**Announcing the IMPROVED and EXPANDED ORPARC Foster & Adoptive Parent Library**

After months of preparation, we are thrilled to announce the launch of our improved and expanded library! Since ORPARC’s inception in 1999, we have been dedicated to serving state adoptive and guardianship families through our unique collection of adoption and special needs-related materials. Twenty years later, we could not be more honored to expand our reach to foster parents and relative caregivers. Accompanying this expansion comes a number of NEW features available to ALL users including an online library platform, a live chat function, items available for digital check out (coming soon!), a new phone line where you can reach us at 1-855-496-BOOK (2665), plus email dedicated solely to all of your reading necessities (ORPARCLibrary@nwresource.org). Or, if you visit the Metro area, we also have a new, cozy reading corner. We look forward to serving you all in this new capacity!

**ORPARC welcomes Chloe!**

ORPARC is thrilled to welcome new staff Chloe Lund as our Foster & Adoptive Parent Library Assistant. Chloe is currently a student at Portland State University in the Child, Youth, and Family Studies program with a minor in Women’s Studies. She has years of experience working with children and families, including as a preschool art and science teacher. When she’s not at school or working, Chloe enjoys writing, cross-stitching, playing with her cat, and planning her upcoming wedding with her partner.

**Oregon Parent Leadership Training**  
**Sponsored & Hosted by ORPARC**

<table>
<thead>
<tr>
<th>Thursday, September 19, 2019</th>
<th>9:00am – 4:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, September 20, 2019</td>
<td>9:00am – 3:00pm</td>
</tr>
</tbody>
</table>

The Laurelhurst Club  
3721 SE Ankeny Street, Portland, OR 97214

In partnership with the North American Council on Adoptable Children (NACAC), we are seeking approximately 35 foster, adoptive, relative provider, and guardianship parent representatives (and/or their champions) interested in developing their leadership capacity in communities ALL OVER OREGON! You as peers are the best advocates and supporters of your fellow parents, and this training is to support and celebrate YOU. Parent leaders will receive **free** training around relevant topics such as trauma, adverse childhood experiences (ACEs), and fetal alcohol spectrum disorders and specialized guidance on how to facilitate, run, manage, or support parent peer groups, gatherings, or communities. The hope is to help foster and adoptive parents to empower themselves and their fellow parents in informed, supportive, and innovative ways around Oregon.

**Interested in attending?** Contact us to learn more at orparc@nwresource.org or visit our website [here](http://www.orparc.org).
**Trauma Education: Science Hope & Healing Parts I & II**

Part I: Tuesday, September 10, 2019  •  7:00pm – 9:00pm  
Part II: Tuesday, October 8, 2019  •  7:00pm – 9:00pm 

Metro Training Center  •  11826 NE Glisan Street, Portland, OR 97220

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 practical ways to intervene and what you can do to help rebuild the brain of a person who has experienced trauma. **Shauna Signorini** is the parent of two young women and knows firsthand the challenges families face getting support, access, and information to help their children with mental health challenges. She has done parent peer support for almost 10 years and is currently the Project Lead for the Oregon Family to Family Health Information Center. Shauna has over 600 hours in mental health, trauma and Systems of Care training, including the Neurosequential Model of Therapy through the Child Trauma Academy. She desires to see our society have a shared understanding of mental health challenges and to see medical and non-medical options used to treat those vulnerable with respect and compassion. Please register at D2.MetroTrainingCenter@state.or.us or by calling 971-673-1822.

**Come Train with Jessica Sinarski, author of Riley the Brave!**

You already know and love her therapeutic children’s book *Riley the Brave*, so now is your chance to attend a FULL DAY of training with consultant, author, and educator Jessica Sinarski! Jessica has extensive training in and widely utilizes approaches such as brain-based parenting, Parent-Child Interaction Therapy, mindfulness, and neurofeedback. *Riley the Brave* and Jessica’s trainings especially focus on improving outcomes for those affected by adverse childhood experiences (ACEs) and trauma, empowering parents, teachers, and community professionals with brain-based knowledge and resources worldwide. We are thrilled to have Jessica come train in Oregon and hope you’ll be to join us!

