

2022 August Resources

- Note: Due to COVID-19 please reach out to the activity directly to confirm rules/policies before attending any on-site event!

★ [East Portland Sunday Parkways - Aug. 21 2022](#)

- PortlandSundayParkways@portlandoregon.gov
- 503-823-7599
- Another way to stay in the loop. Text "East" to 888-520-0526 to receive updates before the event and information about entertainment and activities throughout the day.
- Celebrate community at Portland Sunday Parkways between 11 a.m. and 4 p.m.
- **If you do not have a bike** : [BIKETOWN for All membership](#)
 - Oregon Trail cardholders, TriMet Low Income Fare participants, residents in affordable housing, residents who qualify for utility assistance, or those who receive other social services, may be eligible for the BIKETOWN for All program
 - **BIKETOWN for All memberships include:**
 - No monthly fees to ride (\$0.00) & No unlock fees
 - Unlimited 60-minute ebike rides (\$0.05/min after 60 min)
 - \$1 out of hub fees for locking bikes to public bike racks within the service area (\$5 outside of service area)
 - Bike credits: \$7/month

- Free parking in East Portland Super Hub Zone (East of 72nd Ave)
- 24/7 access to ebikes within our service area

★ **BEHAVIOR & LIMIT SETTING WITH CHILDREN 10 AND UNDER**

- Thursday August 11th 6:00PM - 7:30PM
- This is a webinar with Dr. Natalie Bennett. Learn more about behavior and limit setting with children age 10 and under. We will learn more about:
 - Different types of difficult behavior
- ● Age-appropriate expectations for behavior ● Behavior management strategies for home & school ● Communication + parenting skills to maintain positive family relationships (while managing difficult behavior) This class format will be held online.
- Este es un taller sobre: Comportamiento y límites con niños de hasta 10 años con la Dra. Natalie Bennett
- Participe de este taller interactivo para explorar lo siguiente:
- ● Diferentes tipos de comportamientos difíciles ● Expectativas de comportamiento de acuerdo a la edad ● Estrategias de manejo del comportamiento en el hogar y la escuela
- ● Comunicación + habilidades de crianza para mantener relaciones familiares positivas
- Esta es una clase en línea a la que se unirá desde su computadora o teléfono inteligente. Usted recibirá un correo electrónico confirmando su registro con un archivo de PDF que incluye el link. Conectarse contactándonos a swindells@providence.org o 503-215-2429

★ **The ARC Oregon Training Events**

- Aug 16, 2022 10:00 am - 11:30 am **Building Natural Supports in 2022** (1.5 credit hours) \$30
- Aug 17, 2022 10:00 am - 11:30 am **Sexual Self-Determination and Supported Decision-Making** (1.5 credit hours) \$30
- Aug 24, 2022 10:00 am - 11:30 am **Positive Behavior Support (PBS) - It Starts with You!** (1.5 credit hours) \$30
- Aug 25, 2022 10:00 am - 11:30 am **Building a Foundation to Support a Good Life - Navigating Developmental Disability Services and Community Resources in Oregon** (1.5 credit hours) \$30
- Call: (503) 581-2726

★ **TRANSITIONING TO ADULTHOOD- AGE 18 TRANSITION**

PLANNING: PART 1 / LA TRANSICIÓN A LA ADULTEZ: PARTE 1
WEDNESDAY, AUGUST 17, 2022

- Join Alisha Langford, ChSNC, Special Needs Planner to learn more about • Understanding changes to government benefit eligibility • Preparing for eligibility of programs and benefits
- • Saving for financial needs without affecting benefits and services • Resources to help your child reach their long-term goals. Class format will be held online.
- This class is part of a 3-part series. You can register for parts 2 and 3 [click here](#).

★ **Autism Empowerment Website**

★ Game Club- ALL AGES!

- Starting back up in Sept 2022. Get READY!
- *NOT MEETING OVER THE SUMMER – RETURNS SEPT 2022!* Game Club (based in Forest Grove). Free! Meets virtually during the school year from Sept – May each year, on the 1st Friday of the month, from 5:00-7:00pm. Socially distanced outdoor activities also.
- For more information, click here for the Facebook page or click here to send an email to ForestGroveGameClub@gmail.com.

