



Resources 2022

- **Note:** Due to COVID-19 please confirm with the activity directly prior to attending
- **Disclaimer:** These are **community** resources & events that may or may not necessarily be endorsed and/or supported by The I/DD Division

★ Sexual Health and Relationships Education (SHARE) Workshop (Live on Zoom)

- October 6th-7th, 2022 from 9am-4pm each day
- Register before 9/23/2022 to reserve your spot
- Please see attached [FLIER](#) for more details and registration information.
- Questions? Please email tbrown@communitypath.org
- <https://www.facebook.com/SHAREprogram>
- Another Resource re: this topic - [Tools for teaching sexual health OHSU](#)

★ [Full Spectrum PDX](#)

- 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

★ [Autism Society of Oregon EVENTS Calendar for October 2022](#)

- [Grupo de Apoyo en Español \(Reunión Virtual\)](#)
 - 1er Martes de cada mes. 6:00-7:00 pm – Evento Gratuito
 - Para registrarse o para tener más información envíe un correo electrónico a MariaA@AutismSocietyOregon.org
 - *Enlace para unirse via zoom: <https://tinyurl.com/GrupoenEspanol>*
 - Propósitos del grupo:
 - Información sobre Autismo y recursos disponibles
 - Crear una red de apoyo para familias latinas
 - Oportunidad de interactuar con otros padres

★ [Portland Retro Gaming Expo 2022](#)

- Details - October 14-16, 2022 at the Oregon Convention Center (777 NE Martin Luther King Jr. Blvd., Portland, OR 97232)
- 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.
- COST - \$15 and up [Tickets](#)

★ Portland Oddities & Curiosities Expo 2022

- 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.
- DATE: Saturday, October 22nd 2022
- TIME: 10AM - 6PM
- LOCATION: Oregon Convention Center
- ENTRY COST: \$10 advance / \$15 day of
- Kids 12 and under free (no ticket needed)

★ Free beach wheelchairs available at more than a dozen places on the Oregon Coast

- Most locations request reservations be made at least a week in advance, especially during summer months.
- In Gearhart, contact Gearhart by the Sea Resort at 800-547-0115 or info@gearhartresort.com.
- In Seaside, call Sunset Empire Parks & Recreation District at 503-738-7393.
- In Cannon Beach, call Bahama Boards at 503-436-4317.
- In Manzanita, call the Manzanita Visitors Center, 503-812-5510.

- At Nehalem Bay State Park, call 503-812-0650, ext. 20, or stop by the park ranger station.
- In Rockaway Beach, contact Troxel's Gem and Jewelry Store at 541-418-2842 or rockawayrocks@gmail.com.
- At Barview Jetty County Campground, call 503-322-3522 or stop by the campground entry station.
- In Garibaldi, call the Port of Garibaldi at 503-322-3292.
- At Cape Lookout State Park, call 503-842-3182, ext. 221, or stop by the park ranger station.
- In Pacific City, fill-out the online request form from the Inn at Cape Kiwanda at innatcapekiwanda.com/beach-wheelchairs

★ [Kids NW](#)

- KIDS NW Behavioral Services. We are reaching out to inform you that we do not have a waitlist for Behavior 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.
- Provides support and advocacy; we are here for you
- **A [referral](#) from the member's service coordinator is needed to begin this process.** Additional information: 503-437-4917

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

- Contact: Laah Wallace

- EQC
- 7133 N Lombard St Suite 101, Portland, OR 97203
- (503) 753-8551
- aba@eqchomecare.com
- Services Provided: ABA, attendant care, social skills groups, OT & PT, educational support and parent training

★ Seven Self-care Tips for College Students

- Mental health First AID resource
 - Set a routine – and keep it: But having a routine has been shown to lower people's stress levels and help them feel more productive and focused. Consider planning to wake up, eat, study and exercise around the same times every day.
 - Drink plenty of water: Your brain is 73% water, so drinking lots of water is also important to healthy brain functioning
 - Practice mindfulness, meditation and gratitude: focus your attention on things you are grateful for. Benefits include improved relationships with others, experiencing more joy and pleasure and even strengthening your immune system.
 - Eat nutritious meals: A nutritious, balanced diet can help you think clearly and improve your attention span, whereas eating lots of processed foods can lead to inflammation
 - Clean up: cleaning and decluttering helps people gain a sense of control, improve their mood and even reduce levels of anxiety
 - Get enough sleep
 - Exercise.

★ 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.

