



MARCH 2023

Resources

★ [Women and Non-Binary Friendship Group for Those on the Autism Spectrum \(Meeting Online\)](#)

- Meets on the 1st & 3rd Sundays of each month, from 3:00-4:30pm. For female-identifying and non-binary people on the autism spectrum, ages 18 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!
- For more information, please contact Kim at 503-312-3103 or [click here](#) to email. Sponsored by the Autism Society of Oregon.
- WHEN: March 5 @ 3:00 pm - 4:30 pm

★ MARCH 2023 Autism Society Calendar of EVENTS

★ HELPFUL WEBSITES

- [ABI Community.org](https://www.abi-community.org/)- recommended books and websites

★ **Advocates for Life Skills & Opportunity: [ALSO](https://www.alsoweb.org/) - All**

- [Troutdale First Friday](#) Troutdale's galleries open their doors for special evening shows.
- Friday, March 3rd from 5pm - 8pm
- For additional information, contact Sarah Cinquini at sarah.cinquini@alsoweb.org

★ 2023 Horse Day Camp & Riding Events We are OPEN for all Horse Riding!

- Where: 32900 SW Wohler St. Hillsboro, OR 97123

★ Tualitin-Valley Annual Rock Show Events

- [ROCK & GEM SHOW FLIER](#)
- Admission \$1 for Adults, Kids 12 and under free with an adult.
- Displays of unusual specimens of rocks (lapidary arts), fossils, gems and minerals.
- WHERE: 2950 Taylor Way, Forest Grove, OR 97116
- WHEN: March 3-5 10am-5pm

★ 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**

★ [**AIR - Friday Night at the Movies**](#) -

- **March 17** Class- #1149171 WHEN: 4:30PM - 6:30PM
- WHERE: 6820 SW 45th Avenue Portland, OR 97219

★ [**UCS North Regional Basketball in Wilsonville**](#) Special Olympics **EVENT**

- Saturday, March 4 @ 8:00 am - 5:00 pm
- Unified Champion Schools (UCS) North Regional Basketball – Wilsonville

★ [**Winter Regional Basketball at University of Portland**](#) Special Olympics
EVENT

- 2023 SOOR Winter Regional Basketball at the University of Portland
- Sunday, March 5 @ 8:00 am - 5:00 pm
- [**OTHER Special Olympic Events to attend**](#)

★ [**SWINDELL's - SafetyNet Smart Cyber Choices**](#)

- Join us for this FREE online workshop with Rachel Visser from KIDS Center, as she presents information on:
- *Hacks & Scams *Social Media *Online Gaming *Cyberbullying
- *Inappropriate Posts *Online Predators
- WHEN: **3/16/23**, 6:00 PM - 7:00 PM

★ [**SWINDELL's Healthcare Advocacy**](#)

- Become a strong advocate to help your child with special health needs. If your child requires frequent medical or therapy appointments, this training is for you! Please join us as we welcome Tamara Bakewell, from the Oregon Family to Family Information Center, who will explore ways to work

with your child's medical team, talk about insurance issues, communicating with providers and how to help your child advocate for themselves as well.

- WHEN: **3/15/23**, 6:00 PM - 7:00 PM

★ Gender Diversity in Children & Youth: Inclusive & Affirming Care in Schools

[Online] (**Professional Development: teachers, caregivers**)

- Saturdays, March 11 & 18, 2023, 9 a.m.-12 p.m
- **By the end of the workshop, attendees will be better prepared to:**
- Differentiate aspects of gender and sexual diversity – identity/expression/sexual orientation
- Model inclusive language, support for gender diverse students and how to address gender-based bullying
- Engage parents & caregivers in discussion about a student's gender diversity
- Assess curriculum, lesson plans and classroom activities for gender inclusivity
- Differentiate fact-based information and guidance from those driven by intolerant ideology
- Understand age-related developmental challenges that transgender students face

★ Welcome to Troutdale Recreation

- Create an Account to sign up for activities

★ EastCounty Challenger Baseball Program (ALL)

- **What is the Little League Challenger Program?** If you are in **Reynolds, Gresham-Barlow or Centennial school district** you can play baseball with us! The Little League Challenger Program is Little League's adaptive baseball program for individuals (boys and girls) with physical and intellectual challenges.

