### National Library Week is April 7-13: Libraries = Strong Communities

Library usage is free to eligible families & professionals!

We’ve recently expanded our library selection by over sixty carefully-chosen titles for parents, professionals, children, and youth! This expansion is due in part to increased and enthusiastic support from Oregon DHS Child Welfare, and the success of our November book drive at the Bridgeport Barnes & Noble in Tigard, OR. A HUGE thank you to Barnes & Noble bookstores for your continued support & generosity towards the families, children, and professionals that we serve. The ORPARC library has a number of new and exciting developments approaching around the corner! Stay tuned for more over time! To view all of the library materials that the ORPARC library has available for checkout, please visit our website at www.orparc.org

### Featured Books for Parents & Professionals
- Adoption at the Movies
- The Out-of-Sync Child Grows Up
- Every Day Parenting with Security and Love
- Reparenting the Child Who Hurts
- The Boy Who Built a Wall Around Himself

Featured here are just a few of the titles that we’ve recently added to our collection. Adoption at the Movies is sure to get your whole family talking about adoption with the ultimate collection of films (one for each week of the year!) to help all family members explore their feelings in a fun and safe way. The Out-of-Sync Child Grows Up picks up where The Out-of-Sync Child left off, offering practical advice on living with Sensory Processing Disorder (SPD), covering everyday challenges as well as the social and emotional issues that many young people with SPD face. Everyday Parenting with Security and Love provides parents and carers with crucial advice and guidance on how to strengthen attachment and trust based on the Playfulness-Acceptance-Curiosity-Empathy (PACE) therapeutic model. Reparenting the Child Who Hurts is a humane, no-nonsense survival guide for any parent caring for a child with developmental trauma or attachment difficulties, and also provides information and insights for social workers, teachers, counselors, and other professionals involved in supporting adoptive and foster families.

Our library is also proud to feature plenty of new selections for children and youth. The Boy Who Built a Wall Around Himself is a gentle, full-color picture book that uses a simple metaphor to explain how children who have had painful or traumatic experiences can build barriers between themselves and other people. The Mermaid Who Couldn’t is a therapeutic picture book for children who lack self-confidence, including children who have had difficult life experiences. And finally, Jazzy’s Quest: Adopted and Amazing is an early reader that features Jazzy, a transracial adoptee, as the heroine who must discover just what it is that makes her so amazing.


Thank you, Oregon! After 20 years of walking alongside some of the most inspiring adoptive, guardian & foster families, their brave children, doggedly dedicated DHS case workers, and a committed, always-growing network of community partners, we remain in awe of the love, healing, and family empowerment that can be found in every corner of our State. As a shout-out back to all of you, please consider taking our quick, fun statewide survey during the month of April for the opportunity to win some prizes! Click here to take the survey

A heartfelt thanks to Tal Hadar (@talartz on Instagram) for creating & donating our lovely 20th anniversary designs!

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*Oregon Post Adoption Resource Center*
2950 SE Stark Street, Suite 130
Portland, Oregon 97214

- [ ] 503-241-0799 (telephone) • [ ] 800-764-8367 (toll-free) • [ ] 503-241-0925 (fax)
- orparc@nwresource.org • www.orparc.org • [ ] Follow ORPARC on Facebook

Office hours: Monday through Friday, 9:00 a.m. to 5:00 p.m.
Communicating & Direct Work with Traumatized Children

Thursday, April 11, 2019 • 9:00am – 4:30pm
Providence St. Vincent, Souther Auditorium, East Pavilion • 9205 SW Barnes Road, Portland, OR 97225

Presenter Richard Rose, Director of Child Trauma Intervention Services Ltd., builds on tools from his ingenious and world-renowned life story work approach, offering supportive communication techniques for all types of caregivers & workers to use while engaging and connecting with children who have experienced hardships and trauma. Numerous creative approaches will be covered and practiced with ample opportunity to engage in questions and discussions. Training objectives include, but are not limited to: techniques for reaching the “hard to reach” child; listening & interpretive skills; the significance of feelings; trauma & recovery; addressing sensitive issues; and more!

Continuing Education Credits (CECs) available for a cost of $20 and are available by prearrangement with ORPARC.

FASD: Understanding a Brain-Based Approach

Join us for this free training for families and primary caregivers. Our expert, Eileen Devine, LCSW, will address the different behaviors and symptoms associated with Fetal Alcohol Spectrum Disorder (FASD) including memory and language comprehension. Eileen, LCSW and mother of a child with FASD, believes that individuals living with FASD can live full and meaningful lives and that those supporting them can do so successfully when utilizing a brain-based approach. Register online at ProvidenceOregon.org/swindellsevents/

