



April Resources 2023

NOTE- This MONTHLY resource is generated for the month ahead - For April 2023, the resources were gathered the 1st & 2nd week of March 2023

★ SAVE THE DATE

Multnomah County Developmental and Intellectual Disability

ANNUAL INFORMATIONAL FAIR 2023

Thursday, May 25, 2023

1:30 p.m. to 6 p.m.

Embassy Suites at the Airport

7900 NE 82nd Ave. Portland

★ [2023 Tulip Festival](#) - ALL AGES

Our tulip festival runs March 24 – April 30, 2023

- Check the website for more information or for questions email or call: office@woodenshoe.com or 503-634-2243

★ [The ARC](#) - KIDS & HST

- [Health and Wellness Brochure and Information](#)

SAVE THE DATE!

★ Add to your calendar - BIKE Week Registration - ALL AGES

- BIKE week is **June 19-23**, 2023
- All Born In is holding their 16th year of teaching individuals with disabilities the skills needed to ride typical bikes.
- Full Week of Bike Camp -- \$250 or 3- Day Quick Start/Refresher Course -- \$150
- Vaccination required for participants
- Quick Start!/Refresher: June 21-23
- Location: Parkrose High School Gymnasium, 12003 NE Shaver St, Portland

★ OMSI Events - Studio Ghibli Film Festival, March 3 - April 2

- April 2 is the LAST DAY
- **Ponyo** - Perfect for audiences of all ages, Ponyo centers on the friendship between five-year-old Sosuke and a magical goldfish named Ponyo, the young daughter of a sorcerer father and a sea-goddess mother.
 - 101 mins. | Rating: G | Presented Mar. 19, Mar. 25 & Mar. 30 dubbed in English @ 6:00PM
- **Kiki's Delivery Service** - From the legendary Hayao Miyazaki comes the beloved story of a resourceful young witch who uses her broom to create a delivery service, only to lose her gift of flight in a moment of self-doubt. It is tradition for all young witches to leave their families on the night of a full moon and set out into the wide world to learn their craft. When that night comes for Kiki, she embarks on her life journey with her chatty black cat, Jiji, landing the next morning in a sea-side village, where a bakery owner hires her to make deliveries.
 - 102 mins. | Rating: G | Mar. 10 in Japanese with English subtitles.
 - Fri. Mar 10 (Sub) 6:30 PM | Sat. Mar 18 (Dub) 2 PM | Tue. Mar 28 (Dub) 4 PM | Sun. Apr 2 (Dub) 2 PM
- **Many MORE Japanese Anime movies are being shown!!**

★ [Spring Celebration and Inclusive Egg Hunt](#) **MARCH 25th!**

- By: Autism Society of Oregon (ASO)
- When: 1:00PM - 3:30PM
- Where: Mountain View Champions Park 5915 SW 170th Ave. Beaverton
- What: This is a free, sensory-sensitive event for Autistic people or who identify as Neurodivergent along with people who experience developmental, learning or physical disabilities. There will be lots of Activities and 2 different Egg Hunts.
- **Reserve a Spot for one of 2 Egg Hunts**: Pick from either the sensory-friendly "Quiet Egg Hunt" or the "Free For All" egg hunt.
- - **"Quiet Egg Hunt"** will run from 1pm - 2pm. There is not a hard start time. Instead egg hunters who prefer a quiet space can enter into the Egg Hunt area at any time between 1pm - 2pm to collect their 12 eggs. Please bring your own basket. Wheelchair accessible/mobile device friendly.
- - **"Free for All"** Egg hunt will start at 2:30 pm. This is a traditional Egg Hunt without sensory adaptations. Limit of 12 eggs per participant. Please bring your own basket. Wheelchair accessible/mobile device friendly.
- **NOTE: RESERVE A SPOT (TICKET) REQUIRED ONLY FOR PEOPLE PARTICIPATING IN ONE OF THE EGG HUNTS**. Please do NOT reserve a spot/get a ticket for parents or supporters who are not also collecting eggs. We want to make sure that we have enough eggs for each egg hunter.
- There will also be plenty of activities to participate in, which will run during this event: Face Painting- Crafts -Appearance by the Easter Bunny- Photo Booth- Bounce Houses- (weather permitting)- Quiet Area Sensory tents- Resource Tables

