



MARCH 2022

Resources

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

★ Online Social Group? [Parent Teen Group](#) - HST

- March 19th @ 1:00 pm - 2:30 pm
- The group meets on the 3rd Saturday of each month from 1:00 - 2:30 pm and is designed to support autistic teens with communication, perspective taking, and social skills in a fun and engaging Zoom environment. The Teen + Parent group is led by Danitza Galvan, who has a master's degree in Early Intervention/Special Education and who is the parent of a teen on the autism spectrum.
- [ZOOM Link to register](#)

★ **A**dvocates for **L**ife **S**kills & **O**ppportunity: [ALSO](#) - All

- Get to Know Us Tour - 3rd Tuesday of every month (March 15th, 2022) This is a no-ask event that is open to everyone. We share our mission by showcasing our vital programs, services, team members, and people we support. Whether you're looking to learn more about ALSO's or services, the tour is open to all. We are excited to meet and learn more about each other **virtually**. [ZOOM Link to attend](#). Come meet the team and learn about ALSO. For additional information, contact Sarah Cinquini at sarah.cinquini@alsoweb.org

★ [Horse Farm FUN Day!](#) - KIDS/HST

- March 21 @ 9:00 am - 11:00 am. COST : + \$25
- Farm Fun Pony Rider (3 - 8 years) Student will enjoy riding horse or pony on lead line at both walk and trot as abilities allow. They will also have fun learning about chickens & ducks, hands on. Student will love grooming and decorating several of our ponies and running relay races with stick horse
- Beginning Horse Rider (8 - 16 years) Students will have fun learning how to groom, tack up and ride their horse. Students will experience Western or English Equitation, showmanship, and horseback games. How to walk, trot, halt, turn, and back your horse will be covered.
- All students will be taught horsemanship and safety on ground and mounted. Professional instruction provided and safe experienced schooling horses used. Please wear layered clothing, gloves, and boots with heel for riding.

★ [SPRING BREAK ART CAMP](#) March 21 - March 25

- Weekly: Full-Day - \$199 Half-Day - \$160
- Daily Drop-in :Full-Day - \$70 Half-Day - \$55
- (503) 516-8525, 1150 SW 170 Ave Suite 100 **Beaverton**

★ [CAMP Spring Break FUN](#) - (3-5y/o)

- Mar 21, 2022 - Mar 25, 2022 ; 9am-12pm ;
- Charles Jordan Community Center: 9009 N Foss Ave
- Play with other kids! Explore themes that embrace the zestful energy of children in art, games, music, stories & dramatic play. Format of free choice, group time & physical activity is designed to stimulate thinking, enhance self-esteem & build teamwork. Let's play! Child must be fully potty trained.

★ **VIRTUAL COOKING w/ Dawn thru Portland Parks - 18+**

- **Mar 28, 2022 - Apr 25, 2022** 4:30pm-6:00pm Class #1143408

★ **Trip - Friends, FOOD & FUN ! 18+**

- **March 15th** 4:30PM - 6:30 PM. Session #1142322
- Feast royally on theme cuisine around town with delicious dishes from appetizer to dessert. Expand your knowledge of cultures & tastes in a social setting.
- Notes: Meet us at Chu's Eatery, 17110 SE Powell, Portland, Or 97236 Bring 25.00 to cover the cost of meal & Tip. Mobility Rating: This trip is wheelchair Accessible
- 503-823-2883. *(ONLY 3 openings left as of 1/25/2022)*

★ Easter Seals **Articles on this topic → Love, Dating, Relationships and Disability**
INFORMATIONAL ONLY ~

★ **ASO'S 20th Anniversary Autism Walk** → **Register HERE** in Portland! Sunday, **April 24th** at Oaks Park, SE Portland - **ALL AGES**

- Event Opens 9am ~ Walk at 10:45am ~ Rides Open 12:00pm
- Registration fees include an event t-shirt.

- Adult (ages 18+): \$20 Child (ages 3-17): \$10 & *Ages 2 and under*
- **Special Guests:** Cosplay Characters for Kindness; The PDX Stitch; Portland Ghostbusters; and an Obstacle Course by FitPlay Fun!

