



June Resources

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

★ Developing Our Children's Skills

- For families experiencing challenging behaviors with children who have special health care needs, including autism spectrum disorders. Class sessions include:
 - Solving everyday behavior challenges
 - Teaching positive social behavior
 - Developing the best solutions for your child
- Six-week series | Thursdays, May 20 - June 24 | 5:30 - 7:30 p.m.
- To register, call [503-215-2429](tel:503-215-2429) or [send an email](#)

★ [2021 RIVER ADVENTURES SUMMER CAMPS](#)

- This year, we've created a hybrid program with both live and online components that include opportunities to get outside while learning with us, and to go on our signature camp paddle too!
- Check out the specific camp session to learn more about how this hybrid structure will work, and which public health and safety guidelines will be in place for the duration of the summer. Even though this is still a little different than what we normal do together at River Adventures Summer Camp, we're so excited to be able to see each other again!

★ [Make like Ramona.](#)

- Head to Northeast Portland for a self-guided Ramona Quimby walking tour. Walk by her school, Beverly Cleary's house, and even the spot where Ramona's boots got stuck in the mud in Ramona the Pest. Pro tip: Both kids and adults love the Ramona and Henry Huggins audiobooks!

★ [Multnomah County Library Summer Reading Program](#)

- June 16th through August 31st
- Reading colors your world!
- How to play:
 - Starting June 16, come to the library and pick up a game board or sign up online.
 - Mark one space for each day you read or listen to a book, or do any of the fun activities, between June 16 and August 31, 2021.
 - Each time you mark at least 15 days (they don't have to be in a row!), come to the library to receive a prize. If you play on paper, fill out one of the cards on your game board and bring it with you.
 - Once you've read 45 days total, you've completed the game! Come to the library (if you play on paper, bring your last card) on or after July 30 to receive a T-shirt (while supplies last) and an entry in the Grand Prize drawing for your age level.
 - Claim your prizes by August 31, 2021.

★ SIBSHOPS

- Sibling group for brothers and sisters, ages 8-13, of children with special developmental needs. Siblings can share stories, give and receive support, as well as, have fun with children who have similar experiences.
- Saturdays, June 5, August 28 | 10:30 a.m. - 11:30 a.m.
- [Download flyer](#) | [Download Spanish flyer](#)

★ **[Setting up Home Instruction for Students with ASD: A How-to Guide for Parents](#)**

- During closures, schools are providing online teaching and learning materials for students to use at home. For students with autism spectrum disorder (ASD), there are practical strategies and tools that you can use to help your child stay engaged and motivated to learn and complete tasks. The suggestions in this guide are research-based

★ **[What is PANDAS/PANS](#)**

- Two-part series; learn how neuroinflammation and infectious diseases in childhood can change the activity of the brain.
- Part 1: June 1, 6 - 7:30 p.m. | [Register online](#)
- Part 2: June 15, 6 - 7:30 p.m. | [Register online](#)

★ **[SOCIAL JUSTICE GROUP VIRTUAL MEETING](#)**

- The Social Justice Youth Group meets every Monday to discuss making social justice a priority in our lives, becoming advocates for our rights, and creating a more equal and accepting world.
- We are an inclusive group with members of all abilities who are passionate about social issues and use creative expression to explore them and advocate for justice.
- June 7th, June 14th, June 21st and June 28th at 11am.
- [Join on Zoom](#)

★ **[Club EMU- Club Everyone, Me and You](#)**

- Club Everyone, Me and U is a nonprofit social group for neurodiverse individuals (recommended ages 16 and up). We provide activities and events “where you can be a friend and make a friend with acceptance,

understanding, and kindness”. Offering social support and guidance when needed. We want to provide a space to help build friendships, offer support, and help advocate for one another.