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<thead>
<tr>
<th>Location</th>
<th>Time</th>
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<tr>
<td>Center for Health Education</td>
<td>6:00pm – 8:00pm</td>
<td>Wednesday, April 17</td>
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<tr>
<td>Tillamook County Library</td>
<td>6:00pm – 8:00pm</td>
<td>Thursday, April 18</td>
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<tr>
<td>Providence Seaside Hospital</td>
<td>6:00pm – 8:00pm</td>
<td>Friday, April 19</td>
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Communicating Clearly: Building Relationships and Avoiding Breakdowns

Tuesday, April 23, 2019 • 6:00pm – 8:00pm
Providence St. Vincent, Souther Auditorium, 9205 SW Barnes Road, Portland, OR 97225

This training will explore identifying key areas of miscommunication, strategies to communicate effectively for all ages, what your child’s behavior may be communicating, and the power of saying yes (even if you mean “no”). Erica Steel, MS, CCC-SLP, is a Speech and Language pathologist at Providence Children’s Development Institute. Register for either of these trainings online at ProvidenceOregon.org/swindellsevents/

How to Address Challenging Behaviors in the Home

Saturday, April 27, 2019 • 9:00am – 12:00pm
Northwestern Oregon Community College, Empire Hall 1988 Newmark Avenue, Coos Bay, OR 97420

Join us for this free training exploring the principles of challenging behavior and strategies to help guide parents, professionals, and caregivers to see behavior from a new perspective. Come to learn the ABC’s of behavior (antecedent, behavior, consequence), how to identify the “why” of a behavior, and examples of possible replacement behaviors at home. Alicia Like, M. Ed, BCBA, is a Clinical Manager with the Center for Autism Related Disorders (CARD) Español Portland Program and has more than 8 years’ experience in special education & behavior analysis.

Trauma Education: Science Hope & Healing

Wednesday, June 19, 2019 • 6:00pm – 8:30pm
The Arc of Lane County • 4181 “E” Street, Springfield, OR 97478

Trauma is common in children in our society and especially for those in the foster system. Early childhood toxic stress affects development. As we examine the effects of trauma on the developing brain and nervous system, we will learn what you can do to help rebuild the brain of a person who has experienced trauma and practical ways to intervene. Dinner & childcare will be provided. If you would like to attend or have any questions, please contact Nancy at nancy.berge@arclane.org or 541-606-9062.
**ORPARC Trainings**

Visit www.orparc.org for updates

Trainings are held in accessible locations. Auxiliary aids and alternative forms of written materials are available to persons with disabilities. Spanish language interpretation available upon request. Please request these services two weeks in advance.

### Transitions & Grief in Foster and Adopted Children (and Families)

Please join facilitator Robyn Gobbel of Central Texas Attachment & Trauma Center for two free presentations entitled **Transitions: When Children Have to Move & Grief in Foster and Adopted Children (and Families)**. The morning session will cover the neurobiology behind why transitions are so challenging, what adults can do to lessen the trauma of a transition, how to support children through the intensity of their feelings related to another transition, and the importance of open, honest, and authentic communication with even the youngest of children. The afternoon session will address the losses inherent in foster care and adoption, grief related to adoption (including ambiguous loss), understanding why children grieve for abusive and neglectful families, supporting children through big, confusing, and overwhelming feelings, and how to notice if our own feelings may be being triggered and preventing us from being full present for children.

**Continuing Education Credits (CECs)** available for a cost of $10 per session and are available by prearrangement with ORPARC.

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<td>RCC/SOU Higher Education Center Multipurpose Room 129B, Medford, OR</td>
<td>Part I: 9am-12pm</td>
<td>Monday, June 24, 2019</td>
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<tr>
<td>Providence Willamette Falls Community Center Auditorium, Oregon City, OR</td>
<td>Part I: 9am-12pm</td>
<td>Tuesday, June 25, 2019</td>
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<tr>
<td>Lane County Youth Services, Carmichael Room 2727 MLK JR. Boulevard, Eugene, OR</td>
<td>Part I: 9am-12pm</td>
<td>Wednesday, June 26, 2019</td>
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### Additions to the ORPARC Library

Library usage is **free** to eligible families & professionals!

**Books for Children & Youth**

1. All About Ben: Helping Children with Attachment Issues to Understand Their Feelings
2. Anna-Tude
3. The Boy Who Built A Wall Around Himself
4. Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere
5. Caleb's Healing Story: An Interactive Story with Activities to Help Children to Overcome Challenges Arising from Trauma, Attachment Issues, Adoption, or Fostering
6. The Confusing World of Brothers, Sisters, and Adoption: The Adoption Club Therapeutic Workbook on Siblings
7. The Day You Begin
9. A Flicker of Hope
10. Friends, Bullies, and Staying Safe: The Adoption Club Therapeutic Workbook on Friendship
11. The Gender Book
12. A Handful of Quiet: Happiness in Four Pebbles
13. Help Your Dragon Deal with Anxiety
14. How Do We Feel About Adoption? The Adoption Club Therapeutic Workbook on Feelings and Behavior
15. How Little Coyote Found His Secret Strength: A Story About How to Get Through Hard Times
16. How Sprinkle the Pig Escaped the River of Tears: A Story About Being Apart from Loved Ones
17. The Invisible String
18. Jazzy's Quest: Adopted and Amazing!
20. Let's Learn About Adoption: The Adoption Club Therapeutic Workbook on Adoption and its Many Different Forms
21. Listening to My Body
22. Listening with My Heart: A Story of Kindness and Self-Compassion
23. The Memory Box: A Book About Grief
24. The Mermaid Who Couldn't
25. The Mindful Dragon
26. My Heart
27. My Strong Mind: A Story About Developing Mental Strength
28. The Rough Patch
30. Train Your Angry Dragon
31. When Sadness is At Your Door
32. Who We Are and Why We Are Special: The Adoption Club Therapeutic Workbook on Identity
33. Worry Says What?
Additions to the ORPARC Library
Library usage is **free** to eligible families & professionals!

