

# February Resources 2023



## ★ The Official Guide to Portland Events 2023 - (ALL)

- Website: <https://www.thesportshows.com/shows/pacific-northwest/>
- [NW Black Comedy Festival](#)
  - When: Feb 16th - 19th
  - Where: Curious Comedy Theater 5225 NE Martin Luther King Jr Blvd
  - Website - <https://www.nwblackcomedyfest.com/>
- [FAN EXPO Portland 2023](#)
  - When: Feb. 17–19, 2023, Times vary Cost: Cost Varies
  - Where: Oregon Convention Center 777 NE Martin Luther King Jr Blvd
- [Portland Mardi Gras Parade](#)
  - [Portland Mardigras Website](#)
  - When: Tuesday, Feb. 21, 2023
  - Where: Mississippi Avenue
- [Garden of Resonance: The Art of Jun Kaneko](#)
  - When: Feb 1-Feb 20th, 2023
  - Where: Portland Japanese Garden 611 SW Kingston Ave
- [“Last Call: Bingo Music!”](#) ( **ADULTS** )
  - When: Feb. 1, 8th, 15th & 22nd 7pm - 9pm
  - Where: Tomorrow's Verse Taproom & Bottle Shop
  - 4605 NE Fremont St Suite #103

## ★ [EI/ECSE Early Childhood Summit](#)

[02/11/2023 08:30 AM - 01:00 PM](#) ( **KIDS** )

- Learn the difference between the IFSP and IEP
- Understand how to access early childhood assessments and services
- Value the important role of parents and caregivers in early childhood
- Identify the importance of data in early childhood systems change
  - En Espanol ~  
Aprenderán la diferencia entre el IFSP y el IEP

Entenderán cómo acceder a las evaluaciones y servicios para la primera infancia

Valorar el importante el rol de los padres y cuidadores en la primera infancia

Identificar la importancia de los datos en el cambio de los sistemas de la primera infancia

★ **January** 28th, 2023 FACT Event - ( **ADULTS** )

- **Transition to Adulthood Summit**/ la Cumbre virtual de transición a la adultez
- 09:00 AM - 02:00 PM
- [REGISTER HERE](#)
- Transition age youth and young adults (14-21) are preparing for life after school. Attendees can choose sessions to help them prepare for the transition to adult life.
- Sessions will include topics on: - Financial Empowerment and Community Resources - Dating, relationships, and sexuality - Career Technical Education (CTE) - College and Transition Services - Employment - Self-determination - Supported Decision Making and Alternatives to Guardianship - Whole life and independent living
- En Espanol ~ La transición a la adultez es una etapa emocionante. Los jóvenes en edad de transición y los adultos jóvenes (14 a 21 años) se están preparando para la vida después de la escuela.
- En la Cumbre virtual de transición a la adultez de FACT Oregon los participantes pueden elegir sesiones que los ayuden a prepararse para la transición a la vida adulta. Las sesiones incluirán temas sobre:  
Empoderamiento financiero y recursos comunitarios, Citas, relaciones y sexualidad –Educación técnica profesional (CTE). - Centros de educación superior y servicios de transición. Empleo, Autodeterminación, Toma de

decisiones con apoyo y alternativas a la tutela y Vida en general y vida independiente

★ [OAKS PARK - Specials & Events](#)

★ [The ARC Oregon.org IDD Mental Health Summit - Presenters Shauna Signorini and Melissa Ballard \( PARENTS \)](#)

- Tuesday, February 7 10:00–11:30 am
- Even the most resilient person can flip their lid. Learn how to adapt and get your network back online. Gain insight on practical tools to manage challenging situations. Your nervous system guides all you do so come explore your Vagus Nerve and your "Second Brain". Discover ways to support both your thinking and feeling selves.
- [REGISTER HERE](#)

★ [Engender Hope and Deliver Promise: Justice and Fetal Alcohol Spectrum Disorder \( PARENTS \)](#)

- You can choose to attend one or more of the following sessions.
- Jan 31, 2023 10:00 AM or Feb 2, 2023 10:00 AM
- [I/DD Mental Health SUMMIT Resources](#)

★ [Assistive Technology Lab - Borrow AT devices \( ALL \)](#)

- The Lab has a growing inventory of Assistive Technology to loan for free over a 2-week period. To make informed decisions around AT selection, it can be helpful to use equipment at home or in the community. Pick-up and drop-off are in-person during Open Hours (or by appointment). Free instructional support is provided at pick-up.