★ [Spectra Gymnastics Parent Support Group - Ages 4 & up](#)

- 8344 SW Nimbus Avenue, Beaverton 503-754-9794
[spectrapdx](http://spectrapdx.com) RSVP karissa@spectrapdx.com
- Tuition - \$364 per child/per week
- August 22-26, ages 4-7 = Kinder Prep: The focus is social & educational development incorporating early school routines and sensory-enriched gymnastics play. Activities include gym time, academic table time, social play, snacks, arts & crafts! Ideal for kids transitioning back to school, Kindergarten, and/or 1st Grade.
- August 1-5 for ages 6+ = Sensory Seekers: Loaded with sensory fun, this camp focuses on sensory integration through gymnastics. We incorporate unique sensory play experiences to give kids the input their bodies crave. Activities include sensory obstacle courses, games, sensory art, snack & more!
- SPECTRA-LYMPICS - Celebrate the Summer Olympics this year with our NEWEST themed camp!

- Each Spectra-lympian learns individualized routines to perform at the end of the week. We will play in our Olympic Photo Booth, learn adaptive routines, and have a Gold Medal awards ceremony on Friday.
- Parents will be invited to attend!
- (Monday-Friday) from 9:00 am until 12:00 pm
- Offered August 8-12 for ages 6+ Offered August 15-19 for ages 6+

★ Oregon Intervention System – General (OIS-G)

- [OIS Training](#)
- 8:00 AM – 4:00 PM (**BOTH** days).
- OIS is an intensive training/certification program and process for implementing Positive Behavior Support and safe intervention when addressing challenging behavior. This two-day class focuses on supports for adults and children with intellectual or developmental disabilities in the home or community.
- When: August 11, 2022 @ 8:30 AM – August 12, 2022 @ 5:00 PM **or** August 18th & 19th same location
- Fee: \$140/each
- Where: Waverly Heights Church 3300 SE Woodward St
Portland 97202

★ FREE Teen and Young Women on the Autism Spectrum Friendship Group

- Looking for an accepting environment in which to hangout with similar people such as yourself? Come chat, relax, or just chill. Participate in great discussions and/or activities (or not) of your choosing!
- WHEN: Meets on the 1st & 3th Sundays of each month, from 3:00pm - 4:30pm. WHERE: Portland based
- This group is for female-identifying people on the autism spectrum.
- For more information, please email Kimbe22@comcast.net or call Kim 503-312-3103.

★ **OSU research Study: Animal assisted intervention for children with developmental disabilities and their family dog - [Oregon State.edu Labs Camp](#)**

- Our Portland camp is almost full, so folks may go on a waitlist if they inquire.
- In Portland, initial assessments take place during the week of August 1-5, ~1 hour camp sessions run every day from August 8th through August 19th, followed by a second assessment in the Week of August 22-26.
- **EMAIL** - Dr. Saethra Darling darlings@oregonstate.edu
- Who: OSU is looking for families with a family dog who have a child between the ages of 10- 17 years with a developmental disability. Parents/guardians must be comfortable filling out surveys in English.
- What : OSU is doing a study that will examine a family dog assisted intervention on physical activity and wellbeing.

- Why: OSU believes that incorporating the family dog in an imitation-based dog assisted intervention will improve physical activity and social wellbeing for children.
- <https://www.facebook.com/OSUhumananimalbond>
- <https://www.facebook.com/OSUCYDL>
- [Oregon State.edu Labs Camp](#)

★ [2022 PTFC Camps Schedule - August](#)

- Aug. 8-12 & Aug. 22-25 @ Providence Park 1-5
- Aug. 1-5, Aug. 15-19 & Aug. 22-26 @ Tualitin Hills Parks & recreation 9-2
- [REGISTER HERE](#)

★ [Information on WiFi and access to technology \(ALL \)](#)

