National Adoption Day Celebration | Saturday, November 23, 2019

Visiting families and children soared over to the ORPARC nest this year for a bird-themed adoption day celebration! There were so many fond and familiar faces, like Fred Meyer’s “Fred Bear,” and our favorite face painters, Psykhe and Emelia, as well as new feathery friends visiting from Perch Wildlife Education courtesy of Alina Blankenship. Our star photographers deserve the spotlight themselves: Skot Lindstedt Photography, Molly Ree Photography, and Lauren Martin Photography, plus, prints again generously donated by Washington Street Documart. All of you are amazing supporters of these families!


We love and celebrate our helpful volunteers: ORPARC Interns McKenzie Davis, Larisha Shelby, Allison Rodriguez, & Heather Webb; Evan Brazie; Eddie Lundabolt; Amber Thomas; Piper Gibson; Mick Hathorn; Hazel Gould; Deliah Barrans; Maggie Denning; Jacobson Family; Cody Knope-Jenkins; and diehard regular Oregon DHS Central Office staff Sara Fassett. Finally, a big thank you to Oregon’s state adoptive families!

Moving Announcement: Farewell Stark Street, Hello Hillsdale!

December bittersweetly marked the last month in our Stark Street office as we said hello to a new location near Hillsdale. You’ll now be able to find the ORPARC office and library located at 6443 SW Beaverton Hillsdale Highway, Suite 205, Portland, OR, 97221. We are thrilled to be closer to the children and families that we serve on the west side for a change, as well as sharing a building with our friends upstairs at The Children’s Program! We look forward to welcoming families and professionals alike to our new space, and anticipate hosting a few open houses in the coming year. Visitors are welcome to park behind the shopping center next door, in or on top of the parking garage behind our building (pictured to the right), or in the shared apartment lot next door to our building. Our new office is also accessible by TriMet bus lines 54, 55, and 56. Be on the lookout for open house announcements coming soon; we look forward to continuing to serve you from our new location!
Greetings from the Post Adoption and Guardianship Assistance Unit!

The year-end is always very busy around our office with folks eager to finalize before the end of the year or in a hurry right afterwards if they missed the New Year marker. Who can blame them, right!? We are diligently trying to return all calls promptly, but please be patient if it takes us a little longer than usual.

Our own Lindsay Williams (normally serving families with last names starting with S – Z) has been out on leave for a few months, and we expect her to be out for a couple more, but we are so very excited to have help covering Lindsay’s position by a partner from our Central Oregon field office... Roya Leriche! Don’t tell her, but some of us are hoping to find a way to keep her around. . . . We also have had a couple former retirees return temporarily to assist in working files more quickly: Bonnie Klohs and Gayle Bien. While we love having these friends back in our midst, we have no expectation that retirement will not beckon them back from the office. You may hear some new voices on the phone over the next few months, but it is the same unit ready to help support you.

We lost several support staff for a variety of reasons over the past few months. Susan (Sue) Bakke is handling the lion’s share of support tasks, but we are lucky to have Kimberly (Kim) Sattler rotating in as a support. We are in the process of hiring permanent replacements and hope that will be taken care of soon. This impacts requests for medical changes or information, as Sue is fielding roughly three times as many calls as normal. Please be patient with her. She is amazing, but still only one person. . . .

We are working hard with our team members (whether existing, new, or returning) to get all requests handled as quickly as possible. Please do not hesitate to contact your coordinator if we can be of any assistance with benefits, consultation, or referrals. Happy New Year!