★ **Synergy Autism Center - Barbara Avila WORKSHOPS ( Parents )**

- Workshop TITLE - Top 10 techniques to engage an autistic individual in your life
- 2 hours interactive Online workshop
- **February 24th, 2023 4:00PM - 6:00PM**
- Ideal for anyone wanting to better understand evidence based supports that work to engage Autistic people of all ages.
- See website for MORE information

★ **The Affordable Connectivity Program (ACP) ( ALL )**

- This longer-term program was created by Congress in the [Infrastructure and Jobs Act](#), and replaces the Emergency Broadband Benefit program. Enrollment in the ACP is [open](#) for households with at least one member qualifying under any of the following criteria:
- Income at or below 200% of the [federal poverty guidelines](#);
- Participates in SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, or [Lifeline](#); Tribal specific programs, such as Bureau of Indian Affairs General Assistance, Tribal TANF, or Food Distribution Program on Indian Reservations; free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision; and a Federal Pell Grant during the current award year.
- Meets the eligibility criteria for a participating provider's existing low-income program. Quick Links: ACP Application Link [Apply Here](#)
- Contact [ACPSupport@usac.org](mailto:ACPSupport@usac.org) or call 1-877-384-2575 Request a Speaker [ACPspeakers@fcc.gov](mailto:ACPspeakers@fcc.gov)

★ **Affordable Connectivity Program - Consumer Outreach Toolkit**

- This TOOLKIT has many many **fliers to download**, print and post
  - Consumer Awareness Content
  - Back to School
  - For Households on Qualifying Tribal Lands
  - Additional Languages
  - Web Resources

★ [\*\*Reach Out Oregon.org\*\*](#) ( PARENTS )

- [Trillium Family- Programs and Services](#)
- [Trillium Family Guide](#)
- The TFS Family Advisory Council (FAC) is composed of families representing all areas of Trillium Family Services including residential, day treatment and outpatient services in both the Valley and our Metro region.
- If you are a parent that has experience with Trillium services, please join us the first Monday of each month at 5:30 p.m. We are currently meeting via Zoom. **Contact me at 541-750-1134 or mbuzzell@trilliumfamily.org** for more information about location and stipends.
- If you or a family you know is looking for community support, please check out reachoutoregon.org <https://www.reachoutoregon.org/>.
- This website contains statewide family resources by region and a family warmline 1.833.732.2467.
- [\*\*FLIER in Spanish - Parent Support Group\*\*](#) **Conexion Familiar**
  - Cuando: - Miercoles Feb 8th 6-7pm
  - Cada Miercoles Feb 22, 11:30am – 12:30pm

★ [\*\*Family Matters: Navigating the Child Welfare System - Online\*\*](#) ( PARENTS )

- When: Saturday, February 18, 2023 from 10:00 AM to 12:00
- Contact for more info: Carol Dickey
- OFSN Training Program @ ph. 503.363.8068

- [carold@ofsn.net](mailto:carold@ofsn.net)

- In its own words, the child welfare system is a group of services designed to promote the wellbeing of children by ensuring safety, achieving permanency, and strengthening families to care for their children successfully. To the families with whom it intersects, "the system" may feel large, threatening, and not always supportive.
- In this training we will develop a mutual understanding of purpose, roles, responsibilities, and lived experiences. We will discuss strategies for working with the system to achieve the best possible outcomes for children and families

★ [Portland.gov Civic Disability: Access Tips](#) ( ALL )

★ [Portland.gov - Civic Disability Resources Page](#) ( ALL )

- Need resources or support but aren't sure where to start? [2-1-1](#) and the [Aging and Disability Resource Connection](#) keep up-to-date information on local community resources.