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Date</th>
</tr>
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<tbody>
<tr>
<td>Providence Willamette Falls Community Center</td>
<td>9:00am – 4:00pm</td>
<td>Thursday, September 26, 2019</td>
</tr>
<tr>
<td>519 15th Street, Oregon City, OR 97045</td>
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<tr>
<td>Portland Providence Medical Center</td>
<td>9:00am – 4:00pm</td>
<td>Friday, September 27, 2019</td>
</tr>
<tr>
<td>4805 NE Glisan Street, Portland, OR 97213</td>
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</tr>
</tbody>
</table>

**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 debut the first U.S. based Certificate in Therapeutic Life Story Work. Hear Richard speak for yourself at the upcoming **2019 Shoulder to Shoulder Conference** as the keynote speaker!

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

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.

**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.

- Part I: October 29th – 31st 2019, 9:00am - 5:00pm
- Part II: December 3rd – 5th 2019, 9:00am - 5:00pm

ORPARC Office (2950 SE Stark Street, Suite 130, Portland, OR)  
For more details about the certificate program, visit our [website](http://www.orparc.org).

*Stories have to be told or… we can’t remember who we are or why we’re here.*

~ Sue Monk Kidd
Community Resources, Trainings & Events

2019 Shoulder to Shoulder Conference
Strengthening Children & Families

Please join us at the 21st Annual Shoulder to Shoulder Conference at the Red Lion Hotel on the River in Jantzen Beach in Portland. There is a Pre-Conference Event on Sunday, October 27th and the full conference will occur on Monday, October 28th. Registration and scholarship applications will be available September 1st. Registration cost is $75.00 by October 14th and $95.00 on/after October 15th. Continuing Education Credits and Certificates of Attendance are available. Professional and adoptive/foster/kinship parent scholarships are available and due by October 4th.

Conference Registration:  www.stsconference.com/registration
Conference Scholarships:  www.stsconference.com/scholarships

2019 Adoption and Foster Camp Resources

- **Camp to Belong Northwest**,  www.kindredmatters.org/programs/camp-to-belong/
  A summer camp dedicated to reuniting brothers and sisters who are placed in separate foster, adoptive, or kinship homes from August 11-16 held at Camp Magruder in Rockaway Beach.

- **Holt International**,  www.holtinternational.org/camp
  An overnight domestic and international adoptee camp from July 14-18 with overnight family camp on July 13 and family day camp on July 17 held at Camp Angelos in Corbett.

- **Native Teen Gathering for Current and Former Foster Youth Ages 14-20**,  rosemary.iavenditti@dhsoha.state.or.us
  Camping in cabins, field trips, fun, and all meals provided for this native teen gathering held at The Grove Camp Site in Canby from August 12-15. Horse therapy, native wellness, traditional games, and leadership development.

- **Northwest Adoptive Families Association Campout**,  www.nwadoptivefamilies.org
  Pack up all your camping gear and meet us at Nehalem Bay State Park from July 12-14! If you still need a campsite for this event, contact Yvette Burling at ibid@hevanet.com. The cost is $31 per night plus $8 reservation fee - $70 for Friday and Saturday nights.

- **Oregon ILP Teen Retreat for Current and Former Foster Youth Ages 16-20**,  fosterclub.com/oregon-teen-retreat
  Held August 19-22 at Kellogg Springs Camp in Oakland, applications must be turned in by July 29.

- **Royal Family Kids Camps**,  https://rfk.org/camps
  An overnight camp focused on giving foster children ages 6-12 a week of positive memories and royal treatment in a Christian camp environment with locations in Albany (July 22-26), Eugene (July 1-5), Grants Pass (July 22-26), Jefferson (July 29 – August 2), Newberg (July 22-26), Portland (June 29 – July 3 and July 8-12), Salem (July 1-5), and Wilsonville (July 29 – August 2).

- **Oregon Parks and Recreation Department**,  www.oregonstateparks.org/index.cfm?do=v.page&id=20
  The Oregon Parks and Recreation Department offers free camping and day-use parking to Oregon foster, guardian, and adoptive-foster parents and their children. Please note this waiver is for state parks only. If you have questions about the program or ID card, call 1-800-551-6949, Monday through Friday, 8:00am to 5:00pm, or email special.access@oregon.gov. Families may camp overnight for free in a tent, RV, or standard horse camp site for up to 14 nights in a calendar month. The pass does not apply to yurts, cabins, or other special park facilities. The pass applies to foster parents and children visiting the 26 parks that charge a day-use parking fee. The benefit is valid only when both the pass holder and eligible children are present. Families should contact their assistance coordinators for a copy of the Adoptive or Guardian Family Fee Waiver Program Verification Letter.
Additions to the ORPARC Library

