



Resources

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

- ★ **Promoting Emotional Health and Wellness for Students with ASD**

- May 4th from 9:00 a.m. to noon.
- Understanding the connection between ASD and mental health, secondary affective disorders (depression, anxiety, eating disorders) particularly as children approach adolescence.
- Exploring boundaries as they relate to school-based professionals, scope of practice, knowing when issues should involve communication with parents/caregivers regarding "red flags" and when they should consider seeking medical/mental health evaluation services.
- Discussing practical ways to prevent mental health/emotional difficulties; promote emotional wellness.
- Reviewing links between diet, sleep, exercise/movement and overall child health and wellness.
- Examining how COVID closures have negatively impacted students by disrupting routines, etc. - and ways to overcome.

- ★ **Baby Steps- Support group for new parents and caregivers of babies 0-6 months.**

- 6 week series: May 3 - June 7, 6 - 7:30 p.m.
- [Register here](#)

- ★ **BVI Early Childhood Virtual Family Fun Night!**

- Hosted by Oregon Regional Blind and Visually Impaired Programs
- May 13, 2021 6:00 PM to 7:00 PM
- On May 13th, 2021 from 6-7 pm, come join a virtual Spring Early Childhood Family Fun Night for children with visual impairments ages birth-5 years of age. Hosted by Oregon Regional Blind and Visually Impaired Programs, the night will be a deep sea adventure based on the book

"Blue Sea", by Robert Kalan. Together we will join in songs, crafts, learning activities, and Orientation and Mobility! You will have a chance to catch lots of fish that are big, little, colored and all.

★ **[Writing w/ Alternative Pencils in a Hybrid World: Students w/ Significant Disabilities CAN Write Too](#)**

- May 6th from 12:30-3:30p.m.
- Moving to an online world has posed many challenges for students with significant disabilities – including how to teach them about writing. For this population of students that struggle with writing (especially online!), “alternative pencils” are an essential solution which allow students to write without using their hands. This webinar will target emergent, beginning writing for students with significant disabilities, including Cortical Visual Impairment. A range of alternative pencils will be demonstrated, along with fun, interactive writing activities and alphabet games- which can be done online and in person.

★ **[The Arc 2021 Virtual State Convention: Adapt. Grow. Thrive.](#)**

- May 5 - May 8, 2021
- [Agenda here](#)

★ **[SOCIAL JUSTICE GROUP VIRTUAL MEETING](#)**

- Monday, May 3rd from 11:00a.m-12:00 p.m.
- The Social Justice Youth Group meets every Monday to discuss making social justice a priority in our lives, becoming advocates for our rights, and creating a more equal and accepting world.
- We are an inclusive group with members of all abilities who are passionate about social issues and use creative expression to explore them and advocate for justice.
- [Attend via Zoom here](#)

★ **[ALSO's LIVE LEARN EARN Annual Benefit](#)**

- Wednesday May 12th 6pm Pre-Show and 6:30 PM Live Program
- We believe housing is a basic human right. Stable housing supports enhances health, well-being, and community connectedness. Yet, for thousands of people experiencing intellectual and developmental disabilities (I/DD), housing security is an escalating crisis leaving individuals with I/DD and their families with few housing options.
- Join us for a special evening of stories & celebration. Learn more about your impact on affordable, accessible, and inclusive housing. All funds raised benefit ALSO housing programs, ensuring not only a house but a HOME for the people we support.
- Elevated Wine & Cheese Experience · Delivered to your door
- Golden Ticket · Beach House Raffle Ticket · Special Donation Appeal

★ **[FACT Oregon- Dream Big Dreams- Virtual Auction](#)**

- May 9th-15th
- Buy! Bid! Win! Visit the Auction online today to begin browsing available packages and purchase an entry to our Golden Ticket raffle!

★ **[Todd Dunn: The Life I Want...A Self-advocates story](#)**

- May 19th from 6:00-7:00p.m.
- Available in English and Spanish
- During this training FACT Oregon Executive Director Roberta Dunn and her son, Todd Dunn share his pursuit of a whole bumpy, beautiful, messy, and wonderful life; including working and living with a roommate. They'll share how intention, perseverance and action shaped Todd's life...and not disability
- [Register here](#)

★ **[Open Saturday at Pearson Field Education Center](#)**

- Open by reservation each Saturday from 10am-4pm, the Pearson Field Education Center is the ideal location for youth of all ages to experience STEM education through aviation. We feature a flight simulator lab, vertical wind table, glider building, historic airplanes and collections on display, and various educational programs.
- Entry fee is \$7 for each individual age 6 and above. Thanks to a donation from iQ for Kids, iQ Credit Union's non-profit fund, admission is free for those currently receiving SNAP food assistance benefits. Simply make your reservation and show your valid EBT card and photo ID at the front desk when you arrive. Valid for up to four individuals per EBT card.
- To make a reservation by phone contact 360-992-1818

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

- Wednesday May 12th from 6:00-7:00 p.m.
- Are you worried that if you work too much and save too much, you'll put your benefits in jeopardy? Wish you could build a nest egg for your kid who has a disability?
- The Oregon ABLE Savings Plan can help. ABLE lets people with disabilities and their families save money without getting disqualified from their state and federal benefits. Money saved in an ABLE account doesn't count against the asset limit for benefits like SSI, Oregon Health Plan, SNAP, Section 8 and more. Plus there are tax advantages!

★ **[ASO's Awesome Adventures "Happy Hour"](#)**

- ASO's Happy Hour for Autistic Adults!
- Friday May 14th from 7:00-8:00 p.m.

- This is a time to chat, support each other and forge new friendships.
- Please contact us for the Zoom link at Info@AutismSocietyOregon.org

★ [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

★ Portland Audubon events [listed here](#)

★ [Imagineering in a Box](#)

- 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.

★ [Portland Parks & Rec: Stay and Play Video Series](#)

- [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!

★ [Let's Get the Wiggles Out](#)

- 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.

★ [Mindfulness Mondays](#)

- 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 inherent safety in pervasive awareness.
- [Register here.](#)

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

- 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](#)**

- 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!**

- 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 to join.