★ **The ROLE of Neurotransmitters in GI disorders related to Autism-**

**Parents/Caregivers** - Kara Gross Margolis, MD, explores recent studies surrounding the role of serotonin and the more extensive gut microbiome in gastrointestinal (GI) and inflammatory conditions related to autism. She presents case studies highlighting the different presentations of GI issues in individuals with autism and how those behaviors relate to the gut-brain links. An hour long video. [For more INFO click here](#)

- Access to various learning WEBINARS - @ Autism research Institute website : <https://www.autism.org/webinars/>

★ [A FRIEND Finder for Kids](#) ( KIDS/HST )

- Friendometry is one of the only places online where parents can go to find other parents who are seeking friends for their children in their

geographical area. There is an annual membership. This could also be a way to secure potential support workers.

★ **[The Rec Room @ HammerandJacks](#)** ( KIDS )

- Website: [Hammerandjacks.com - events](https://hammerandjacks.com/events)

★ **[Community Vision.org - Resources](#)** ( ALL )

- An amazing LIST of links to various community resources!!
- Community Vision is proud to partner with nonprofit groups and state agencies. If you can't find what you're looking for on our website, these organizations might be able to help.

★ **[African Youth & Community Organization](#)**

- AYCO's mission is: To settle the past, engage the present, and hope for the future.
- Founded in 2009, African Youth & Community Organization (AYCO) is a culturally specific, community-based nonprofit organization led by and for the East African immigrant and refugee community in the Portland Metropolitan Area.

★ **[Eileen Devine Neurobehavioral Consultant & Trainer](#)** ( Resource )

- Brain First Approach - Learn more about what it means to have an invisible, brain-based disability and its myriad characteristics. Understand more about the source of your child's challenging behaviors. Advocate more effectively for your child in all the environments they encounter

★ **[Exercise - February AIR Dance](#)** ( HST )



- Have fun dancing to our DJ Lamar! Socialize with friends, both new and old. Our new time is from 6:00 - 7:30!
- By registering prior to the dance you will be part of the VIP club and get a glow in the dark necklace to wear! This Adaptive Recreation class is designed for those ages 16 and up.
- WHERE: Mt Scott Community Center 5530 SE 72nd
- WHEN: Friday Feb 3rd, 2023

### ★ Portland Parks- Activity: Creative Art

- WHEN: Feb 13, 2023 - Mar 13, 2023 Mon 6:00 PM - 7:30 PM
- WHERE: Mt Tabor SUN Community School MS
- Explore your inner artist with activities such as drawing, painting & clay art! Experience the joy of creativity while working alongside peers & exchange project ideas. NOTE: This class is designed for people with disabilities. All abilities are welcome to join
- The whole LIST of AIR activities

### ★ Friendship Line Website - ( Older Adults )

- **Friendship Line** Institute on Aging Friendship Line – **1-800-971-0016**
- The Institute on Aging's 24-hour, toll-free, **Friendship Line** is designed to support people the age of 60 and older and adults living with disabilities. Their trained volunteers specialize in active listening and friendly conversation with depressed older adults.
- It operates both as a crisis intervention hotline and a warm friendly voice for non-emergency emotional support calls. They provide emotional support,

elder abuse reporting, well-being checks, grief support, suicide intervention, and resources and referrals for isolated adults.

★ **BIRDING anyone?** Events [Schedule List HERE](#) ( ALL )

★ **Canby Brain Box Resources ( Under 5 )**

- Email Jenny Avila [jennya@todos-juntos.net](mailto:jennya@todos-juntos.net)
- [Sandy](#), [Estacada](#), [Canby](#), [Molalla](#) -
- Todos Juntos invites you to participate in our Brain Box Club! We believe in the importance of brain development through fun interactive play that builds school readiness skills, social skills and motor skills.
- How it works:
  - Join Brain Box Club we will deliver a box to the address you provided. You will receive a box full of activities, books and resources that foster curiosity, creativity, and problem solving. Each year you will receive the next age appropriate box until they are 4 years old. **This opportunity is FREE for Canby School District families**