★ **[The Belmont Goats \(no longer on Belmont\)](#)** (All)

- The Goats are in North Portland now!
- Every Saturday and Sunday from 11am-2pm
- 6631 N Syracuse St, Portland, OR 97203
- 971-301-4628 ASK@THEBELMONTGOATS.ORG

★ **[The Underground Youth Mentorship and Fitness](#)** (Ages 12-21)

- <https://www.undergroundpdx.org/>
- Saturday, October 8, 2022
- 10:45 am - 12:00 pm
- The Underground PDX.
- 19626 NE Glisan St
- The Underground PDX offers **free** CrossFit, basic workout classes, and youth mentorship to local Gresham middle and high school youth ages 12-21.
- For more information, contact info@asischurch.com or Joshua Al-Jaouni, 503-406-0339.
- The Underground PDX is a recreation partner with the City's Youth Services and Gresham Parks and Recreation.

★ **[Oregon Children's Theater](#)** (7-14y/o)


- STAR School for 7-10: [Fall Term Schedule](#)

- STAR School for 11-14: Fall Term Schedule
- Location - Multnomah Arts Center
- 7740 Southwest Capitol Highway
- Portland, OR, 97219
- Wednesdays, 4:00pm-6:00pm
- The Acting Academy at The Children's Theater is IN PERSON!! Acting Classes
- TESTIMONY from a participant- "I'm co-teaching a theater camp in the fall that's specifically for Autistic kids. One's for ages 7-10 and the other is 11-14. I want to give it more exposure and also make sure ASD kids have an opportunity to check it out, learn social skills, and potentially make new friends like them.....They also have scholarships and so finances shouldn't be an issue. They've never had to turn down a family.

★ [Swindell's Resource Center - GREAT INFORMATION](#) - 503-215-2429

★ [Connecting Portland -Information on FREE tablets](#)

★ **FREE DANCE CLASS** - A drop-in dance class on Saturday's.

- **CONTACT: Leah Cabler @ 971-303-7156.** Leah welcomes new people and wants the info to be passed along!
- **PDXfcy** is the Instagram  account
- Fight Club Yoga (F.C. Yoga) 231 SE 12th Ave Portland, OR 97214
- Leah does not have a website. Her yoga studio is called Fight Club yoga for a reason. 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, which will be doing their big show on October 22nd

★ [Autism Society - Capitol Connection 2022 General UPDATE](#)

- **Capitol Connection**, find out about new grants to several states for respite care and community-based services, state advocacy resources to support employment, and ways to advocate for services in your state. Please continue to use the **Autism Society's online Action Center** for voting information, disability-related legislation, and sample letters to educate Members of Congress.

★ [Affordable Connectivity Program](#)

- What is the Affordable Connectivity Program (ACP)?
- The ACP is run by the FCC program to help low-income households pay for internet service and connected devices like a laptop or tablet.
- You are likely eligible if your household's income is below 200% of the Federal Poverty Line, or if you or someone you live with currently receives a government benefit like SNAP, Medicaid, SSI, WIC, Pell Grant, or Free and Reduced-Price Lunch.
- If your household is eligible, you could receive:
 - Up to a \$30/month discount on your internet service
 - Up to a \$75/month discount if your household is on qualifying Tribal lands
 - A one-time discount of up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50)
 - A low cost service plan that may be fully covered through the ACP*

★ [Saturday Morning Cartoons @ The 4th Wall](#)

- Call for information to ensure event is still happening

- The 4th Wall, Hawthorne's hottest new cafe, is showing quality cartoons new and old on a 150" projector screen all Saturday morning, every Saturday morning. They also have plenty of hot Sisters Coffee, fresh breakfast sandwiches and pastries, free wifi, and of course sugary cereal!
- October 1st 8:30am-noon, Free

★ [Awake Coffee Art Events](#)

- [Kids' Crafts at Awake Coffee](#) Join the Awake Crew every Thursday at 3:30pm for kids crafts! Crafts vary from clay bowls and fairy wands to lanterns and water colored creations. Younger siblings are always welcome.
- CONTACT for information on date and time - mandie@awakecoffeeart.com
971-803-7122
- LOCATION: 7325 SE Milwaukie Ave
- TIME: 3:30-4:30pm, \$5/child
- WHEN: Oct 6th

★ [17th Annual Latino Health Forum](#) (Caregivers & professionals)

- Cuando: 26th de Octubre
- The Latino Health Forum is an event dedicated to the exchange of innovative ideas, best practices and the advancement of health for the Latino community.
- In its 17th year, the Latino Health Forum attracts health care experts and activists serving Latinos in the Pacific Northwest to participate in open dialogue and forums on current topics affecting the health of Latinos on regional, national and international levels.
- The forum is a valuable platform for individuals working in health care, social justice, public policy and for those working with underserved Latino populations.

- Participants will have the opportunity to meet and network with practitioners, researchers and community activists currently impacting the field of public health.
- Individuals will gain valuable resources and skills towards shaping health policy and creating greater health equity for Latino populations here in the Pacific Northwest region.