**Caseload distribution by last name of the adoptive/guardian family**

<table>
<thead>
<tr>
<th>Last Name of Family</th>
<th>Coordinator</th>
<th>Telephone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-C</td>
<td>Brenda Weitman</td>
<td>503-945-6729</td>
<td><a href="mailto:brenda.weitman@state.or.us">brenda.weitman@state.or.us</a></td>
</tr>
<tr>
<td>D-I</td>
<td>Mike Plumb</td>
<td>503-945-6632</td>
<td><a href="mailto:michael.plumb@state.or.us">michael.plumb@state.or.us</a></td>
</tr>
<tr>
<td>J-N</td>
<td>Barbara Schlewitz</td>
<td>503-947-5311</td>
<td><a href="mailto:barbara.schlewitz@state.or.us">barbara.schlewitz@state.or.us</a></td>
</tr>
<tr>
<td>O-R</td>
<td>Cathy Reeves</td>
<td>503-945-5685</td>
<td><a href="mailto:cathy.r.reeves@state.or.us">cathy.r.reeves@state.or.us</a></td>
</tr>
<tr>
<td>S-Z</td>
<td>Roya Leriche (temp)</td>
<td>503-947-5371</td>
<td><a href="mailto:roya.leriche@state.or.us">roya.leriche@state.or.us</a></td>
</tr>
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<table>
<thead>
<tr>
<th>Last Name of Family</th>
<th>Support Staff</th>
<th>Telephone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-G</td>
<td>Kimberly Sattler</td>
<td>503-947-5370</td>
<td>kimberly.a.sattler @state.or.us</td>
</tr>
<tr>
<td>H-O</td>
<td>Sue Bakke</td>
<td>503-947-5312</td>
<td><a href="mailto:susan.bakke@state.or.us">susan.bakke@state.or.us</a></td>
</tr>
</tbody>
</table>
Sexual Abuse & Trauma with Rob G. Tucker, all the way from the UK!

This workshop will provide participants with a basic understanding of the dynamics of child sexual abuse (including within family environments i.e. intra-familial sexual abuse), utilizing a knowledge about sex offenders and the non-offending partner to help us understand the impact on children, young people, and their families. This use of ‘offender knowledge’ is utilized to help practitioners and carers (foster/adoptive/guardianship/relative caregivers) look out for possible warning signs and to assist with investigation, assessment, intervention, and the provision of ‘therapeutic care.’ It also considers the use of psycho-educational/narrative approaches to working with children and young people affected by sexual abuse and how this can complement other therapeutic approaches.

Please register by contacting us at 503-241-0799 or orparc@nwresource.org

Certificate in Therapeutic Life Story Work with Richard Rose

ORPARC and international Life Story Work expert Richard Rose of Child Trauma Intervention Services in the UK are thrilled to continue the first ever U.S. based Certificate in Therapeutic Life Story Work with a fourth cohort. In this six day intensive series, attendees will train with Richard Rose to gain an in-depth understanding of the 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. Master's Level professionals, caseworkers, clinicians, CASAs, foster and adoptive parents, and those with extensive lived or professional experience are encouraged to apply.

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

Part I: April 6th – 8th 2020, 9:00am - 4:30pm
Part II: June 8th – 10th 2020, 9:00am - 4:30pm

Where: 6443 SW Beaverton Hillsdale Highway, Suite 205, Portland, OR 97221

Cost is $1,250 which includes: 6 full days of training with 42.0 complimentary CEUs, a copy of Richard’s book, awarding of the specialty Certificate, and being entered into the Directory of Therapeutic Life Story Work Certificate Holders upon completion of certificate.

Looking for a Therapeutic Life Story Work Practitioner?

As of December 2020, all of these providers are newly certified in Therapeutic Life Story Work:

- Heidi Alsop, Trillium Family Services, in Corvallis, OR
- Jessica Denio, Children’s Farm Home, in Corvallis, OR
- Alexandra Henderson, Kinship House, in Beaverton, OR
- Melissa Potts, Willamette Music Therapy Services, in Salem, OR
- Kara Sump, Yamfan, in McMinnville, OR
- Lindsay Lillstrom, Wavelengths NW Child and Family Services, in Oregon City, OR

To see the full list of two dozen certified Therapeutic Life Story Work Practitioners in Oregon, visit www.orparc.org and follow these steps:

Homepage → Training Tab → Therapeutic Life Story Work Certificate → Statewide Directory of Practitioners
Voice for Adoption
SPEAKING OUT FOR OUR NATION’S WAITING CHILDREN

2019 Adoptive Family Portrait Project

In November, together with ORPARC, Voice for Adoption’s (VFA) 2019 Adoptive Family Portrait Project once again celebrated families who have adopted children from foster care. This annual project raises awareness among members of Congress about the real experiences of families adopting children who have spent time in the foster care system. Seven participating families from Oregon – and one from Washington! – shared their stories along with a family portrait. Each family nationwide was matched with a Senator or Representative from their home state or district. The portraits and stories were featured on display in the Capitol office of each family’s respective Senator or Representative during November, National Adoption Month. This is the ninth year Oregon had full participation from all seven of our Congress members. For privacy reasons, we are proud to share six of the seven participating families from Oregon.