★ **Digital Literacy Workshops**

- The first Tuesday through Thursday of every month, we offer a 3-day digital literacy series for beginner computer users from 1-2:30pm. Students and community members are welcome to attend at no cost. Workshops rotate between our Opportunity Centers and online via Zoom.
- **GREAT link to resource** for creating ISP goals for those interested in learning computers and typing skills
- [See HERE](#) for fliers in different language for this program

★ **Oregon stories that brought us JOY in 2022** ( Audible articles for ALL )

- [Finding The Joy - UPLIFTING Articles/Stories](#)
- [Pah Portland: Oregon Restaurant - Deaf Queer Latinx ASL](#)

★ [Oregon Historical Society](#) ( ALL )

- 1200 SW Park Ave
- [From Stumptown to Motown and Back Again: An Evening with Mel Brown](#)
- The exhibition *Motown: The Sound of Young America*, on view at the Oregon Historical Society NOW until March 26, 2023, — Brown will share stories from his years with Motown Records, in conversation with fellow jazz drummer Tim DuRoche, and may even play a few notes for the audience to enjoy!
- Wednesday, February 8, 2023 6PM – 7:30PM
- FREE

★ [33rd Annual Cascade Festival of African Films](#) ( ALL )

- When: February 3rd through March 4th 2023
- [FAQ's](#)
- [Accessibility information](#)

★ [BLAZERS FOUNDATION Info](#)

★ [Portland Blazers Celebrate Black History](#)

**Thunder vs Blazers** February 10 - 7:00 P.M.

★ [Multnomah library online events](#) - ( HST )

- [Felted Sushi for teens](#) FREE On-Line; Sat, Feb 04, 2023 12:00 to 1:00 [REGISTER HERE on ZOOM](#)

- [Anime Your Way](#) Thursday, Feb 16, 2023 4:00PM
- Location: Multnomah County Library's Rockwood makerspace is now open for teens!
  - The space is open for teen drop-in time Tuesdays through Saturdays, 2:30pm to 5:30pm
  - Teens entering 6th through 12th grade are welcome!
  - Teens can hang out, create independent projects with art supplies, get to know the makerspace equipment, use the tablets and laptops, and more!
  - Teen access will be on a first come first serve basis and time limits may apply.
  - To contact the Rockwood Makerspace, please call 503.988.0462 or email [rocmakerspace@multcolib.org](mailto:rocmakerspace@multcolib.org).

**Other Multnomah County LIBRARY Events & Classes** [CLICK HERE](#)

★ [Donated Dental Services \(DDS\) in Oregon](#)

- Applicants must have no means to afford dental care and must meet **ONE** of the following criteria: Over 65 years of age, Or Permanently disabled Or Need medically necessary dental care
- What to expect?
  - Volunteers provide comprehensive treatment to eligible patients
  - Volunteers do not provide emergency services
  - Volunteers do not provide cosmetic treatment
- [Click HERE to see if you Qualify](#)
- [FAQ](#)

★ [Oregon Special Needs trust GRANTS available](#) (on going resource) - Grant requests will be reviewed on the first Monday of each month. Applicants will receive notice of the decision within 10 days of the review

- **Before** accessing and requesting K Plan **apply for this accessibility resource first** -
- Open to any person with a disability for home or vehicle modifications, adaptive equipment or technology, communication devices or durable medical equipment needed to increase accessibility at home, work, school or in their community.
- The maximum Accessibility Grant award is \$2,000.
  - Documentation Required:
    - Disability Verification: SSI or SSDI benefit letter dated within 12 months prior to the grant application date
    - First page of the person's ISP, IEP, BHP, or other verification of any disability services received
    - Vendor purchase order, estimate, invoice or other documentation clearly showing the goods or services to be purchased and the vendor's contact information
    - Proof of denial of payment (if applicable) for purchase of medical equipment or other items possibly covered by disability related benefits
    - Letter from professional recommending the item or modification