★ [Rent Well Program](#)

- Mondays and Wednesdays 6:00 pm – 7:30 pm
- Location: [Zoom](#) – we will not meet in person for this class

What is Rent Well?

- A tenant education class that can help people overcome barriers to stable rental housing. Please [click here](#) to learn more.
- Please call (503) 650-5647 or [click here](#) to register for an appointment to sign up for the September class. This is a 6-week class series. Classes will meet from 6:00 - 7:30 pm via Zoom on the following dates: 9/12, 9/14, 9/19, 9/21, 9/26, 9/28, 10/3, 10/5, 10/10, 10/12, 10/17, and 10/19
- 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 expected to be available in 7 different languages by the end of 2022.
- Other Questions? Email rentwell@clackamas.us or call (503) 650-5647

★ [Transition to Adulthood: Healthcare and the IEP](#)

- Monday, **September 26**, 2022 6:00 PM 7:30 PM

- Join FACT Oregon and Oregon Family to Family Health Information Center to explore:
 - How health and the purpose of IDEA work together
 - How “supported decision making” can help in the planning phases of the healthcare transition
 - Examples of IEP goals
 - Tools and resources to prepare for healthcare transitions

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

- 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.
- The Connecting Communities Program has offices in Portland, Gresham
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★ **Portland Parks & Recreation Adaptive & Inclusive Activities**

- [AIR - Virtual - Bingo Bonanza](#)
- [Art - Creative Art](#)
- [Art Party - Time for Fall Crafts](#)
- [Basketball - Bidy Ball League: With Coach Earl](#)
- [Basketball - For Starters](#)
- **[LOOK HERE FOR ALL PP&R ACTIVITIES](#)**

★ **[Hood River Valley Harvest Fest -2022](#)**

- There are also kids activities and live music for everyone to enjoy. The 2022 Hood River Valley Harvest Fest is taking place the second weekend of October. Here’s a breakdown of the hours for each day:

- Friday, October 7, 1-6 p.m.
- Saturday, October 8, 10 a.m.-6 p.m.
- Sunday, October 9, 10 a.m.-5 p.m.
- Celebrate Hood River's harvest season at the 40th annual Hood River Valley Harvest Fest presented by Visit Hood River. This old-fashioned fall festival brings together more than 125 vendors offering local produce and food products, plus arts and crafts, wine, cider and beer tastings. Held along the scenic Hood River waterfront, this is the Columbia River Gorge's biggest celebration of the region's incredible fall bounty.
- Youngsters will love the kids' activity area, complete with bouncy houses, face painting and other activities.

★ **[Autistic Self Advocacy \(AASAPdx\) Portland](#)**

- For new inquiries please call us at (971) 808-2367
- If you have questions contact autismselfadvocacyPDX@gmail.com

★ **[Gresham's 2022 Safe Trick-or-Treat](#)**

- Monday October 31st, 2022 4:00-6:00pm
- Gresham's annual free Safe Trick-or-Treat event on Main Avenue in historic downtown between First and Fourth streets.

★ **[French Prairie Gardens Fall 2022](#)**

- French Prairie Gardens in St Paul, Oregon
- 17673 French Prairie Rd., St. Paul, OR 97137 - 503.633.8445
- The pumpkin patch is open from October 2nd to October 31st. Farm Fun Wristbands are available for purchase and cover all of the activities to experience on the weekends. Weekend Wristband Includes: Pumpkin Patch*, Pigtucky Derby Pig Races, Corn Maze, Sunflower Maze, Rope Maze, Obstacle Course, Tube Slide, Farm Ninja Course, Pig Barrel Train

Rides, Tire Swings, Hand Pump Duck Races, Jump Pad, Tractor Wagon Ride, Hamster Rollers, Corn Cannon, & Apple Slingshot

★ **MORE PUMPKIN**  **PATCHES:**

○ **PLEASE CALL FIRST**

- [**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
- [**Kirchem Farm- Oregon City**](#) E-mail: chershomes@me.com
- [**Liepold Farms- Boring**](#) - (503) 663-5880
- [**Dolan Creek Farm- Boring**](#) - (503) 663-3176
 - [**Dolancreekfarm@Gmail.Com**](mailto:Dolancreekfarm@Gmail.Com)
- [**Packer Orchards- Hood River**](#)
- [**Old McDonalds Farm- Corbett**](#) (503) 695-3316
 - [**The Pumpkin Pick Fall Festival, Saturday, October 1st**](#)
- [**Fir Point Farms- Aurora**](#) (503) 678-2455
- [**Bauman's Harvest Festival- Gervais**](#)
- [**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, 2022 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