Congratulations and thank you to all of these special families, and to each of the Oregon legislators who participated!

Foster & Adoptive Parent Digital Library Collection

ORPARC is thrilled to announce the launch of our new digital library materials! Our Digital Collection features dozens of the latest in trauma-informed, brain-based parenting books, as well as a selection of tried and true classics for YOU – our dedicated foster, kinship, and adoptive families. You can now instantly borrow free ebooks and audiobooks to enjoy on your devices – compatible with all smartphones, tablets, computers, and eReaders. Want to get started? Contact us at 1-855-496-BOOK (2665) or ORPARClibrary@nwresource.org

To access the Foster & Adoptive Parent Digital Library as a new user, follow these instructions:

1. Contact ORPARC to confirm your eligibility.
2. Receive your unique log in ID number.
3. Visit the digital library site – access from the ORPARC lending library tab on our website, www.orparc.org, or directly at https://orparc.overdrive.com/.
4. Click the green “sign in” button in the upper right-hand corner.
5. Enter your ID number and click “sign in.”

Keep us bookmarked! We’ll be adding materials over time, check back frequently for new additions.
Additions to the ORPARC Library

Library usage is free to eligible families & professionals!

**Materials for Parents & Professionals**

1. Advocating for Children in Foster and Kinship Care: A Guide to Getting the Best out of the System for Caregivers and Practitioners
2. The Aware Baby
4. Brain Rules for Baby: How to Raise a Smart and Happy Child from Zero to Five
5. Confessions of an Adoptive Parent: Hope and Help from the Trenches of Foster Care and Adoption (Audio)
6. Courageous Love: Instructions for Creating Healing Circles for Children of Trauma for Grandparents Raising Grandchildren
7. Creating Compassionate Foster Care: Lessons of Hope from Children and Families in Crisis
9. Girl on Purpose: How to Help Your Girl Build Self-Confidence and Do All That She’s Meant for in the World
11. The Grandma Force: How Grandmothers are Changing Grandchildren, Families, and Themselves
12. Guardian Shift: Encouragement and Inspiration for Grandparents, Aunts, Uncles, and Anyone Raising Other People’s Children
13. The Handbook of Therapeutic Care for Children
15. Neurodiversity in the Classroom: Strength-Based Strategies to Help Students with Special Needs Succeed in School and Life
18. Parenting in Transracial Adoption: Real Questions and Real Answers
19. Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting
20. The Power of the Adolescent Brain: Strategies for Teaching Middle and High School Students
21. Raising Your Children’s Children: Help for Grandparents Raising Grandkids
22. The Sensory Child Gets Organized: Proven Systems for Rigid, Anxious, or Distracted Kids
23. So, You’re Raising Your Grandkids: Tested Tips, Research, and Real-Life Stories to Make Your Life Easier
24. Therapeutic Parenting Essentials: Moving from Trauma to Trust
25. You’re Parenting Again? What You Should Know About Raising Your Grandchildren

**Materials for Children**

1. A Brief Chapter in My Impossible Life
3. The Different Dragon
4. The Great Big Book of Families
5. Grumpy Monkey
6. Holding Up the Earth
7. Home at Last
8. I Can Make This Promise
9. Is This Normal (Revised): More Girls’ Questions, Answered by the Editors of The Care and Keeping of You
10. Mother Bunny and the Bad Plants: A Story of Kinship Care for Small Children
11. My Nana and Me
12. Pictures of Hollis Woods
13. Queer: The Ultimate LGBTQ Guide for Teens
14. Returnable Girl
15. The Road to Paris
16. Speranza’s Sweater
17. Stella Brings the Family
18. A Tale of Two Daddies
19. A Tale of Two Mommies
20. What’s a Foster Family?
EASTERN REGION