★ **[Digital Desire: Sexuality, Relationships & Technology](#)**

- June 3rd from 10:00-11:30am. Cost: \$30.00
- Are you trying to figure out how to address sexting, online dating, and other online risky behaviors? Do you know how to talk about these choices without shaming them? Do you feel prepared to support someone’s choices while hoping to steer them clear of illegal and harmful consequences?
- Questions? Email: training@thearcoregon.org
- [Register here](#)

★ **[Teen & Young Women On Spectrum Friendship Group Meeting Virtually](#)**

- June 6th and June 20th from 3:00-4:30 pm.
- For female-identifying people on the autism spectrum, ages 15 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! This group is currently meeting on-line. For more information, please contact Kim at 503-635-5112 or [click here to email](#)

★ **[ASO’s Awesome Adventures “Happy Hour”](#)**

- June 11th and June 25th from 7:00-8:30 pm.
- Held via Zoom, [email](#) for link
- This is a time to chat, support each other and forge new friendships.

★ [OR ABLE Savings Plan: “Invaluable” Series](#)

- June 23rd 6:00-7:00 pm.
- Free. Presented by [Oregon ABLE Savings Plan](#). Every month, an expert will talk about different financial topics ranging from budgeting/money management to setting attainable financial goals to building credit and how to start working without losing benefits. The series is specifically tailored to adults/youth with disabilities. If parents/supporters want to attend, they'll learn helpful information for themselves, too.
- [Register here](#)

★ [Open Saturday at Pearson Field Education Center](#)

- Open by reservation each Saturday from 10am-4pm, the Pearson Field Education Center is the ideal location for youth of all ages to experience STEM education through aviation. We feature a flight simulator lab, vertical wind table, glider building, historic airplanes and collections on display, and various educational programs.
- Entry fee is \$7 for each individual age 6 and above. Thanks to a donation from iQ for Kids, iQ Credit Union's non-profit fund, admission is free for those currently receiving SNAP food assistance benefits. Simply make your reservation and show your valid EBT card and photo ID at the front desk when you arrive. Valid for up to four individuals per EBT card.
- To make a reservation by phone contact 360-992-1818

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

- [Check out the entire series on the Portland Parks & Recreation YouTube channel](#)
- 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!

★ **[Let's Get the Wiggles Out](#)**

- Tuesdays from 10:15-11am
- Join Jess for this high-energy storytime with books and lots of songs to help you get the wiggles out! Storytime will end with a suggestion for a craft you can do at home with materials you're likely to have on hand. Ages 3-6. Registration required; register with an email address and we'll email the link prior to the event.

★ **[Mindfulness Mondays](#)**

- Monday April 5th and Monday April 19th from 12:00pm-12:30pm
- Please join us for 30 minute meditation sessions using tools to calm our nervous systems, focusing on themes of body awareness, loving-kindness, joy, connections (ancestors and our relationship with ourselves and others), and inherit safety in pervasive awareness.
- [Register here](#).

★ **Teen & Young Women On Spectrum Friendship Group: Meeting Virtually**

- Meets on the 1st & 3rd Sundays of each month, from 3:00-4:30pm. For female-identifying people on the autism spectrum, ages 15 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! This group is currently meeting on-line.
- For more information, please contact Kim at 503-635-5112 or [click here to email](#). Sponsored by the Autism Society of Oregon.

★ [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.

★ [COMMUNITY DROP-IN SUPPORT - ABI](#)

- Every Thursday from 12pm-2pm
- Both in English and Spanish
- We work to provide you tools, tips, and strategies to navigate early childhood services, special education services, and inclusive communities. We also provide resources to support health and safety, connections to community, and an open ear and heart to families, educators, and other professionals.
- [Register Here](#)

★ **Online Collaborative Art Class- Drop in!**

- Being in quarantine doesn't mean we have to be without #community! We have decided to offer online prompts that we can all do at home, together yet separate, as a temporary substitute for our weekly Collaborative Arts classes! We will post a new prompt every Wednesday morning on Instagram and Facebook that you can work with whenever you choose.
- Now, we also invite you to join us for Collaborative Arts Online! Join us in our virtual Zoom room every Wednesday from 11 am - 12 pm. Send an email to rachel@publicannex.org to join.