- [Map of free public wifi](#): The Digital Inclusion Network compiled this resource. The library and public schools dominate the list.
- <https://affordableconnectivity.gov/>
- Email: connectingportland@portlandoregon.gov
- [Affordable Connectivity Program outreach tools](#) (in multiple languages)

★ [ACAP Portland](#) - Autistic Community Activity Program

- PROJECTS Program: This is a year-round program collaborating with our partner organization, Community Workshop, young adults research and explore activities and ideas they are most passionate about. With one-to-one guidance, they then develop long-term projects and also participate in community activities. Most PROJECTS

participants aren't at ACAP full time, so we begin by creating an individualized schedule that accommodates their ACAP, personal, and career activities. In group and individual meetings, everyone shares their goals so that we can strategize how to achieve them both on our own as well as through sharing ideas and skills. We learn and grow through our research, our hands-on work, and from each other.

- [Contact Us](#) | (503) 649-2066 | programinfo@acapPDX.org

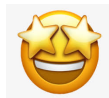
★ **[The Oregon Museum of Science and Industry \(OMSI\) is getting ready for its largest star party of the year on Friday, August 12, the Perseid Meteor Shower Watch!](#)**

- Fri, Aug 12: Perseid Meteor Shower Watch (Rooster Rock only)
- Rooster Rock is in Corbett
- LL Stub Stub Stewart State Park in Buxton at 9 p.m. to watch and enjoy the wonder of the Perseid Meteor Shower. The event, sponsored by OMSI, Rose City Astronomers, and Oregon Parks and Recreations will have telescopes set up for attendees to use. OMSI staff will be presenting informal talks about the meteor shower, constellations, and the summer sky.
- \$5 Parking Per Vehicle Parking Fee. Limited capacity, first-come, first-served. When capacity is full, parks will close.
- To reach L.L. "Stub" Stewart State Park, take US-26 west of Portland and turn right on OR-47. The event starts at 9:00 pm and is free with \$5 parking per vehicle. Warm clothing and a flashlight with red light are recommended. Personal telescopes and binoculars are welcome.

★ **SLEEP: COMMON PEDIATRIC CONCERNS AND HOW TO SUPPORT YOUR CHILD**

- WEDNESDAY, AUGUST 3, 2022 - 6:00pm - 7:30pm
- Join us for a virtual presentation about Sleep with Dr. Morgan, Psychologist. We all know too well the impacts of a poor night's sleep (poor concentration, high emotionality, troubles with emotion regulation, excessive daytime sleepiness, slowed reaction time etc.). When your child's sleep is suffering, all other areas of life seem to suffer too. This presentation will touch on many common pediatric sleep concerns and provide helpful evidenced-based ways to address them.
- En este taller: Preocupaciones pediátricas comunes y como ayudar a su hijo con la Dra. Emily Morgan, psicóloga., Aprenderemos más sobre lo siguiente:
 - - Conozca los trastornos del sueño pediátricos más comunes
 - - Consejos y herramientas para ayudar a su hija (y a usted) a descansar bien de noche - Tiempo para preguntas y respuestas
- Esta es una clase en línea a la que se unirá desde su computadora, tableta o teléfono inteligente. Si usted tiene preguntas, o quiere ayuda contáctanos: swindells@providence.org o (503) 215-2429.

★ **Laser Beyonce @ OMSI**



- Who doesn't LOVE BEYONCE?!

- As one of the most awarded and best-selling artists of all time, Beyoncé is acclaimed for her thrilling vocals, videos and live shows. Laser Beyoncé captures the fun and energy of a her concerts and brings it into the dome in beautiful laser light.

★ Oregon Zoo **VIDEOS** of all kinds of cute animals - (ALL AGES)

- Watch from home! Virtually hosted via Facebook [Oregon Zoo Animal Videos](#)

★ [Local Disability Organizations and Resources](#) **A MUST WEBSITE TO SAVE & BOOKMARK**

- Find local disability organizations and disability community resources for housing, transportation, business, recreation, and more.