February 22 Transitioning Children with Sensitivity Hood River 541-308-8923, tracy.l.gower@state.or.us
February 22 Loving and Letting Go Hood River 541-308-8923, tracy.l.gower@state.or.us
March 3 Caring for the Sexually Abused Child The Dalles 541-308-8923, tracy.l.gower@state.or.us
March 5 Supporting Children Exposed to Domestic Violence John Day 541-575-0728, sherilyn.webb@dhsoha.state.or.us
March 14 Transitioning Children with Sensitivity La Grande 541-962-5740, benjamin.potter@dhsoha.state.or.us
March 14 Loving and Letting Go La Grande 541-962-5740, benjamin.potter@dhsoha.state.or.us
March 17 Relative Caregivers Burns 541-573-2086 x268, michelle.a.bradach@dhsoha.state.or.us
March 31 Supporting Children Exposed to Domestic Violence Hood River 541-308-8923, tracy.l.gower@state.or.us

SOUTHERN REGION

February 1 Trauma Informed Parenting Klamath 541-850-6807, lori.oconnor@state.or.us
February 11 Loving and Letting Go Medford 541-841-8834, rekabah.a.lawrence@state.or.us
February 14-15 Behavior Crisis Management Training Springfield 541-726-6644 x2274, cleopatra.mapfumo@state.or.us
February 19 Children Can Hear Klamath 541-850-6807, lori.oconnor@state.or.us
February 20 ADD/ADHD Parenting Fundamentals Coos 541-808-6127, kammie.bunes@dhsoha.state.or.us
February 22 CPR & First Aid Springfield 541-726-6644 x2274, cleopatra.mapfumo@state.or.us
February 26 Caregivers and Caseworkers Training Roseburg 541-464-2091, karen.parker@state.or.us
February 27 Understanding Sexual Behaviors of Children Medford 541-841-8834, rekabah.a.lawrence@state.or.us
March 5 Transitioning Children with Sensitivity Medford 541-841-8834, rekabah.a.lawrence@state.or.us
March 7 What Your Mother Said Roseburg 541-464-2091, karen.parker@state.or.us
March 7 Behavior: Pouting to Punching Roseburg 541-464-2091, karen.parker@state.or.us

WESTERN REGION

February 1 CPR & First Aid Salem 503-378-5298, ann.fortiz-crow@state.or.us
February 1 Trauma Informed Parenting Beaverton FosterAndAdoption.Inquiry@dhsoha.state.or.us
February 8 Trauma Informed Parenting Albany 541-248-7730, jessica.dunayevich@dhsoha.state.or.us
February 20 Foster Parents in Juvenile Court McMinnville 503-378-5298, ann.fortiz-crow@state.or.us
February 29 Trauma Informed Parenting Oregon City 503-731-4167, nadine.bujosa@state.or.us
March 7 Trauma Informed Parenting Salem 503-378-5298, ann.fortiz-crow@state.or.us
March 10 Maintaining Cultural Identities of Youth Salem 503-378-5298, ann.fortiz-crow@state.or.us
March 14 Transitioning Children with Sensitivity Tillamook 503-842-5571 x306, jessica.l.rice@state.or.us
March 14 Loving and Letting Go Tillamook 503-842-5571 x306, jessica.l.rice@state.or.us
March 18 Loving and Letting Go Albany 541-248-0310, tami.miranda@dhsoha.state.or.us
March 18 Self-Harm: Putting the Puzzle Pieces Together Beaverton FosterAndAdoption.Inquiry@dhsoha.state.or.us

ENTRENAMIENTOS EN ESPAÑOL ~ SPANISH LANGUAGE TRAININGS

13 y 14 de marzo Capacitación Sobre Control De Comportamiento y Crisis Portland 971-673-2087

NetLink Online Trainings

Instructions and registration available at: http://cwpsalem.pdx.edu/caregiver/assets/ctuhints.pdf

Morning NetLink Trainings 8:30 am to 12:00 noon
Parenting a Child with Special Needs February 27
Connections: Children, Birth Families, and Caregivers March 12
Child Development: The Tween Puzzle April 2
Ten Tips for Parenting Teens May 19
Collaborative Problem-Solving June 11

