



Community Resources, Trainings & Events



- ◆ 1-855-323-6744 (toll-free)
- ◆ 503-931-8930 (línea en español)

Oregon Family to Family Health Information Center

The Oregon Family to Family Health Information Center (HIC) provides information to families who are navigating the complex world of special health care needs. We are family members ourselves, who have first-hand experience raising a child or youth with a chronic health condition, developmental delay or disability, or emotional/behavioral challenges. For more information, call 1-855-323-6744, email contact@oregonfamilytofamily.org, or visit www.oregonfamilytofamily.org.

Servicios para familias de habla hispana:

Muchas familias en Oregon comparten la experiencia de tener un hijo con necesidades especiales o enfermedades crónicas, y puede ser de ayuda hablar con alguien que ha estado en su situación. Cuando se comunica al Centro de Información de Salud "Familia a Familia" de Oregon, se conecta con un miembro de familia con experiencia como la de usted. Ofrecemos información, educación y recursos en cualquier lugar del estado. Se le puede ayudar a entender y navegar los sistemas que sirven a su hijo.

Llame a los contactos que siguen para ayuda: El área de Medford/Swindells Center: Kathy Keese, 541-732-5958
Las otras áreas del estado de Oregon: Teresa Gómez, 1-855-323-6744



Oregon Technical Assistance Corporation

3886 Beverly Avenue NE, Building I, Suite 21, Salem, OR 97305-1373
① 503-364-9943 (telephone) ◆ ① 503-364-1939 (fax) ◆ 📧 www.otac.org

OTAC promotes full participation in community life for individuals with disabilities, seniors and their families through the delivery of training, technical assistance and related services. If you are interested or would like to speak to someone about an OTAC training program, please contact at the numbers listed above or visit www.otac.org. Some OTAC trainings have a cost to participants. Registration and information at www.otac.org → Click on "Training Information."

- April 1-2 (2 days)* *Oregon Intervention System - General Level Workshop* ...Roseburg8:30 am to 4:30 pm
- April 15-17 (3 days)* *Positive Behavior Intervention & Support –APD*Salem9:00 am to 4:00 pm
- April 23 *Beyond "Behaviors": Supporting Competence*Salem*Tentative; check website*
- April 30-May 1 (2 days) *Two-Day Person Centered Thinking (PCT)*Medford9:00 am to 4:00 pm
- May 6 *I've Tried Everything, Now What?*South Beach5:30 to 7:00 pm

Working with African American Adoptive, Foster and Kinship Families

A publication from AdoptUSKids



Did you know?

Did you know that African Americans have been involved in informal adoption long before African American children were entered in the child welfare system, and that it continues to be more commonly practiced in African American families than legal adoption? You can obtain more information about working with African American families in the AdoptUSKids guide, *Working with African American Adoptive, Foster, and Kinship Families*, at <http://goo.gl/Q1Cw5d>.



The Children's Program Spring 2014 Trainings

To register call 503-977-0877 or visit www.childrensprogram.com ◆ 7707 SW Capitol Highway, Portland, OR 97219

- Beginners AD/HD Group for Ages 7-12* Parent Meetings: 2 Mondays, March 31 & May 19, 7:00-8:15 pm
Student Sessions: 8 Thursdays, April 3, 5:00-6:15 pm
- Pay Attention to Attention Group* Parent Meetings: 2 Tuesdays, April 1 & June 17, 5:00 pm
Student Sessions: 8 Tuesdays, April 8-June 10, 5:00-6:00 pm



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SESOR

Special Ed Support for parents in Oregon

SESOR, a new Oregon non-profit founded in 2013, is run by parents for parents and provides direct support and information to parents to assist them in working with educators and to become more effective advocates for their children and youth with disabilities. SESOR also provides trained volunteer "IEP Partners" to act in a supporting role at IEP meetings.



☎ 503-451-3654 ✉ info@sesoregon.org
 🌐 www.sesoregon.org

8th Annual Grandparents Raising Grandchildren Retreat in Portland

Tuesday, June 3, 2014 ♦ 9:15 a.m. to 2:30 p.m.
 Gethsemane Lutheran Church
 11560 SE Market Street, Portland, OR 97216

This **FREE** event provides educational workshops and a place for grandparents to gather together. The event is open to grandparents, and other relatives, age 55 and over, raising children age 18 and younger. Free lunch and door prizes offered. The event is sponsored by Multnomah County Aging and Disability Services' Family Caregiver Support Program. Please note that due to budget cuts, we are unable to offer childcare this year. Information: Contact Loriann McNeill at 503-988-8210 or email loriann.mcneill@multco.us.

April is Autism Awareness Month



Autism Society of Oregon ♦ 1-888-Autism-1 (288-4761) ♦ www.autismsocietyoregon.org

Oregon has one of the highest rates of autism in the U.S. If you haven't already, you will meet someone with autism. People with autism want to lead fulfilling lives and make a meaningful contribution to society. Visit the Autism Society of Oregon website for more information about resources, events, and statewide support groups.



Autism Walk-A-Thons

- ➔ Central OregonApril 5
- ➔ Clatsop County.....April 12
- ➔ PortlandApril 27

ASO Charity Golf Tournament

2nd Annual ASO Golf Tournament
 September 19, 2014 ♦ Pumpkin Ridge Golf Club
 12:00 noon Check-In & Lunch ♦ 1:45 Shotgun Start ♦ 6:00 Dinner



News from Marion County Health Department

Download the current issue of *Prevention Pieces*, the Marion County Health Department newsletter at www.goo.gl/J8baPA

Teen Pregnancy Prevention: Marion County Prevention Team continues to implement *Cuidate*, a culturally-based comprehensive sexual health education program to reduce HIV and teen pregnancy among Latino youth. It is available to school or community groups of youth ages 13-18. Workshops are also available to help parents talk with children about this issue. Visit MCHDPrevention@co.marion.or.us.