★ [FREE activity calendar for kids](#)

- ★ [Need to incorporate some heavy work into your child's sensory diet? Try this list of heavy work activities for kids](#)
- ★ [Free autism planner is a visual planner for parents of autistic children to keep track of their child's sensory diet](#) (Scroll half way down the page and fill out the YELLOW BOX) To join and get your copy of the free autism planner. You'll then be redirected to instructions on how to access the four different versions of the planner.

★ [NW Kids 2023 Summer Camp Expo](#) KIDS

- WHEN: Sat Apr 22 2023 at 10:00 am to 5:00 pm
- WHERE: OMSI 1945 SE Water Ave, Portland,
- Join us for a “one-stop shop” opportunity to learn about all of the best summer camps in the Portland Metro area. With over 30 different camps represented, you are sure to find the perfect fit for your family. Make this your kids’ best summer yet! Giveaways (including free weeks of camp!), swag, demonstrations and fun for the whole family!
www.nwkidsmagazine.com

★ [Earth day April 2023 Clean Up](#) - ALL AGES

- [SOLVE calendar for CLEAN UPS for Earth Day](#)

★ [Dance Your Science | Free After School Workshops for Teens](#)

- What: [DANCE YOUR SCIENCE](#) ✨
- Explore scientific concepts and express yourself through movement at after-school workshops. Sign up for the series or just one! All participants will receive a \$\$ gift card! After a short lesson on green chemistry, you will get creative by interpreting what you learned from a local Hip-Hop,

Popping, Bollywood or Afro Beats dance teacher. Don't miss this free workshop designed just for teens. Get ready to dance...and learn! 🕺 ✨ 🤖

- Where: Matt Dishman Community Center 77 Northeast Knott Street
- When: Tuesday, April 4th, 11th, 18th & 25th | 4:30 pm to 5:30 pm
- ➡ Event OPEN to teenagers (13-18 years old) ➡ **All participants will receive a \$ gift card!**

★ National Parks Week - ALL AGES

- National Park Week is happening April 22 to April 30 this year!
Entrance fees will be waived on April 22, 2023, to kick off National Park Week and we encourage everyone to enjoy their national parks.
- Find YOUR VIRTUAL Park From the comfort of your own home
- Take a Virtual Visit to a National Park CRATER LAKE is on this list!
- Park Activities You Can Do from the Comfort of Your Home

★ Eastside Timbers' TOPSoccer Spring Season 2023

- Location: Troutdale Indoor Soccer - 819 NW Corporate Drive, Troutdale
- WHEN: Mondays- April 3rd to May 22nd, 2023
- We are happy to announce our Spring Season will be Mondays, April 3rd to May 22nd! Our eight-week season will include three ability-based sessions serving players with disabilities. The season costs \$40 and scholarships are available upon request.
- QUESTIONS CONTACT - Joslynn Bigelow jbigelow23@gmail.com
(503) 830-5705

★ Grand Opening Indigenous Marketplace ALL AGES

- When: April 1 and 2 11am-4pm

- Where: 800 SE 10th Ave, 97214 (Center of Native American Arts and Culture CNAC)
- There is lots of free street parking.
- The Closest Trimet Bus line stops are #6, #14, #15, #70.