Entrenamientos en español—Tarde 5:30 a 9:00 de la noche
Ayudando a los Niños con las Visitas 18 de marzo
Conexiones: niños, familias biológicas, y cuidadores 24 de junio

Evening NetLink Trainings 5:30 pm to 9:00 pm
Early Childhood and Brain Development February 25
Living Under the Influence of Addiction March 3
Helping Children with Visitation April 21
Transitioning Children with Sensitivity May 7
Parenting to a Child's Temperament June 2
Community Resources, Trainings & Events

Relatives as Parents Program – Family Caregiver Support
☎ 855-673-2372 | ✉ ADRC.WebMessages@state.or.us | 🌐 www.ADRCofOregon.org

The Relatives as Parents Program is a statewide program, free to grandparents raising grandchildren or other relative caregivers age 55 or older who are caring for children or adults with disabilities. The Relatives as Parents Program provides these seniors with benefits such as counseling, information, limited respite offerings, and other support. If you’re a grandparent or other relative raising children contact the Aging and Disability Resource Connection (ADRC) at www.adrcforegon.org or 855-673-2372 to see what benefits you are eligible for.

Parenting a Second Time Around Support Group

Grandparents or relatives raising relative children are welcome to join the monthly support group at NorthWest Senior and Disability Services (NWSDS), 3410 Cherry Avenue, Salem, OR 97303. The group meets on the second Monday of the month from 10:00am - 12:00pm in the upstairs conference room at the NWSDS building.

<table>
<thead>
<tr>
<th>Meeting Date</th>
<th>Topic of Support Group Meeting</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 10, 2020</td>
<td>The Importance of Taking a Break</td>
</tr>
<tr>
<td>March 9, 2020</td>
<td>Joan Dingle will present on Putting Yourself in a Time Out. Learn to say “no” to unreasonable demands from adult children, grandkids, and anyone else adding stress to your life. Celebrate imperfections instead of expecting perfection in yourself or family members. Joan Dingle, grandmother, author, and online support group moderator, will touch briefly on self-talk and the value of small splurges before focusing on techniques for managing behaviors when grandchildren/adult kids are disrespectful, threatening, yelling, refusing to accept your answer or accept responsibility for their actions.</td>
</tr>
<tr>
<td>April 13, 2020</td>
<td>The Importance of Connecting with Resources in your Community</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@nwds.org. You may also contact 503-304-3420 for additional information about the Relatives as Parents Program.

The Center for Adoption Support and Education

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

Webinar of the Month

What Teens and Their Parents Need to Know about Search and Reunion

February 26, 2020
4:00pm – 5:30pm PST

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
- Too Many Losses, Too Soon: Loss and grief among foster and adopted children
- We are still Family: Supporting Relationships between Separated Siblings

NAMI Multnomah’s mission is to improve the quality of life for people living with mental illness and their families through support, education, and advocacy.

2020 SibShops for siblings ages 8-13 (Free!)

Play games, create art, have fun, laugh! Spend time with other kids who “get it.” Talk about the good and not so good parts of having a sibling with disabilities or mental health challenges. Held 10:00am – 1:00pm, register at 971-285-5199.

- February 29
- April 25
- May 16
We provide support & education to families just beginning the adoption process through raising children to adulthood.

March 14 ............. Baby & Toddler Care Class ................. 8:30am – 4:30pm .............. Legacy Emanuel Hospital, Portland
April 2020 ............. Splash! Swim Party ........................... TBD .......................... East Portland Community Center, Portland
Community Resources, Trainings & Events

Oregon Family to Family Health Information Center

The Oregon Family to Family Health Information Center (F2FHIC) provides information to families who are navigating the complex world of special health care needs. Oregon F2FHIC 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. Events and training can be found on the Oregon F2FHIC Facebook.

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

Lydia, denheyn@ohsu.edu      Tami, montemay@ohsu.edu      Tamara, bakewell@ohsu.edu
Chuck, scharles@ohsu.edu      Margaret (bilingual spanish), maes@ohsu.edu

Prevention training featuring real people and real stories about protecting children from sexual abuse.