### Books for Parents & Professionals

1. 8 Magic Keys: Strategies for Students with Fetal Alcohol Spectrum Disorders (DVD)
2. 10 Days to a Less Defiant Child: The Breakthrough Program for Overcoming Your Child's Difficult Behavior
3. The A-Z of Therapeutic Parenting
4. Adoption at the Movies: A Year of Adoption-Friendly Movie Night to Get Your Family Talking
5. Are We There Yet? The Ultimate Road Trip: Adopting and Raising 22 Kids!
6. Be Different: My Adventures with Asperger's and My Advice for Fellow Aspergians, Misfits, Families, and Teachers
7. The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science
8. Building Self-Esteem in Children and Teens Who Are Adopted or Fostered
9. The Conscious Parent: Transforming Ourselves, Empowering our Children
10. The Empathy Effect: 7 Neuroscience-Based Keys for Transforming the Way we Live, Love, Work, and Connect Across Differences
11. Everyday Parenting with Security and Love: Using PACE to Provide Foundations for Attachment
12. Improving Sensory Processing in Traumatized Children
13. Introduction to Autism for Adoptive and Foster Families
14. In Our Own Words: Children and Adults Living with an FASD (DVD)
15. Keeping Your Adoptive Family Strong
16. Lesbian and Gay Foster Care and Adoption (Second Edition)
17. Life Story Books for Adopted and Fostered Children (Second Edition)
18. Life Work with Children who are Fostered or Adopted
19. The Myth of the ADHD Child: 101 Ways to Improve Your Child's Behavior and Attention Span Without Drugs, Labels, or Coercion
20. Nurturing Resilience: Helping Clients Move Forward from Developmental Trauma
21. The Orchid and the Dandelion: Why Some Children Struggle and How All Can Thrive
22. The Out-of-Sync Child Grows Up: Coping with Sensory Processing Disorder in the Adolescent and Young Adult Years
23. Parenting a Teen Who Has Intense Emotions; DBT Skills to Help Your Teen Navigate Emotional & Behavioral Challenges
25. Raising a Sensory Smart Child: The Definitive Handbook for Helping Your Child with Sensory Processing Issues
27. Recovering Hope: Birth Mothers Speak Out About Fetal Alcohol Spectrum Disorders
29. The Revolutionary Trauma Release Process
30. The Secrets of Successful Adoptive Parenting: Practical Advice and Strategies to Help with Emotional and Behavioral Challenges
31. Self-Reg: How to Help Your Child (& you) Break the Stress Cycle & Successfully Engage with Life
32. Sensational Kids: Hope and Help for Children with Sensory Processing Disorder (SPD)
33. Straight Talk About Psychiatric Medications for Kids (Fourth Edition)
34. The Tantrum Survival Guide: Tune In to Your Toddler’s Mind (and Your Own) to Calm the Craziness and Make Family Fun Again
35. Ten Things Every Child with Autism Wishes You Knew
36. A Therapeutic Treasure for Working with Children and Adolescents with Developmental Trauma
37. Understanding Fetal Alcohol Spectrum Disorder: A Guide to FASD for Parents, Carers, and Professionals
38. Uniquely Human: A Different Way of Seeing Autism
39. Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood
40. Using Stories to Build Bridges with Traumatized Children
41. Working with Traumatized Children: A Handbook for Healing
42. Working with Traumatized Youth in Child Welfare
Center for Improvement of Child and Family Services  •  www.cwpsalem.pdx.edu

<table>
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<td>Parenting in the Digital Age...........</td>
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<td>Behavior: Pouting to Punching..........</td>
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<td>Parenting Children with ADD/ADHD ......</td>
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<td>Effects of Trauma on Learning in Children 0-18.....</td>
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<td>Ten Tips for Parenting Teens..................</td>
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<td>Parenting in the Digital Age..............</td>
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<td>Creating Positive Behaviors in Teens......</td>
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<td>Caring for the Sexually Abused Child......</td>
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<td>Child Development: The Tween Puzzle......</td>
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<td>Building Resilience for Children in Care...</td>
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<td>Living Under the Influence of Addiction...</td>
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<td>Child Development: Teens to Young Adulthood</td>
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<td>Effects of Trauma on Learning in Children 0-18.....</td>
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<td>CPR &amp; First Aid.........................</td>
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<td>The Significance of Siblings............</td>
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<td>Children Can Hear.........................</td>
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<td>April 26.......................................</td>
<td>The Foster to Adoption Shift.............</td>
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<td>Collaborative Problem Solving............</td>
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**Community Resources, Trainings & Events**