★ [OutLoud Portland: Spring 2023 Soccer](#) **ADULTS**

- OutLoud Sports Portland is a home to multiple sports! Players of all skill sets are encouraged to come play. Everyone is welcome, regardless of sexuality, gender, status, skill, shape, size or age.
- Registration occurs multiple times a year based on the seasons. Email our GM Moses with any questions, check out our [F.A.Q.](#), or just register and come join the fun!
- [OutLoud Sports Portland](#)
- 8 Week 7v7 Soccer League
- Where: Alberta Park 1905 NE Killingsworth St, Portland, OR 97211
- When: League Starts: Monday, April 3rd 11am-1pm
- DETAILS - Anyone is welcome to register!
- You can register as:
 - FREE AGENT: you don't have a team but would like to be placed on one.
 - SMALL GROUP: you don't have a team but want to play with friends.
 - TEAM PLAYER: joining a team of friends that has been created.
 - TEAM CAPTAIN: creating a team of all your friends
- Teams are encouraged to create their own apparel and look.
- All Sexualities, Genders and Personalities are welcome.

★ [Community Partnership Program](#) Grant Resources HST

- Portland Parks & Recreation's (PP&R) Community Partnership Program expands PP&R's capacity to reach underserved communities.
- [Space Grants at the Community Music Center](#)
- [Soccer Grant Opportunity](#)
- [Community Partnership Program and Teen Collaborative Initiative Grants Overview](#)
- [2022 - 2024 Grantees](#)

★ [Easter Egg Hunt and Celebration](#)

- WHEN: Sat Apr 8 2023 at 10:00 am to 1:00 pm
- WHERE: Nordic Northwest, 8800 SW Oleson Rd, Portland
- Finlandia Foundation Columbia-Pacific Chapter invites you to this free family event. Parents, grandparents, and friends can enjoy coffee and pastries while kids make crafts and go egg hunting. Bring your lawn chairs and/or blankets. Outdoor Kubb and Finnish lawn games will be played.
- Parking is available on SW 89th & 90th Avenues.
- Accessibility: Nordia House has two accessible parking spots in our main lot facing SW Oleson Rd. Both the main entrance facing SW Oleson Rd. and our side entrance facing SW Taylors Ferry Rd. are wheelchair accessible. We will do our best to accommodate your needs upon arrival. For questions call 503-977-0275 or email info@nordicnorthwest.org
- <https://www.nordicnorthwest.org/fogelbo>

★ [Nike Hoop Summit](#) ALL AGES

- WHEN: Sat Apr 8 2023 at 5:00 pm to 7:00 pm
- WHERE: Moda Center
- WHAT: Event Information: Bags and full-length umbrellas are not allowed in the arena. Exclusions apply for medical bags, children's bags and clutches

5X8" or smaller. Bag check is available. Popular in Portland Hoop Summit which is specially known for Sports, Basketball.

- Cost: \$25 and up

★ **Views of an Urban Volcano: Guided Tour of Mt. Tabor Park** - ALL AGES

- WHEN: Sat Apr 15 2023 at 10:30 am to 12:00 pm
- WHERE: Mt. Tabor
- WHAT: Led by Friends of Mt Tabor Park, this 90-minute guided tour of the park will begin at the Mt. Tabor Visitor Center and highlight historical and cultural points of interest and the park's impressive vistas. Participants should dress for the weather and bring their questions.
- This tour is part of a series of events leading to the composition and later premiere of three new jazz works about the park performed by Portland Jazz Composers Ensemble at the 10th Annual Montavilla Jazz Festival.