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

**Materials for Children & Youth**

1. A Boy Called Bat
2. Autism: Living with my Brother Tiger
3. Charley Chatty and the Wiggly Worry Worm
4. Don’t Feed the Worry Bug
5. Help! My Feelings Are Too Big!
6. How Big Are Your Worries Little Bear?: A Book to Help Children Manage and Overcome Anxiety, Anxious Thoughts, Stress, and Fearful Situations
7. I Love You, Stinky Face
8. I Said No! A Kid-to-Kid Guide to Keeping Private Parts Private
10. One Wave at a Time
11. Porcupette Finds a Family
12. Red: A Crayon's Story
13. Rosie's Family: An Adoption Story
14. Rosie Rudey and the Enormous Chocolate Mountain
15. Rosie Rudey and the Very Annoying Parent
16. Sex is a Funny Word: A Book About Bodies, Feelings, and You
17. Social Skills Activities for Kids: 50 Fun Exercises for Making Friends, Talking and Listening, and Understanding Social Rules
19. Sophie Spikey Has a Very Big Problem
20. Stanley will Probably be Fine
21. Teach Your Dragon Empathy
22. The Great Gilly Hopkins
23. The War I Finally Won
24. What Makes a Baby
25. William Wobbly and the Very Bad Day

**Materials for Parents & Professionals**

1. 2, 4, 6, 8 This is How We Regulate!: 75 Play Therapy Activities to Increase Mindfulness in Children
2. A 3-D View of Foster, Kindship, and Adopted Children: Using the Bio-Psychosocial Model to Better Understand Children with Multiple Negative Impacts
3. Attachment: 60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan
4. Beyond Behaviors: Using Brain Science and Compassion to Understand and Solve Children’s Behavioral Challenges
5. Beyond Consequences: Logic and Control (Russian)
7. Family Diversity in the Classroom: The Adopted Child
8. FASD and the Online World: The Seductive Power of False Friendships, False Promises, and False Rewards
9. From Fear to Love
10. Help for Billy (Spanish)
12. Inside I’m Hurting: Practical Strategies for Supporting Children with Attachment Difficulties in School
13. Loving Guidance: Setting Limits Without Guilt
14. Not Always Happy: An Unusual Parenting Journey
15. Small Town, Big Miracle: How Love Came to the Least of These
16. Texas Judicial Summit: Improving Outcomes for Children in Care
17. The Explosive Child (Russian)
18. Therapeutic Residential Care for Children and Young People: An Attachment and Trauma-Informed Model for Practice
19. The Ultimate Guide for Gay Dads: Everything You Need to Know About LGBTQ Parenting but Are (Mostly) Afraid to Ask
20. Which One of You is the Mother?: The Absolutely Positively True Adoption Story of Two Gay Guys
21. Wonderplay, Too!: From the 92nd Street Y
22. Yes, Your Teen is Crazy!: Loving Your Kid Without Losing Your Mind
# Community Resources, Trainings & Events

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

### METROPOLITAN REGION  
18826 NE Glisan St, Portland, OR 97220

<table>
<thead>
<tr>
<th>Date</th>
<th>Training</th>
<th>Location</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 20</td>
<td>Parenting Children in Care: What Works &amp; Why</td>
<td>Portland</td>
<td>971-673-1822, <a href="mailto:D2.MetroTrainingCenter@state.or.us">D2.MetroTrainingCenter@state.or.us</a></td>
</tr>
<tr>
<td>July 23</td>
<td>Children Can Hear</td>
<td>Portland</td>
<td>971-673-1822, <a href="mailto:D2.MetroTrainingCenter@state.or.us">D2.MetroTrainingCenter@state.or.us</a></td>
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<tr>
<td>August 6</td>
<td>Strategies for Successful Parenting</td>
<td>Portland</td>
<td>971-673-1822, <a href="mailto:D2.MetroTrainingCenter@state.or.us">D2.MetroTrainingCenter@state.or.us</a></td>
</tr>
<tr>
<td>August 10</td>
<td>Trauma Informed Parenting</td>
<td>Portland</td>
<td>971-673-1822, <a href="mailto:D2.MetroTrainingCenter@state.or.us">D2.MetroTrainingCenter@state.or.us</a></td>
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<tr>
<td>September 7</td>
<td>CPR &amp; First Aid</td>
<td>Portland</td>
<td>971-673-1822, <a href="mailto:D2.MetroTrainingCenter@state.or.us">D2.MetroTrainingCenter@state.or.us</a></td>
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<tr>
<td>October 4-5</td>
<td>Behavior Crisis Management Training</td>
<td>Portland</td>
<td>971-673-1822, <a href="mailto:D2.MetroTrainingCenter@state.or.us">D2.MetroTrainingCenter@state.or.us</a></td>
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### SOUTHERN REGION