**Center for Improvement of Child and Family Services ♦ www.cwpsalem.pdx.edu**

<table>
<thead>
<tr>
<th>ENTRENAMIENTOS EN ESPAÑOL ~ SPANISH LANGUAGE TRAININGS</th>
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<tr>
<td>20 de abril........................................ Primero Aucimientos de Infantes, Niños y Adultos........Springfield..............................................541-726-6444 x2237</td>
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<tr>
<td>15 de mayo........................................ Tome Nota de su Trabajo con DHS.............................Portland.................................................................971-673-1822</td>
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<td>16 de mayo........................................ Pérvida y dolor..................................................Salem...............................................................503-378-5298</td>
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<td>19 de junio.......................................... Comunicación Efectiva.....................................Portland.................................................................971-673-1822</td>
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<td>26 de junio.......................................... Desarrollar la Capacidad de Recuperación de los Niños en Cuidado....Hillsboro ................503-277-6649</td>
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<td>Morning NetLink Trainings</td>
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<td>Parenting to a Child’s Temperament.............................May 16</td>
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<td>Self-Harm: Putting the Puzzle Pieces Together...............June 6</td>
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<tr>
<td>Evening NetLink Trainings</td>
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<td>Viviendo Bajo la Influencia de Adicción ......................5 de junio</td>
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NACAC promotes Families for all Children in Foster Care!

Through advocacy, adoption support, leadership development, and education the NACAC works to ensure all children in foster care have permanent, loving families and adoptive families have the support they need.

NACAC has several adoption specific webinars available either free of cost or for purchase ($15.00 for NACAC members/$20.00 for nonmembers). Please visit [www.nacac.org](http://www.nacac.org) to view recorded webinars. Topics of webinars include:

- Adoption Assistance
- Adoption Practice
- Youth Advocacy or Support Networks
- Advocacy
- Model Programs
- Parent group development
- Parenting
- Post-Adoption Services
- Adoption Tax Credit

**Save the Date:**

NACAC 45th Annual Conference

The most comprehensive adoption and foster care conference is coming to Las Vegas, Nevada! Pre-conference: July 17, 2019 Full conference: July 18-20, 2019

View more information at [https://www.nacac.org/get-training/conference/](https://www.nacac.org/get-training/conference/)

April is National Autism Awareness Month

Autism is the fastest growing developmental disability in Oregon – and the world.

If you haven’t already, you will meet someone with autism.

The Autism Awareness Puzzle Ribbon is the most enduring and recognized symbol of the autism community in the world. The puzzle pattern reflects the complexity of the autism spectrum. The different colors and shapes represent the diversity of the people and families living with the condition. The brightness of the ribbon signals hope — hope that through increased awareness of autism, and through early intervention and access to appropriate services/supports, people with autism will lead full lives able to interact with the world on the own terms. Find local and statewide resources at the Autism Society of Oregon [http://autismsocietyoregon.org/](http://autismsocietyoregon.org/)

The ORPARC Library is proud to feature over two dozen autism-specific resources for parents, professionals, children, and youth. To view all autism-specific materials available for checkout to eligible professionals and families, click [here](#).

**13th Annual Grandparents (and elder relatives) Raising Grandchildren Retreat**

Join us for fun and educational activities, a place to learn about community resources that can help you, a place to meet other grandparents raising grandchildren, and a special day for you! Free lunch and refreshments offered. Contact Loriann McNeill at loriann.mcneill@multco.us or 503-988-8210 for information and registration. This [free](#) retreat is sponsored by the Multnomah County Family Caregiver Support Program of the Aging, Disability and Veterans Services Division.

**Friday, May 10, 2019 ♦ 9:00 am – 2:45pm**

Gethsemane Lutheran Church

11560 SE Market Street, Portland, OR 97216
Community Resources, Trainings & Events

Swindells Resource Center of Providence Child Center
Serving families of children with special needs

Click here to register for events by Swindells Resource Center. Events are free of cost for parents and caregivers. If you have any questions or need assistance registering, please call 503-215-2429 or email swindells@providence.org

Healthy Relationships and Sexuality

Thursday, April 11, 2019 • 6:00pm - 8:00pm • Innovative Service Building • 9414 NE Fourth Plain Road, Vancouver, WA 98662

This workshop will equip participants to confidently approach teaching the importance of social success in developing healthy relationships, unique challenges and solutions for emerging adults with disabilities in expressing themselves, and sexuality as a normal part of transition to adulthood and options for expression as important for quality of life.