★ **Self Determination and Financial Empowerment| Autodeterminación y empoderamiento financiero** HST - ADULT

- WHEN: 04/04/2023 06:00 PM - 05/11/2023 07:30 PM
- During this 6-week cohort, transition-aged youth with disabilities will learn the importance of self-determination in financial planning and gain skills and tools to empower them in making financial planning decisions.
Participants must commit to all 6 Tuesday sessions.
- Participants will: • Know key differences between banks and credit unions, including the use of credit and debit. • Understand decision making when determining how and where to spend their money. Gain information about benefits counseling, including how employment may impact SSI/SSDI benefits. • Learn about ABLE Savings Plans
- En Español- Durante este estudio de 6 semanas, los jóvenes con discapacidades mayores de 14 años aprenderán la importancia de la

autodeterminación en la planificación financiera y adquirirán habilidades y herramientas para empoderarlos en la toma de decisiones de planificación financiera. Los participantes deben comprometerse a asistir a las 6 sesiones de los martes

★ **Breaking Barriers Life Beyond Labels April 11, 2023**

- **2023 Conference Schedule and Session Descriptions**
- LOCATION - **Deschutes County Expo Center**
- **3800 SW Airport Way, Redmond, OR 97756**
- Hotel Information- The Breaking Barriers Conference has a block of rooms at the Comfort Inn and Suites in Redmond for the conference. The rooms are \$159.00 per night. When making a reservation please let them know you want a room from the Breaking Barriers block. A limited number of fully accessible rooms are available. Hotel Details: Comfort Suites - Redmond, Oregon 2243 SW Yew Ave, Redmond, OR 97756

★ **Seats available for OIS level G OIS workshops in April and May** taught by Sally Gibson, OIS Mentor Instructor. **Please email Sagibson@protonmail.com**

- When: April 6-7, April 20-21, May 11-12, & May 25-26. 8:30AM - 5:00PM
This class requires a commitment of 2 full days
- Where: Waverly Heights Church 3300 SE Woodward St.
- OIS is an intensive training/certification program for implementing Positive Behavior Support and safe intervention strategies when addressing behaviors that require intervention. This two-day workshop focuses on support for adults and children with IDD in the home or community.
- The OIS workshop (Power Point, all workshop documents & OIS physical skills) is presented in English. The instructor speaks English only. If interpretation services are required (either in another language or ASL)

please contact me at least 2 weeks prior to the workshop to request an interpreter.

★ [Miller Family Museum Free Day - ALL](#)

- WHAT: **Celebration of youth arts**
- WHEN: Sunday April 23, 2023 @ 10:00 am – 5:00 pm
- WHERE: Portland Art Museum 1219 SW Park Ave
- Enjoy **free admission all day** in celebration of youth arts and the long-standing community partnership between the Museum and Portland Public Schools HeART of Portland: K-12 Student Arts Showcase. Information on special programs will be shared as the date gets closer. You may reserve your free admission tickets online beginning the Wednesday prior to the free day. **A limited number of tickets are also available for walk-in visitors on the day of.**

★ [Pride Day at Mt. Hood Meadows](#)

- Join us for Pride Day at Mt. Hood Meadows! This is a day on Mt. Hood to celebrate all things pride at Your Mountain Home with our sponsor Migration Brewing. We will have a family-friendly party going on in Vertical, as well as food, drinks, raffles and more! This is one pride-filled day you don't want to miss!
- WHEN: Sat., April 15th, 2023 9:00 a.m. - 4:00 p.m
- [Other APRIL Mt. Hood EVENTS](#)

★ [Video Dance Attack Presents: Beyonce VS Rihanna VS Lady Gaga - ADULTS](#)

- WHERE: Mississippi Studios
- WHEN: Saturday, April , 2023 **9:00PM - 1:30AM**
- \$15 Advance/Day of Show

- Portland's longest-running video dance night, Video Dance Attack, is coming to Mississippi Studios! Join us for a very special showdown of three amazing divas: Beyonce, Rihanna and Lady Gaga! Videos from all three artists all night long on the giant video screen!