These evidence-informed workshops introduce five simple and effective steps that any adult can take to minimize risks and promote protective factors so all of our children can grow up safe and healthy. The emphasis is on prevention, and learning how we can work together to end child sexual abuse in our lifetimes. Note: These workshops feature video of survivors talking about their stories. The material may be difficult or triggering for some individuals. Some trainings may have a small fee of up to $20.00 to attend.

February 5          Talking with Children about Safety          Albany          541-760-4494, cheslah.barkdoll@gmail.com
February 12         Stewards of Children Sexual Abuse Training          Roseburg          541-733-7505, d2l@ymcaofdouglascounty.org
February 20         Stewards of Children Sexual Abuse Training          Albany          541-926-2203, ahenny@abchouse.org
February 24         Stewards of Children Sexual Abuse Training          The Dalles          541-490-4359, lilianal@nextdoorinc.org
February 27         Stewards of Children Sexual Abuse Training          Redmond          541-383-5958, vrisser@kidscenter.org
March 2            Bystanders Protecting Children from Violations          Albany          541-926-2203, ahenny@abchouse.org
March 10           Stewards of Children Sexual Abuse Training          Lebanon          541-258-4339, djohnson@ci.lebanon.or.us
March 12           Stewards of Children Sexual Abuse Training          Sisters          541-383-5958, vrisser@kidscenter.org
March 18           Stewards of Children Sexual Abuse Training          Roseburg          541-733-7505, d2l@ymcaofdouglascounty.org
March 19           Stewards of Children Sexual Abuse Training          La Pine          541-383-5958, vrisser@kidscenter.org
March 25           Stewards of Children Sexual Abuse Training          Lebanon          541-258-4339, djohnson@ci.lebanon.or.us

Breaking Barriers: Life Beyond Labels 2020 Conference

Thursday, April 16, 2020 • 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 will be announced soon, scholarships are available. If you have any questions or need further support, please contact us at (541) 548-8559 or swidler@codsn.org.

FACT Oregon’s mission is to empower Oregon families experiencing disability in their pursuit of a whole life by expanding awareness, growing community & equipping families.

February 13          Behaviors and the Individualized Education Program (IEP)          6:00pm - 8:00pm          Woodburn
February 22          Coastal Regional Learning Summit          8:00am - 4:00pm          Newport
February 25          Transitioning to Kindergarten          5:30pm - 7:30pm          Bend
February 29          Mid-Willamette Regional Learning Summit          8:00am - 4:00pm          Eugene
March 11            Assistive Technology (AT) Across the Lifespan          6:00pm - 8:00pm          Portland
March 14            Eastern Regional Learning Summit          8:00am - 4:00pm          Baker
March 20            Transitioning to Kindergarten          12:00pm - 1:30pm          Warm Springs
The Engaging Family Awareness (EFA) Workshop offers a great opportunity to gain a deeper understanding of your own unique family dynamic. You’ll walk away with a clearer picture of factors that influence your relationship with your kid(s) and partners and learn the specific skills/techniques necessary to enhance your connection with them. Essentially, EFA is a crash-course on changing patterns within your family including yourself, caregiving partner(s), and kid(s). We take an approach that embraces family diversity, we welcome parents, grandparents, and anyone who plays a role in the child’s life! The cost of attendance is $175 for an individual, $225 for a couple, and $50 for each additional person who wants to join. Sliding scale cost available, inquire with workshop organizer to learn more.
The National Child Traumatic Stress Network (NCTSN) was created to raise the standard of care and increase access to services for children and families who experience or witness traumatic events. Contact info@nctsn.org or www.nctsn.org

The NCTSN offers several resources related to how trauma affects teen substance use. This includes a guide for parents and caregivers who believe their teenagers might be experiencing problems as a result of traumatic stress and substance abuse; to download this guide, click here. THE NCTSN also offers a comprehensive toolkit designed to explore the connection between trauma and substance abuse for substance abuse professionals, mental health providers, parents, and caregivers; to download this toolkit, click here. The NCTSN features over two hundred webinars available free of cost on their website. Topics of webinars include:

- Trauma and Intellectual and Developmental Disabilities (IDD) Toolkit
- Addressing Transition Issues for Young Foster Children
- Engaging Schools: Developing School/Mental Health Partnerships
- Traumatic Separation in the Child Welfare and Kincare Systems
- Trauma and Distress Across Generations