R-E-S-P-E-C-T: Teaching Children to Know & Respect Themselves & Asking Others to Do the Same

Tuesday, April 30, 2019 • 6:00pm - 8:00pm • Providence Newberg Medical Center • 1001 Providence Drive, Newberg, OR 97132

This presentation will explore how to teach children of all ages about consent, how healthy boundaries lead to healthy relationships, empowering children to require permission for touch, and the importance of children developing a sense of self.

Sibshops: for Brothers and Sisters, ages 5-12, of Kids with Special Developmental Needs

Saturday, April 6 • 9:30am - 12:00pm • Providence Newberg Medical Center • 1001 Providence Drive, Newberg, OR 97132

Sibshops are lively, pedal-to-the-metal, award-winning celebrations of the many contributions made by brothers and sisters of kids with special needs. Sibshops acknowledge that being the brother or sister of a person with special needs is for some a good thing, others a not-so-good thing, and for many, somewhere in between. They reflect a belief that brothers and sisters have much to offer one another – if they are given a chance. Sibshops mix information and discussion activities with new games designed to be unique, offbeat and appealing to a wide ability range. Register soon by calling 503-215-2429, space is limited.

Building Resiliency and Reducing Relational Stress

Tuesday, May 21, 2019 • 6:00pm - 8:00pm • Providence Portland Medical Center • 4805 NE Glisan Street, Portland, OR 97213

This presentation will explore recognizing signs and symptoms of caregiver burnout, addressing fatigue, stagnation, or feeling overwhelmed, strengthening relationships, and developing strategies and tools to build resilience.

Positive Indian Parenting

Honoring Our Children by Honoring Our Traditions
5135 NE Columbia Boulevard, Room 201, Portland, OR 97218

Positive Indian Parenting is a free, eight-week course focusing on traditional and culturally specific parenting practices and values. We will explore attitudes in a variety of traditional child-rearing ways and apply them to values and challenges of modern parenting skills. Free dinner and childcare provided. Contact Shilo George at 503-288-8177 x240 or shilognayapdx.org to RSVP or for questions. Classes are held Tuesday evenings from 5:30pm – 7:30pm.

Lessons of the Cradleboard.................................................April 9
Traditional Behavior Management..................................May 14
Praise in Traditional Parenting..............................................June 4
Harmony in Child-rearing..................................................April 30
Lessons of Mother Nature..................................................May 28
Choices in Parenting...........................................................June 18

Northwest Adoptive Families Association • www.nwadoptivefamilies.org
NAFA is made up of families from all types of adoption: foster, domestic, and international.

We provide support & education to families just beginning the adoption process through raising children to adulthood.

April 13 .................. Splash! NAFA Swim Party ...................... 1:30pm – 4:30pm ... East PDX Community Center, Portland, OR
July 12-14 ............. Annual Campout ........................................... 3:00pm – 11:00am ...... Nehalem Bay State Park, Nehalem, OR
Parenting a Second Time Around Support Group

Grandparents or relatives raising relative children are welcome to join the monthly support group. The group meets on the second Monday of the month from 10:00am - 12:00pm in the upstairs conference room at the NorthWest Senior and Disability Services building.

<table>
<thead>
<tr>
<th>Meeting Date</th>
<th>Topic of Support Group Meeting</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 8, 2019</td>
<td>“Summer Fun” – Keith Sandberg with Camp Agape will speak briefly on this free summer camp, which will be held July 18th-25th at Camp Aldergate in Turner. Suzy Deeds will present on the topic “Summer Fun” as we talk about summer camps and other options for summer fun!</td>
</tr>
<tr>
<td>May 13, 2019</td>
<td>Creating Opportunities staff will speak on the support their organization offers to kinship caregivers.</td>
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<tr>
<td>June 10, 2019</td>
<td>“The Importance of Taking a Break” Oregon Family to Family Staff will briefly on respite options and other support their nonprofit offers to relatives as parents. Suzy Deeds will present on the topic “The Importance of Taking a Break” as we talk about the importance of respite!</td>
</tr>
</tbody>
</table>

Support group topics may change without advanced notice. There is no need to register in advance for this support group if you are parenting a second time around. If you would like additional information about the group, please contact Suzy Deeds at 503-304-3429 or suzy.deeds@nwsds.org. You may also contact 503-304-3420 for additional information about the Relatives as Parents Program.

Astrid Castro Consulting

Trainings cost $30-$60 for individuals and $50-$90 for couples, unless otherwise indicated.