★ [Family Tip Sheet: Strategies to Locate Child /Respite Care Providers](#)

★ Providence Swindell's [One Page Profiles for the Medical Setting](#) - KIDS

- WHAT: A strengths-based tool for introducing your child to health care providers. Every child especially if they experience unique health needs, should have a positive relationship with their health care providers. This is an interactive workshop to explore how to build or adapt a One Page Profile that is especially geared to the medical, dental or therapy setting. Teens are encouraged to attend.
- WHEN: 4/26/2023 6:00 PM - 7:00 PM
- ONLINE

★ [FACT- Just for YOUTH resource](#) - **EXCELLENT RESOURCE!!!** HST

★ [Share your Thoughts](#) - Community Input Survey: Northwest Disability Support (ABI and NWDSA)

- NWDS Board of Directors is seeking the community's input as we focus on rebuilding the organization. Your input is needed to help support the board in making important decisions and the need for volunteers in the future. **Please take a few minutes to answer questions** by clicking the above [LINK](#). The survey is confidential and we will only reach out if you put your name at the end of this survey.

- NWDS Website - www.nwdisabilitysupport.org

★ Imagineering in a Box- ALL AGES

- Imagineering in a Box is designed to pull back the curtain to show you how artists, designers and engineers work together to create theme parks. Go behind the scenes with Disney Imagineers and complete project-based exercises to design a theme park of your very own.

★ Discount Day at OMSI ALL AGES

- WHEN: Sun., April 02, 2023 9:30 a.m.
- \$2 per person
- Be prepared to be around a lot of people and crowds as this is a FREE event

★ Autism Walk in Salem: T-Shirt Design Contest

- We are choosing an original design by someone in the Autism community to be on the "Color the Valley" t-shirts! Guidelines:
- 1. Artist must be an Autistic individual or family member.
- 2. The design is for the front of the t-shirt only. No logos or dates are needed.
- 3. Your original designs only, please! Due to controversy about the puzzle piece symbol for Autism, we're asking artists to use the symbols for neurodiversity instead, such as the infinity sign or butterflies, or a symbol of their choice.
- 4. Design is due to the ASO office by the end of the day on **Friday, April 7, 2023**. Please include your name and contact information with your design.
- 5. All entries become the property of the Autism Society of Oregon (ASO) and minor alterations may be made at ASO's sole discretion.

- **Submit your design by the end of the day on Friday, April 7, 2023, by mail to: ASO, 9320 SW Barbur Blvd, Suite 240, Portland OR 97219, or by email to: Info@AutismSocietyOregon.org.**
- **For more information, contact ASO at 503-636-1676 or by email.**

★ Dear Community,

We hope 2023 has welcomed you with loving and open arms! NW Disability Support is wishing you all the best this year and looks forward to the connections we make as we take the next steps in our non-profit reorganization. With your guidance, we have defined ourselves as **an alliance of families and professionals building inclusive communities**. We will apply a Diversity, Equity, and Inclusion lens to our work, tap into the expertise of parents and cross-disability inclusive education professionals, and learn from and build forth our coalition of experienced advocates, and our beloved Down syndrome community. (**March 19th**, 2023 1:00pm - 4:00 PM)

In the coming months, we look forward to welcoming new parents and families, celebrating at our World Down Syndrome Day celebration, and to connecting families transitioning to Kindergarten to resources and each other. We'll look forward to learning and playing together at an upcoming OMSI Play (ages 0-6) each month, and to building community connection through cycling at Bike First! in June.

We remain hopeful that with some fun, collaboration, and resourcefulness, we can work together to welcome and align the sometimes complex and quirky nature of our lives with the warmth and promise that each new year brings, and an ever-endearing sense of disability and community for our futures.

★ Cheers! Molly, Giuseppe, Beth, and Mindy NW Disability Support Board of Directors

A FEW ONGOING RESOURCES NOT SPECIFIC TO APRIL

★ **Internet Safety Starter Package**

Did you know that **Among Friends** designed an app [**CLICK HERE FOR MORE INFORMATION**](#) to help teach skills about dating and relationships?