- **Who can participate in the Little League Challenger Program?**
- Any individual with a physical or intellectual challenge may participate. If an individual can participate in the traditional Little League Baseball or Softball program with reasonable accommodations they should do so. The Little League accommodates players ages 4-13 in our Junior Division. The Senior Division accommodates players ages 14 and above (no maximum age).
- **Is there a cost to participate in the Challenger Program?** Reynolds Little League Challenger Program has no registration fee.
- Baseball hats and uniform shirts are provided to players by Reynolds Little League *Please bring your own baseball gloves
- **You can register online at www.rllb.org Challengers Director Sarah Roberts (503) 502-0521**

★ Easter Seals [Articles on this topic →](#) **Love, Dating, Relationships and Disability**
INFORMATIONAL ONLY ~ (HST & ADULTS)

★ **[MENA is Co-Sponsoring the The 33rd Annual Cascade Festival of African Films!](#)**

- The Cascade Festival of African Films is the longest-running annual, nonprofit, non-commercial, largely volunteer-run African Film Festival in the United States.
- Check out [The Cascade Festival of African Films](#) for information about upcoming festival events!
- MENA = Middle East and North African Studies

★ ROSE QUARTER EVENTS -

★ [PAW PATROL LIVE! THE GREAT PIRATE ADVENTURE](#) [KIDS]

- SATURDAY MARCH 11
- www.ticketmaster.com
- [Rose Quarter- Events Calendar](#)

★ [FIND A FARM](#)

★ www.herox.com - Experiment On The Moon

- EXPERIMENT ON THE MOON: Lunar Payload Mission - We invite innovators from all over the world to submit ideas for experiments or tests that could be conducted on the Moon.
- Deadline is March 27th 2023
- [LEARN More about what herox is - HERE](#)

★ [50 Things to Do in Portland](#)

- ★ [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, check out the **NEW-ish – SENSORY ROOM @ The Portland International Airport (PDX)**. Click [here](#) for more.

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

★ **[Black Mental Wellness](#)**: 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. Contact: **DrCunningham@BlackMentalWellness.com** for additional information. Resource is for (**FAMILY & PROVIDERS**)

★ **[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](#)**
- FaceBook Registration
- Tuition: Varies, Sliding Scale Donation to \$15
- SUMMER CAMPS - A fun-filled summer camp program that promotes kindness, creativity, and caring community! Art, dance, music, theater, games, park walks, science projects, creative free play, SEL & friendship! Safe space, empathetic caring staff, stable cohort, following OHA guidelines for safety.

- Week 1: 6/19-6/23, Week 2: 6/26-6/30, Week 3: 7/5-7/7 *3 day camp, Week 4: 7/10-7/14, Week 5: 7/17-7/21, Week 6: 7/24-7/28, Week 7: 7/31-8/4, Week 8: 8/7-8/11, Week 9: 8/14-8/18, Week 10: 8/21-8/25, Week 11: 8/28-9/1,
- **Questions or Pre-registration** support@dancewithjoystudios.com
- CALL- 503 704 5617

★ NAMI Multnomah (National Alliance on Mental Illness) MARCH 2023

Calendar of Events- (ALL AGES)

- Several options for online support groups and classes
- Check it out <https://www.namimultnomah.org/events>

★ 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**
- [The Sunshine Division - Programs](#) [Year round]
 - Food Pantry Open 6 Days a Week
 - Emergency Home Delivery Program
 - Partnering with First Responders
 - Izzy's Kids "Shop with a Cop

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

- [Racial Equity Support Line.com](https://www.racial-equity-support.com)
- 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](#)

- [Rent Well for tenants ecourse](#)
- 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

★ March Fun FACTS

DID YOU KNOW

★ [March 3-4 is Global Day of UNPLUGGING!](#)

- Unplug Collaborative organizes the Global (formerly National) Day of Unplugging, an annual awareness campaign that has been running since 2009. The other 364 days a year, we are here to help every city turn into an

Unplugged Village® and with the social impact initiative, Unplug for a Cause®, we make tech-free experiences meaningful and accessible to all.

- [Why Unplugging Matters](#)
- [Unplug Collaborative.Org](#)

★ [March 8th : International Women's Day #EMBRACE EQUITY](#)

★ **March 10th is SUPER Mario Day** - March 10, written as “Mar10”, looks like Mario's name. The friendly mustached Mario character was initially released by Nintendo in 1985. Nintendo officially adopted the holiday in 2016, and ever since it has been a day for video game fans, young and old alike, to celebrate everything they love about gaming. Of course, the best way to celebrate would be booting up your old Nintendo systems and enjoying some classic Mario titles.

- Mario is named after real-life businessman Mario Segale, who was renting out a warehouse to Nintendo. After Nintendo fell far behind on rent, Segale did not evict them but gave them a second chance to come up with the money. Nintendo succeeded and named their main character after him.

★ **March 26, 2023 is PURPLE DAY** recognizing and supporting Epilepsy around the world. <https://www.purpleday.org/>

- Purple Day is an international grassroots effort dedicated to increasing awareness about epilepsy worldwide. On March 26th annually, people in countries around the world are invited to wear purple and host events in support of epilepsy awareness. Last year, people in more than 85 countries on all continents participated in Purple Day! Canada is the only country in the world who officially recognizes March 26th as Purple Day through the Purple Day Act implemented on June 28, 2012.

[Other FUN and IMPORTANT Celebrations in March 2023](#)

