alive for children from birth to age 6 (with a favorite adult and other family members). Black Storytime builds language and literacy skills your child needs to be ready for kindergarten.

★ CHECK THE LIBRARY WEBSITE FOR MORE FREE RESOURCES:

[MULTNOMAH COUNTY LIBRARY classes & events](#)

★ [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