April 7 ............Transracial Adult Adoptee Discussion Panel .................................................................1:00pm - 3:00pm ............ Portland
April 18 ............Conversation Project: Race and Adoption (Free & open to the public) ...........................................6:30pm - 8:30pm ............ Eugene
April 28 ............The Lifelong & The Unexpected .........................................................................................1:00pm - 3:00pm ............ Portland
May 5 ...............Transracial Adoption: A History .........................................................................................1:00pm - 5:00pm ............ Portland
May 19 .............Adult Adoptee Discussion Panel .........................................................................................1:00pm - 3:00pm ............ Portland

April is National Child Abuse Prevention Month

The 2019 Prevention Resource Guide (developed by the U.S. Department of Health & Human Services, Administration for Children & Families, Children’s Bureau, and Child Welfare Information Gateway) is designed to help individuals and organizations in every community strengthen families and prevent child abuse and neglect. This year’s theme is "Strong and Thriving Families." The Resource Guide focuses on protective factors that build on family strengths to foster healthy child and youth development.

For additional resources, information, and alternatives to spanking, visit Hands are for Holding at www.stopspanking.org
April 8 Dream Big Dreams for Your Child! .................................................. 6:00pm - 8:00pm St. Helens
April 10 Dream Big Dreams for Your Child! .................................................. 5:00pm - 7:00pm St. Helens
April 10 Todo Comienza Con Un Sueño .................................................. 5:30pm - 8:00pm Portland
April 11 Thought Field Therapy (TFT) Workshop with Special Guest Dr. Robert Bray .................................................. 6:00pm - 8:30pm Portland
April 15 Parent Coffee: Let’s Talk IEPs .................................................. 12:00pm - 1:00pm Astoria
April 16 Educación Especial: ¿Qué Necesita Saber? Este entrenamiento es en Español .................................................. 5:30pm - 7:30pm The Dalles
April 22 Parent Coffee: Let’s Talk IEPs .................................................. 12:30pm - 1:30pm Neskonlin
April 26 Parent Coffee: Let’s Talk IEPs .................................................. 11:00am - 12:00pm Yachts
April 29 Assistive Technology (AT) Across the Lifespan .................................................. 6:00pm - 8:00pm Portland
May 4 FACT Oregon Regional Conference .................................................. 8:00am - 4:00pm Klamath Falls
May 30 Augmentative & Alternative Communication (AAC) Parent Happy Hour .................................................. 6:00pm - 7:30pm Portland

“We are families and youth working together to promote mental, behavioral, and emotional wellness for other families and youth through education, support, and advocacy.”

4275 Commercial Street SE, Suite 180, Salem, OR 97302 • ③ 503-363-8068 • ② 1-800-323-8521 • www.ofsn.org

April 9 Wraparound Family Partner Orientation .................................................. 9:00am - 12:00pm Springfield
April 9 Family Led Legislative Advocacy .................................................. 1:00pm - 4:00pm Springfield
April 10 Family Led Legislative Advocacy .................................................. 9:00am - 12:00pm Tigard
April 10 Wraparound Family Partner Orientation .................................................. 1:00pm - 4:00pm Tigard
April 16 Trauma: The What, Why, and How We Can Respond .................................................. 9:00am - 3:30pm Salem
April 29-30 Journey to Advocacy .................................................. 9:00am - 2:00pm Bend
May 1 Family Support Group Facilitation .................................................. 9:00am - 3:00pm Salem
May 6-7 Journey to Advocacy .................................................. 10:00am - 2:00pm Pendleton
May 14 Wraparound Family Partner Orientation .................................................. 1:00pm - 4:00pm McMinnville
May 29 IEP Basics: The Nuts and Bolts of an Individualized Education Program (IEP) .................................................. 9:30am - 12:30pm Tigard

Collaborate. Educate. Empower.
2405 NE Front Street NE #120, Salem, OR 97301
① 503-364-9943 (phone) • ② 503-364-1939 (fax) • www.otac.org

OTAC offers a variety of training opportunities across Oregon and online, from classroom learning to hands on workshops and live webinars.
OTAC wants to meet your training needs! If you don’t see what you are looking for in our Course Catalog or Training Calendar, please contact us to discuss your needs and we will do what we can to accommodate your training needs. Registration fee for trainings is $55-$75.

April 5 Oregon Intervention System: OIS-P “P is for Parent” .................................................. 9:00am - 5:00pm Portland
April 5 Defining the 6 Core Components of Sexuality .................................................. 9:00am - 1:00pm Portland
April 9 Alternatives to Guardianship: Essential Info for Parent of Children with I/DD .................................................. 5:30pm - 7:30pm Salem
April 17 Trauma Informed Approaches to Support People who Experience I/DD .................................................. 9:00am - 4:00pm Salem
April 22 Meaningful Ways to Engage and Train Supporters on a Person’s Individual Support Plan .................................................. 10:00am - 4:00pm Springfield
May 3-4 The Arc Oregon State Convention: Dreaming, Believing, and Achieving Together .................................................. 9:00am - 4:30pm Wilsonville
May 17 Meaningful Ways to Engage and Train Supporters on a Person’s Individual Support Plan .................................................. 9:30am - 3:30pm Portland

Portland, OR: Adoption Parent Support Group & Foster and Adoptive Mom’s Coffee Group
4035 NE Sandy Blvd, Ste 200, Portland, OR 97212 • 971-940-2601 • PortlandNeurofeed@gmail.com