Strengthening Families Program for parents and youth 10-14: Seven-week sessions for parents, teens and families that include fun and interactive activities. Meals may be provided for the family and incentives for participation. There is free childcare for children under age 10.

Stayton Middle School

Wednesday evenings, April 9-May 21
 Contact JuliAnn Olson at 503-769-2309
 or email fof@wvi.com
 English and Spanish

The Old High School

Thursday evenings, April 10-May 22
 Contact Jan Holowati at 503-873-0405
 or email janh@wavecable.com
 English only

Jefferson Middle School

Tuesday evenings, April 1-May 13
 Contact Susan W at 541-327-3337 ext. 237
 or Jefferson.Together@jefferson.k12.or.us
 English only



2014 Adoption-related Summer Camps

Camp Rivendale Summer Day Camp.....	Dates TBA.....	Visit www.thprd.org/facilities/stuhr/camprivendale.cfm for more information. A summer day camp for at-risk youth and those with physical and/or developmental disabilities or behavioral challenges, ages 6-21. Music, dance, drama, visual arts, sports, and aquatics offered.
Camp to Belong NW Session 1	June 23-28.....	Visit www.campbelongoregon.org for more information. A summer camp dedicated to reuniting brothers and sisters who are placed in separate foster, adoptive or kinship homes.
Session 2	August 25-30 ...	
Chosen International Camp for Young Adults.....	Dates TBA.....	Visit www.choseninternational.org for more information. A camp for adult adoptees ages 18-25. A camp for adopted teens ages 13-19.
Teen Camp	Dates TBA.....	
Heritage Family Camp Domestic Adoption Camp ...	July 24-27	Visit www.heritagecamps.org for information about various Heritage camps. A camp for children adopted transculturally through domestic adoption. Additional camps offered for children adopted transculturally from several cultures.
Holt International Adoptee Camp	July 13-17	Visit www.holtinternational.org for more information. A camp for international or transracial adoptees, ages 9-16. Campers share common experiences while exploring issues of adoption, race, and identity development. A single-day program of workshops, activities, and games for adoptees and their parents to help foster new skills to talk about adoption.
Day Camp	July 16	
NAFA Summer Picnic & Camp.....	July 11-13.....	Visit www.nafaonline.org for more information about NW Adoptive Families Assoc. A no-host camping weekend brought to you NAFA. Camp will be held at Nehalem Bay State Park. Reserve at www.reserveamericacamping/Nehalem_Bay_State_Park .



Let's Go Camping!

Oregon Parks & Recreation Department

Let's Go Camping! is a fun-filled weekend camping adventure for families NEW to camping and families that could use a refresher. For families without their own equipment, *Let's Go Camping!* provides a tent, sleeping

bags, sleeping bag liners, mattress pads and use of a camp stove for the weekend at no extra cost. There are 12 weekend events scheduled at various state parks. Campers can choose to arrive on Friday afternoon after 4:00 p.m. or by 10:00 a.m. on Saturday morning when activities begin. Events end by 12:00 noon on Sunday. One vehicle is allowed per family. There is an event focused on Latino families held at Nehalem Bay state park on July 25-27.

These are very secure events with ranger-led activities, staff members and trained volunteers on hand to assist you around the clock. These events have been very popular with single parents, families on a budget, and seniors. The cost for the entire family is \$30 for the weekend. Pre-registration and payment are required. Call 1-888-953-7677 to register and/or for more information. Families bring their own food. Please, no pets, alcohol or electronic games. Come have fun, make some great memories with your family outdoors! Visit:

http://oregonstateparks.org/index.cfm?do=thingstodo.dsp_letsGoCamping

There are also new *Let's Go* activities held this summer in nearby Oregon state parks which include: kayaking, canoeing, hiking, stargazing, birding, or fishing for a few hours. The equipment, instruction and leadership is provided so families can relax and enjoy the day. Activities are open to ages 8 and up (children under 14 need an adult with them), and almost all are free! To find upcoming activities near you, visit www.oregonstateparks.org and click on "Things To Do" or call 1-800-551-6949.

¡Vamos a Acampar!

Parque Estatal de Nehalem Bay

¿Tiene usted curiosidad sobre acampar?

¿No tiene el equipo para necesario?

El Departamento de Parques y Recreo del estado de Oregon ofrece una excursión de campamento lleno de diversión para participantes de todas edades. Con equipo adicional, lecciones prácticas, y mucho más, el programa *¡Vamos a Acampar!* ("Let's Go Camping!") hace que acampar sea fácil, agradable y divertido para toda la familia. Las actividades se enfocan en:

- ✓ Lección básica de acampar
- ✓ Caminatas por senderos naturales e identificación de plantas
- ✓ Historias y cuentos
- ✓ Cocina en olla de hierro y seguridad contra los incendios

El campamento específico para familias latinas:

Sábado y Domingo, 26 a 27 de julio de 2014
Parque Estatal de Nehalem Bay

Inscripción y más información:

Favor de llamar al número gratis 1-888-953-7677 o visite la página web www.oregonstateparks.org y haga un clic en "Let's Go Camping!"