★ [Metro parks and natural areas](#)

- To find a park with your favorite activities, visit the [interactive park finder](#), where you can watch videos, see photos and dig into maps that make it easy to explore.
- Check out [Parks and nature news](#) and subscribe to Our Big Backyard magazine for all the latest nature news and other regional highlights, including feature stories, field guides, Q&As, upcoming events, a photography contest and much more.

★ [Racial Equity Support Line](#) – 503-575-3764

★ [Gresham Oregon Events 2022 Arts and Culture Music Mondays](#)

- Arts Plaza, 401 NE Second St. 5:30 pm - 8:30 pm
- Aug. 1: Fabiola Roudha (Latin)
- Aug. 8: Boondock Boys (southern rock)
- Aug. 15: Playback Jones (yacht music)
- Aug. 22: Patrick Lamb (Billboard charts, funk, jazz, soul)
- Aug. 29: Johnny Wheels & the Swamp Donkeys (blues)
- For more information about this event series, contact Music Mondays Coordinator Shannon Chisom at 503-750-3785

★ **[Autism Focused Intervention Resources & Modules](#)** (resource)

- [Social stories: COVID-19, Greeting People, Giving People Space \(Social Distancing\)](#)
- [Visual supports: Hand Washing, Calendar Template, Countdown Example, Timer \(Using Stickers\)](#)

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★ **[Gresham Oregon Parks & Recreation Summer Kids in The Park](#)**

The City's free summer lunch and recreation program for youth runs June 27-Aug. 12. Supervision and activities provided in partnership with the YMCA and Play Grow Learn. Parents and guardians are advised to stay at the park while youth are participating in SKIP; children younger than age 8 should not be left without supervision. SKIP lunches are provided through the Gresham-Barlow School District's summer lunch program.

Schedule and locations- Lunch served from 12:00-12:30 pm

- Main City Park, 219 S. Main Ave. M-F 12-2pm
- Aug. 1: Book Giveaway Day with Multnomah County Library, 12:00-12:30 pm
- Aug. 8-12: Tech Week with MetroEast Community Media, 10:30 am-12:30 pm

[Park map and directions](#)

- Red Sunset Park, 2403 NE Red Sunset Drive M-F 10:30 am-12:30 pm
- Event- Aug. 1-5: Tech Week with MetroEast Community Media

[Park map and directions](#)

- Nadaka Nature Park, 17615 NE Glisan St. M-F 12-2pm

[Park map and directions](#)

SKIP includes

- Free recreation for youth in Gresham
- Fun activities and free sack lunches
- Monday-Friday in three Gresham parks
- For all kids ages 18 and younger
- No registration required, drop in anytime as often as you like

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★ All Ability Tri4Youth FACT Oregon (SAVE the DATE)

- Saturday, August 13, 2022 7:00 AM 9:00 PM
- 2475 SE Ladd Ave. Suite 430 Portland

★ **[Adaptive Classes, Trips, and Activities](#)**

- CONTACT- **Jane Doyle** Program Coordinator
- Email: jane.doyle@portlandoregon.gov
- Phone - (503) 307-4131

★ **[Portland Swimming Pools](#)**

- ALL Lessons are FULL but recreation leisure swimming is OPEN

★ **[Opportunity Youth Job Fair August 18th](#)**

- Join us at the Oregon Convention Center to discover your next job or career!
- The Opportunity Youth Job Fair will offer immediate job opportunities with more than 30 Portland and SW Washington based employers. If you are between the ages of 16 and 24 and are not working or attending school, this Job Fair is for you! Even if you are, this Job Fair has opportunities for all interested young people. [Youth pdx Job Fair WebSite](#)

★ **[Ghosts of Summer @ The Oregon Convention Center](#)**

- Ghosts of Summer is a Halloween gathering hosted by enthusiasts for enthusiasts. Immerse yourself in the Fall-iday spirit with fall crafts, horror theater and film, Halloween games, and a 30,000 sq ft vendor floor.
- Friday AUGUST 5th 10am - 6pm & Saturday AUGUST 6th, 9am - 5pm

- Tickets: \$12 single day; \$20 weekend
- [**WEB SITE: Ghosts of Summer pdx**](#)