Support

The Portland Attachment and Trauma Healing (PATH) Center has two support groups for foster & adoptive parents. The Adoptive Parent Support Group meets the 3rd Thursday of each month from 6:00pm – 7:30pm and includes a pertinent, educational component each month. The Mom’s Coffee Group meets the 1st Friday of each month from 9:30am – 10:30am.
Community Resources, Trainings & Events

Oregon Family to Family Health Information Center

contact@oregonfamilytofamily.org • www.oregonfamilytofamily.org

The Oregon Family to Family Health Information Center (HIC) provides information to families who are navigating the complex world of special health care needs. OregonF2FHIC is available to come to your support group or community meeting and deliver trainings on the topics of Transition to Adult Health Care, Healthcare Advocacy, and Resources and More. Please call 855-323-6744 or email signorin@ohsu.edu for more information.

Contact a parent partner for help finding resources & information, navigating systems, & connecting to others. We love to help.

Charles, scharles@ohsu.edu
Lydia, dennehy@ohsu.edu
Tamara, bakewell@ohsu.edu
Tami, montemay@ohsu.edu

Kayleigh, bitzk@ohsu.edu
Shauna, signorin@ohsu.edu
Margaret (bilingual spanish), maes@ohsu.edu
Maricruz (bilingual Spanish), caravant@ohsu.edu

Free Workshops by the Oregon Family to Family Health Information Center
Please RSVP at 503-494-5614.

Your Child’s Future: Planning for Your Child with Special Needs
Friday, April 12, 2019 • 12:00pm - 3:00pm
215 W Orchard Avenue, Hermiston, OR 97838

Explore supported decision making, guardianship, and other less restrictive alternatives available to support your child. Also learn about the process of getting your youth with special needs ready for the changes in health care when they turn 18.

Your Child’s Life: Planning for Your Child with Special Needs
Monday, May 13, 2019 • 9:00am - 11:30am
2019 A Main Street, Baker City, OR 97814

If your child requires frequent medical or therapy appointments, this training is for you. We will explore ways to manage insurance issues, learn about appeals, gain tips to communicate effectively with your child’s providers, learn how to help your children advocate for themselves, and much more.

Fetal Alcohol & Other Neurobehavioral Conditions: Understanding & Application of the FASCETS Brain-Based Approach

June 27-29, 2019 (Thursday-Saturday) • 9:00am-4:00pm
The Mark Spencer Hotel, 409 SW 11th Avenue, Portland, OR 97205

Facilitated by Melissa Elligson • Contact Wendy Temko, 503-621-1271, wtemko@fascets.org for registration.
$450.00 for parents or $550.00 for professionals; limited partial scholarships & student rates are available.

This workshop, designed for both parents and professionals, provides information about Fetal Alcohol/Neurobehavioral Conditions (FA/NB) and the effects of alcohol and other drugs on the brains and behaviors of children, adolescents and adults. FA/NB are brain-based, neurobehavioral conditions with behavioral symptoms. The workshop will educate you on a best practices approach for increasing understanding of FA/NB, reducing frustration, and expanding options. Case examples of successful accommodations are central to this training.

Breaking Barriers: Life Beyond Labels 2019 Conference

Friday, April 26, 2019 • 9:00am – 4:00pm
Deschutes County Expo Center • 3800 SW Airport Way, Redmond, OR 97756

Our vision is for an inclusive community where barriers don’t exist and labels such as disability have no meaning. This conference will serve as a platform to share the unique and diverse perspectives of all members of our community. Together we will learn to create a truly inclusive society, where all people will enjoy a fulfilling and self-directed life beyond labels. Registration is $50, scholarships are available. If you have any questions or need support with registration please call us at (541) 548-8559 or email swidler@codsn.org
HRC’s All Children—All Families has launched a series of 60-minute webinars featuring agency leaders and expert trainings, highlighting promising practices in serving LGBTQ children, youth, and families. These webinars are available online, free of cost, in the All Children – All Families Online Learning Archive.

**Featured Webinars Include:**
- Introduction to LGBTQ Cultural Competency
- Supporting Trans & Gender Expansive Youth
- Risk Factors & Health Disparities Among Gender-Expansive Youth
- The Facts About HIV Today
- Caring for LGBTQ Youth (For Caregivers)
- Supporting Bisexual & Pansexual Youth

### The Center for Adoption Support and Education

www.adoptionsupport.org ➔ Education & Resources ➔ For Parents & Families ➔ Webinars

#### Webinar of the Month

**Supporting Gender Expansive & LGBTQ+ Youth in the World of Foster Care & Adoption**

May 16, 2019
10:00am - 11:30am

Presented by Laura Anderson, PsyD

#### In-demand webinars available any time for a small fee of $10.00

- Beneath the Mask: Understanding Adopted Teens
- Emotional Regulation and Relaxation Techniques for Parent and Child I & II
- Empowering Children to Handle Questions/Comments about Adoption
- Parenting Your Child/Teen with Fetal Alcohol Spectrum Disorder (FASD)
- Taking the Fear Out of Open Adoption
- Talking with Children about Adoption
- Too Many Losses, Too Soon: Loss and grief among foster and adopted children
- We are still Family: Supporting Relationships between Separated Siblings