“The MatchMaker Game” covers information and tools such as:

- How to introduce yourself and get to know people
- What should you do if you think someone is nice?
- How do you become friends?
- Potential places to meet people and the pros, cons, and safety concerns for those places
- How long to wait to ask someone to start dating romantically and possible challenges
- When to check in with a trusted advocate

This is a therapeutic tool designed to teach:

- Healthy friendship, dating and relationships skills
- Supported decision-making regarding relational and sexual choices
- Abuse prevention
- Self-advocacy regarding sexual health and development

DETAILS - The player tries to help their character find a romantic partner through interactive “steps” of friendship and dating. It can be used by anyone, but it is especially designed to be used by a professional or provider along with someone who experiences intellectual or developmental disabilities or neurological variations. It includes reflection questions designed to spark conversation and feedback from a “trusted advocate” to help the learner better prevent abuse and potentially avoid dangerous situations, while honoring each person’s right to self-determination and risk taking

★ [NATE SHEETS COGNITIVE SUPPORTS YOUTUBE VIDEOS](#) - CAREGIVERS

- **Who is Nate Sheets** - Nate Sheets is a behavior consultant and parent coach with over 12 years of experience working with children and adults with developmental disabilities. He specializes in Fetal Alcohol Spectrum Disorders (FASDs), trauma, and cognitive skills.

★ [Affordable Connectivity Program ACP- ALL AGES](#)

- The Affordable Connectivity Program is a federal program that connects you to the Internet. The program offers a \$30/month discount for internet service. **Need a computer?**
- The Affordable Connectivity Program also provides a *one-time discount* of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider if the household contributes more than \$10 but less than \$50 toward the purchase price.
- [ACP Website](#)

★ [Portland Parks & Rec: Stay and Play Video Series](#)- ALL AGES

- [Check out the entire series on the Portland Parks & Recreation YouTube channel](#)
- CREATED DURING COVID 2020-2021
- Portland Parks & Recreation's new Stay and Play video series presents content for you and your family on fun subjects like performing arts, preschool, visual arts, nature, sports, fitness, and swimming. Let's Stay and Play until we can be together again!

★ Portland Audubon events [listed here](#)

★ Oregon Special Needs GRANT PROGRAM -

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.

Disability Verification required

- 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

★ **On the Spectrum Friendship Group: Meeting Virtually- HST & ADULT**

- Meets on the 1st & 3rd Sundays of each month, from 3:00pm-4:30pm. For female-identifying people on the autism spectrum, ages 15 and up who are looking for an accepting environment to hangout with other female-identifying teens and young adults on the autism spectrum. Come chat, relax and chill. Participate in great discussions and/or activities (or not) of your choosing! For more information, please **contact Kim at 503-635-5112** or [click here to email](#). Sponsored by the Autism Society of Oregon.

★ **COMMUNITY PARTNERS and RESOURCES**

- [Elevate Oregon.org - Elevate Our Future](#)
- [Immigrant Refugee Community Organization \(IRCO\)](#)
- [LATINO NETWORK](#)
- [Native American Youth and Family Center Portland \(NAYA\)](#)
- [New Avenues for Youth](#)
- [Portland Opportunities Industrialization Center](#) - Afterschool Program will integrate elements of the school-day curriculum and employment training services via workshops, clubs, and for-credit courses that are engaging and help broaden youths' outlook
- [Self Enhancement \(SEI\)](#) - Year-round programming for teens and youth, primarily serving underserved African American/black middle and high school students. Youth from N/NE Portland schools, and youth in outer East Portland areas isolated from traditional cultural support systems and resources. Programming will provide youth with supportive mentors, safe spaces for exploring interests through fun and engaging enrichment and extended-learning activities, job skills training and employment support, and a wide range of opportunities to build meaningful relationships with peers and adults.
- [The Blue Print Foundation](#) - Provide youth resources and mentoring where opportunity gaps exist with a focus to uplift, educate, and support the development of black-identified youth and other communities of color.
- [The Blue Print Foundation - What WE Do](#) (So COOL!!!)

★ **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.