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<tr>
<th>Date</th>
<th>Training</th>
<th>Location</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>July 27</td>
<td>CPR &amp; First Aid</td>
<td>Springfield</td>
<td>541-726-6644 x2274, <a href="mailto:cleopatra.mapfumo@state.or.us">cleopatra.mapfumo@state.or.us</a></td>
</tr>
<tr>
<td>August 28</td>
<td>CPR &amp; First Aid</td>
<td>Medford</td>
<td>541-841-8834, <a href="mailto:rebekah.a.lawrence@state.or.us">rebekah.a.lawrence@state.or.us</a></td>
</tr>
<tr>
<td>September 21</td>
<td>CPR &amp; First Aid</td>
<td>Springfield</td>
<td>541-726-6644 x2274, <a href="mailto:cleopatra.mapfumo@state.or.us">cleopatra.mapfumo@state.or.us</a></td>
</tr>
<tr>
<td>November 23</td>
<td>CPR &amp; First Aid</td>
<td>Springfield</td>
<td>541-726-6644 x2274, <a href="mailto:cleopatra.mapfumo@state.or.us">cleopatra.mapfumo@state.or.us</a></td>
</tr>
</tbody>
</table>

### WESTERN REGION

<table>
<thead>
<tr>
<th>Date</th>
<th>Training</th>
<th>Location</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>July 12</td>
<td>Loving and Letting Go</td>
<td>Oregon City</td>
<td>503-731-4167, <a href="mailto:nadine.bujosa@state.or.us">nadine.bujosa@state.or.us</a></td>
</tr>
<tr>
<td>July 19</td>
<td>Transitioning Children with Sensitivity</td>
<td>Oregon City</td>
<td>503-731-4167, <a href="mailto:nadine.bujosa@state.or.us">nadine.bujosa@state.or.us</a></td>
</tr>
<tr>
<td>July 24</td>
<td>Collaborative Problem-Solving</td>
<td>Beaverton</td>
<td>503-277-6754, <a href="mailto:nicole.hall@state.or.us">nicole.hall@state.or.us</a></td>
</tr>
<tr>
<td>September 11</td>
<td>Parenting Children with ADD/ADHD</td>
<td>Beaverton</td>
<td>503-277-6746, <a href="mailto:fosterandadoption.inquiry@state.or.us">fosterandadoption.inquiry@state.or.us</a></td>
</tr>
<tr>
<td>November 2</td>
<td>CPR &amp; First Aid</td>
<td>Oregon City</td>
<td>503-731-4167, <a href="mailto:nadine.bujosa@state.or.us">nadine.bujosa@state.or.us</a></td>
</tr>
<tr>
<td>November 2</td>
<td>Transitioning Children with Sensitivity</td>
<td>Beaverton</td>
<td>503-277-6754, <a href="mailto:nicole.hall@state.or.us">nicole.hall@state.or.us</a></td>
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</table>

### ENTRENAMIENTOS EN ESPAÑOL ~ SPANISH LANGUAGE TRAININGS

<table>
<thead>
<tr>
<th>Date</th>
<th>Training</th>
<th>Location</th>
<th>Contact</th>
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<tbody>
<tr>
<td>6 y 7 de septiembre... Capacitación Sobre Control De Comportamiento y Crisis</td>
<td>Beaverton</td>
<td>503-277-6649</td>
<td></td>
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<tr>
<td>18 de septiembre... Los Niños Pueden Escuchar</td>
<td>Portland</td>
<td>971-673-1822</td>
<td></td>
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<tr>
<td>19 de octubre... Primeros Auxilios de Infantes, Niños y Adultos</td>
<td>Portland</td>
<td>971-673-1822</td>
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</tr>
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</table>

### NETLINK TRAININGS

**Instructions & registration at** [http://cwpsalem.pdx.edu/caregiver/assets/ctuilearn2.pdf](http://cwpsalem.pdx.edu/caregiver/assets/ctuilearn2.pdf)