Parenting From the Heart: Managing Challenging and Intense Behavior

503-664-3049 | info@nwtrainingconnections.com

Third Saturday of each month • 9:00am – 4:00pm • 3000 NE Stucki Avenue, #150, Hillsboro, OR 97124

Are you a parent, teacher or professional who is having difficulty with a child’s intense behaviors such as not listening or following directions, excess fidgeting or movement, or disrupting the class or home? Are you finding that typical discipline strategies are not working? The Nurtured Heart Approach® is a relationship-based methodology founded in The 3 Stands™ for helping children (and adults) build their Inner Wealth™ and use their intensity in successful ways. It is a powerful way of awakening the inherent greatness in all children while facilitating parenting and classroom success. Cost of attendance is $90 with limited sliding scale spots available. Register online here.

In the past, the Empowered to Connect Conference has been a live event available via simulcast. This year, a rebroadcast of either the 2018 or 2019 Empowered to Connect Conference will be available as part of a simulcast package along with a viewing guide and new practical application content. 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 rebroadcast simulcast package will be available from March 20 – May 9, 2020. Register and receive your rebroadcast package online here.

Oregon Consortium of Family Networks (OCFN)

OCFN is a project of the Oregon Council on Developmental Disabilities and the Office of Developmental Disability Services

1. Bridging Communities: Jackson and Josephine counties, 541-690-6542, info@bcoregon.org
2. Central Oregon Disability Support Network (CODSN): Deschutes, Crook, and Jefferson counties, 541-548-8559, dianna@codsn.org
3. Creating Opportunities: Polk, Yamhill, and Marion counties, 503-559-3424, support@creatingops.org
5. Family and Community Together (FACT): serves all 36 Oregon counties, 503-786-6082, support@factoregon.org
6. Families Connected: Lane County, 541-343-5256 x113, laura.dahill@arclane.org
LGBTQ, Cultural, and Diversity Resources

Newly Featured Webinars Include:

- LGBTQ Adult Experiences and Perceptions on Foster Care & Adoption: Findings from 2019 Survey
- Advocating for LGBTQ Youth with Disabilities: A Guide on Supporting LGBTQ Students with an IEP or 504 Plan
- Creating an Atmosphere of Affirmation and Love for Trans Youth: Lessons from Former Foster Youth Turned Adoptive Parent
- Advancing Changes to Promote Well-Being for LGBTQ Youth of Color Impacted by Child Welfare and Juvenile Justice Systems

Culture Nights
First and Third Wednesday of Every Month • 5:30pm – 7:30pm
5135 NE Columbia Boulevard, Portland, OR 97218

Culture Night is a time for families and community members to come together, share a meal and to learn traditions and crafts. Culture Nights feature guest speakers, arts instructors and volunteers who guide community members to explore the many traditions of our diverse cultures. Families will have the opportunity to learn together and connect with friends. All ages and ability levels welcome. Contact Michaila Taylor at 503-288-8177 x267 or michailat@nayapdx.org

Black Lit is LIT! Cultural Literacy and STEM Fair
Saturday, February 22, 2020 • 9:00am – 3:00pm
Barnes and Noble Clackamas Town Center • 12000 SE 82nd Avenue, Happy Valley, OR 97086

Join us for giveaways, food, story time, activities, and special guest including Blaze the Trail Cat of the Portland Trail Blazers! Each kid that attends a story time gets a free copy of the book read to be autographed by the author. Contact leigh.bohannon@theBPI.org for more information or to become a volunteer or sponsor.

February is Black History Month
The ORPARC Library is proud to feature diverse representation in its selection of children’s books, as well as dozens of materials specific to transracial adoption. Below are just a few of our most beloved titles, find the rest of our offerings related to transracial and transcultural adoption online here.

1. Black Anthology: Adult Adoptees Claim Their Space
   edited and compiled by Susan Harris O’Connor, Diane René Christian, and Mei-Mei Akwai Ellerman

2. The Road to Paris by Nikki Grimes
3. I Am Enough by Grace Byers
4. Our Gracie Aunt by Jacqueline Woodson