### Marion County LGBTQ Support Group

4275 Commercial Street, Suite 180, Salem, OR 97302 • 971-283-4071

Meets the second and fourth Thursday of every month, 6:00pm – 7:30pm

This support group is for families whose youth identify as transgender, gender non-binary, or questioning their assigned gender or sexual orientation. Come to talk and meet with other parents in a safe, supportive setting to ask questions, get answers, and to process with one another. This group will be facilitated by an OFSN Family Partner.

### New Parent Support Group

Drop-In Clinic for new parents.

4115 N Mississippi Avenue, Portland, OR 97217 • 503-234-7837 • info@pdxqcenter.org

Meets the first Thursday of every month, 1:30pm – 3:30pm, starting April 4th

Meet and connect with other parents in your community. A pediatric nurse practitioner & feeding specialist will be available for any questions that you may have. Hosted by Clackamas & Oregon Pediatric Clinic.

### Please share stories for an upcoming Congressional hearing on foster care and adoption!

Congressional Committee members are interested in receiving your story about why you oppose discrimination in foster care and adoption based on religion, sexual orientation, gender identity, or other aspects of your identity. Learn more about the upcoming hearing and share your story with congress here.
This training features Trust-Based Relational Intervention® (TBRI®) methods developed by Dr. Karyn Purvis and Dr. David Cross from the Karyn Purvis Institute of Child Development at Texas Christian University (TCU) to help bring attachment and connection in families. TBRI® has original faith-based roots, but is also accessible to and supportive of families across all belief systems. The Live Simulcast will take place on April 5-6, 2019 from 9:00am – 5:00pm, hosted in numerous cities across the state including Astoria, Salem, and La Grande. The Simulcast will be rebroadcast on April 26-27, 2019 from 9:00am – 5:00pm, hosted in many cities statewide including Jefferson, Medford, Portland, and Sherwood. For more information and to find a broadcast or rebroadcast location near you, please go to: https://showhope.org/our-work/pre-post-adoption-support/empowered-to-connect/

Journey of Hope TBRI®: Adoptive Family Camp
This Summer marks Holt’s inaugural TBRI camp for adoptees & their parents in Oregon! Friday, June 28 and Saturday, June 29 from 8:30am – 4:00pm in Eugene, OR
This two-day family camp is designed around the Trust-Base Relational Intervention (TBRI®) parenting curriculum for adoptees and their families. Even years after their adoption, some children may struggle with behavior regulation, attachment, and social skills. With specialized assistance from TBRI® practitioners, this camp will equip families with tools and strategies they can use to help their child learn self-regulation and deepen family attachment. Availability is limited, and applications are required. Applications are due by May 1, 2019 and cost is $100 per participant. Apply online here or contact Marissa Robello at marissar@holtinternational.org with questions.

Announcing the first ever U.S. Graduating Class of the Therapeutic Life Story Work Certificate Program
As of mid-April 2019, all of these providers across the state will be certified in Therapeutic Life Story Work:

- Monica Bergmann, Bilingual Speech & Language Pathologist for the High Desert Education Service District in Bend, OR
- Johanna Curelo, Therapist at Rising Moon Therapy, LLC, in Coos Bay, OR
- Francine Florendo, DHS Central Office Adoptions in Salem, OR
- Katie Kenney, Therapist at Valley View Counseling in Roseburg, OR
- Erin Spier, Therapist at Creative Roots Therapy, LLC, in Coos Bay, OR

Would You Like a Certificate in Therapeutic Life Story Work?
Oregon Post Adoption Resource Center (ORPARC) and international Life Story Work expert Richard Rose (AAP, MBA, BPhil, PGSWE, PQCCA, CQSW) of Child Trauma Intervention Services in the UK are thrilled to debut the first and only U.S. based Certificate in Therapeutic Life Story Work beginning in 2019.

This certificate is currently only available in Australia and the UK!

- Part I: June 2nd - 4th 2019, 9:00am - 5:00pm
- Part II: September 9th - 11th 2019, 9:00am -5:00pm

In this six full day, four-month intensive series, Master’s level (or higher) attendees will train with Richard Rose to gain an in-depth understanding of therapeutic life story work practice, and its incredible healing potential for children or adults who have experienced trauma or hardships that impact their ability to grasp a cohesive life narrative. Interested? Please email us at ORPARC@nwresource.org

Cost is $1,250 which includes: 6 full days of training with complimentary CEUs, a copy of Richard’s book, awarding of the specialty Certificate, and all attendees who complete the series will be entered into a Directory of Therapeutic Life Story Work Certificate holders.