<table>
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<tr>
<th>Morning NetLink Trainings</th>
<th>8:30 am to 12:00 noon</th>
<th>Evening NetLink Trainings</th>
<th>5:30 pm to 9:00 pm</th>
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</thead>
<tbody>
<tr>
<td>Relative Caregivers</td>
<td>July 11</td>
<td>Promoting &amp; Maintaining Cultural Identities of Youth</td>
<td>July 16</td>
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<tr>
<td>Parenting in the Digital Age</td>
<td>August 15</td>
<td>Parenting Children with ADD/ADHD</td>
<td>August 13</td>
</tr>
<tr>
<td>Loss and Grief</td>
<td>September 5</td>
<td>Managing Difficult Behaviors in Young Children</td>
<td>September 24</td>
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<tr>
<td>Building Resilience</td>
<td>October 17</td>
<td>Supporting Children Exposed to Domestic Violence</td>
<td>October 15</td>
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<tr>
<td>Fetal Alcohol Spectrum Disorder Fundamentals</td>
<td>November 14</td>
<td>Enhancing Teen Attachment</td>
<td>November 12</td>
</tr>
<tr>
<td>Motivating Youth</td>
<td>December 5</td>
<td>Caring for the Sexually Abused Child</td>
<td>December 3</td>
</tr>
</tbody>
</table>

**Entrenamientos en español—Tarde**  
5:30 a 9:00 de la noche

**Diez Consejos Para Crian a Adolescentes**  
21 de agosto

**Sobreviviendo y Prosperando Como Cuidador**  
20 de noviembre

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**DARKNESS TO LIGHT END CHILD SEXUAL ABUSE**

Stewards@D2L.org ✉️ www.d2l.org/education/stewards-of-children/ ✉️ 843-965-5444

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Training</th>
<th>Location</th>
<th>Contact</th>
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<tr>
<td>July 17</td>
<td>Stewards of Children Sexual Abuse Training</td>
<td>Roseburg</td>
<td>900am - 12:00pm</td>
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<tr>
<td>July 30</td>
<td>Stewards of Children Sexual Abuse Training</td>
<td>Clackamas</td>
<td>3:00pm - 6:00pm</td>
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<tr>
<td>August 13</td>
<td>Stewards of Children Sexual Abuse Training</td>
<td>Newport</td>
<td>5:30pm - 8:00pm</td>
</tr>
<tr>
<td>August 21</td>
<td>Stewards of Children Sexual Abuse Training</td>
<td>Roseburg</td>
<td>1:00pm - 4:00pm</td>
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<tr>
<td>September 8</td>
<td>Stewards of Children Sexual Abuse Training</td>
<td>Grants Pass</td>
<td>10:00am - 12:00pm</td>
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<tr>
<td>September 18</td>
<td>Stewards of Children Sexual Abuse Training</td>
<td>Roseburg</td>
<td>9:00am - 12:00pm</td>
</tr>
<tr>
<td>October 9</td>
<td>Stewards of Children Sexual Abuse Training</td>
<td>Newport</td>
<td>1:00pm - 3:30pm</td>
</tr>
<tr>
<td>November 13</td>
<td>Stewards of Children Sexual Abuse Training</td>
<td>Roseburg</td>
<td>9:00am - 12:00pm</td>
</tr>
<tr>
<td>November 16</td>
<td>Stewards of Children Sexual Abuse Training</td>
<td>Newport</td>
<td>1:00pm - 4:00pm</td>
</tr>
<tr>
<td>December 11</td>
<td>Stewards of Children Sexual Abuse Training</td>
<td>Roseburg</td>
<td>1:00pm - 4:00pm</td>
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</tbody>
</table>

Page 5
Community Resources, Trainings & Events

45th Annual Conference
Exploring Solutions in Adoption and Foster Care

July 18-20, 2019 • Pre-conference Session on July 17, 2019 • Las Vegas, Nevada

Join NACAC at the most comprehensive adoption and foster care conference in North America this August! If you have been touched by adoption or foster care, you will want to attend this conference. This four-day educational event covers a wide variety of foster care and adoption topics—to meet the diverse needs and levels of experience of adoptive and foster parents, child welfare professionals, and people who were adopted or in foster care. Topics include:

- Supporting and preserving adoptive families
- Core issues in adoption
- Effective therapeutic techniques in adoption
- Kinship care and birth family connections
- Parenting children with disabilities and challenges
- Older children and youth
- Race, culture, and diversity in adoption and foster care
- Supporting children and families in adoption and foster care
- Recruiting families for children


The Center for Adoption Support and Education

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

**Webinar of the Month**

*Navigating Relationships in Open Adoption*

Extended access available until August 12th for $15

Presented by Ellen Singer, LCSW-C

**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

**NEW Support Groups**

**Gresham, OR: Heart to Heart**

*Contact thriveministries.co@gmail.com for registration*

Join us for a time to gather together and connect with other foster and adoptive parents for support, encouragement, and fellowship. Dinner and childcare provided! This group meets the third Tuesday of every month from 6:30pm to 8:30pm at Mountainview Christian Church (1890 NE Cleveland Avenue, Gresham, OR 97030).