★ ROSE QUARTER EVENTS -

★ **MONSTER JAM Saturday March 5th @ 1:00 PM** – (ALL) *Noise Canceling headphones suggested! \$22+ [Get Tickets HERE](#)

★ [PORTLAND WINTERHAWKS vs Silvertips](#) → **March 2nd @ 7:00 pm** and other games in March

★ **Autism Speaks (ALL AGES)** sponsors HeroX Employment Connection Challenge ~ Finding a job can be difficult for anyone, but for people with autism, navigating traditional employment websites has its own set of challenges. In an effort to develop a more accessible job search platform, Autism Speaks is sponsoring the Autism Employment Connector Challenge. This is a crowdsourcing competition. We are looking for a solution that will help autistic adults in the job search and application process while removing structural barriers to employment. Increase accessibility for autistic job seekers to find employment and navigate the application process to connect with employers. To register for the Autism Employment Connector Challenge, click the “SOLVE THIS CHALLENGE” **Submissions will be accepted from January 18 to March 1, 2022.** [CLICK HERE to find out more!](#)

★ [National Parks Website LINK to ACCESS the PASS](#) - (ALL AGES) This is a Federal program for folks with a permanent disability that can *apply* to get a free access pass to Federal Parks and National Recreation lands. This is not specific for IDD folks, but any person with a permanent disability. U.S. citizens or permanent residents of the United States that have been medically determined to

have a permanent disability (does not have to be a 100% disability) *may get* a free, lifetime pass that provides admittance to more than 2,000 recreation sites managed by five Federal agencies. See website link for required documentation.

★ **INFORMATIONAL RESOURCE** - Traveling can be difficult. **NEW – A SENSORY ROOM @ The Portland International Airport (PDX)**. Click [here](#) for more.

- [Portland Monthly Magazine article on PDX's sensory room](#)

★ **How to Protect Yourself From Fake Friends: Scams, Fraud & Emotional Protection** Wednesday March 30th, 2002

- Online 10:00 AM - 11:30 AM 503-644-2197
- Social media's key premise is to help people connect; it can serve as a conduit for joining new groups and following the news or other areas of interest. But how do you know that the person you are interacting with online is who their profile claims?

★ **Black Mental Wellness: SERVICES Available**→ The mission is to provide access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, to highlight and increase the diversity of mental health professionals, and to decrease the mental health stigma in the Black community. If you are interested in becoming a Black Mental Wellness mentor, [applications for new mentors](#) will be released in February 2022. Please contact DrCunningham@BlackMentalWellness.com for additional information.

★ **EASTSIDE Explorers Social Groups in Gresham** - ADULTS

- 362 NE 219th Ave. In Gresham
- Office: 503-730-0252

- Email: info@eastside-explorers.com

★ **[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.

★ **Dance with Joy Studios is offering online fitness and dance classes 7 days a week- ALL AGES**

- Dance with Joy Studios is an art and activity wellness center offering daily fitness, dance and wellness activities, for students of all ages! We are dedicated to being a positive force in the world, adding joyful moments to each day, for our wonderful students and staff! Amazing instructors encourage success in an uplifting joyful community, making the world better one smile at a time!
- Dance with Joy Studios **[SCHEDULE](#)**
- Ages: All ages, Parent-Child (age babies-5yrs), Tiny Toes (age 3-5), Kids (age 6-12), Teen-Adult (age 13+), Registration:
- Tuition: Varies, Sliding Scale Donation to \$15

★ **NAMI Multnomah (National Alliance on Mental Illness)- ALL AGES**

- Several options for online support groups and classes
- Check it out [here](#)

★ **PORTLAND NON-EMERGENCY POLICE DEPARTMENT- EMERGENCY FOOD DELIVERIES**

- Taking referrals for Emergency food deliveries to vulnerable citizens. The service is provided by Sunshine Division and Snowcap for anyone in Multnomah County. They will continue to provide the service as long as they have the food supply and are trying to deliver the box within a few hours after a call is made. **CALL: 503-823-3333**

★ **Crisis Line for Racial Equity Support** - 503-575-3764

- Answered by BIPOC counselors M-F from 8:30 AM -5:00 PM

★ **Culturally Specific Mental Health Providers in Portland Area**: A list of African American-Black Mental Health Practitioners including specialty, insurance and location

★ Clackamas County **Rent Well Class**

- March 8, 2022 to April 14, 2022
- On ZOOM on Tuesday / Thursday 6:30-7:30 Class Series for 6 weeks
- Please let us know if you don't have a device that can use Zoom so that we can help you find a way to join the class
- How to Sign Up: Call (503) 650-5647 or visit www.rentwell.org

★ **The NewStart Reentry Resource Center** Website : SE Works NewStart

- Located at: 8044 SE Harold Street Portland. The New Start Reentry Program is dedicated to helping individuals successfully re-enter the community after incarceration from State or local Jails in Multnomah County within the last two years.
- Our Navigators assist with: • Support services funding • Securing your ID
- Navigating community resources for housing, health, treatment, family reunification, disability services • Housing Referrals and emergency vouchers

- MORE INFORMATION: Call or TEXT the Navigators: Ryan at 971-432-5030 Kiva at 971-432-5027 or Tonja at 971-432-5028