**Salem, OR: Circle of Security™ Parenting**

*Call Lisa Mayfield at 503-588-5884 for registration*

Circle of Security™ enhances parents’ awareness and understanding of children’s needs and how their own responses meet those needs. COS parenting is engaging and understandable, and firmly based in current developmental neuroscience and attachment theory. The group meets Wednesdays, 6:30pm to 8:30pm in downtown Salem. Registration is required and cost is $10/session.

**Eugene, OR: Adoption Support Group**

*Contact Heather Raskin at 541-343-2856 or heather@afamilyforeverychild.org for registration*

Monthly meeting for families at any stage of the adoption process; from just thinking about it to already finalized, everyone is welcome. We will discuss pertinent topics regarding the adoption process, challenging behaviors, expectations, and a lot more. This will be a great opportunity for adoptive parents to meet and share ideas. There will also be a featured art activity for children. This group meets the third Sunday of every month at 3:00pm at Old Nick’s Pub (211 Washington Street, Eugene, OR 97402). No purchase required for attendance.
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

Developing Our Children’s Skills 6 Week Parenting Class Series

<table>
<thead>
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<th>Thursdays, July 11 – August 15 ● 9:30am – 11:30am</th>
<th>Mondays, July 15 – August 19 ● 9:30am – 11:30am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Providence St. Vincent Medical Center</td>
<td>Providence Portland Medical Center</td>
</tr>
<tr>
<td>9205 SW Barnes Road, Portland, OR 97225</td>
<td>4805 NE Glisan Street, Portland, OR 97213</td>
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</tbody>
</table>

For families experiencing challenging behaviors with children who have special needs, including autism spectrum disorders. Class sessions include solving everyday behavior challenges, teaching positive social behavior, and developing the best solutions for your child. Suggested donation of $50 to cover class materials.

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.

July 12-14 ..................Annual Campout.................. 3:00pm – 11:00am ...Nehalem Bay State Park, Nehalem, OR
October 5 ..................Baby & Toddler Care Class............... 8:30am – 4:30pm........ Legacy Emanuel Hospital, Portland, OR

Summer 2019 Parenting Groups
Weekly support groups for parents and other caregivers of children with challenging behaviors: Understanding our children better.

McMinnville
- Mondays starting June 17th, 12:00pm to 2:00pm @ Thompson Park
- 3rd or 4th Monday of the month (6/17, 7/29, 8/26), 6:00pm to 8:00pm @ Family & Youth Programs Office

Newberg
- Tuesdays, 11:00am to 1:00pm @ Chehalem Rotary Park
- 2nd Monday of the Month (6/10, 7/15, 8/12, 9/16), 6:00 to 8:00pm @ First Federal Bank, Community Room

Groups are free and on a drop-in basis, but day/time/location may change at times. Call 503-435-9107 for updates or before coming if you are new to the group. Sponsored by: Yamhill County Family and Youth Programs, Oregon Family Support Network (OFSN), and NAMI Yamhill County. Please check our website at www.orparc.org/support-groups.php for additional listings of support groups throughout Oregon.

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
NorthWest Senior and Disability Services

NorthWest Senior and Disability Services, 3410 Cherry Avenue, Salem, OR 97303
NWSDS is a local intergovernmental agency serving seniors and adults with physical disabilities in the following Oregon counties: Clatsop, Marion, Polk, Tillamook and Yamhill.

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>
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</thead>
<tbody>
<tr>
<td>August 26, 2019</td>
<td>“Grand Resource: Help for Grandfamilies.” (Note Parenting a Second Time Around is not the second Monday this month)</td>
</tr>
<tr>
<td>September 9, 2019</td>
<td>“Celebrating the Kinship Caregiver” Pie Social (Please RSVP with Suzy Deeds at 503-304-3429 or <a href="mailto:suzy.deeds@nwsds.org">suzy.deeds@nwsds.org</a> for this support group with your favorite flavor of pie!)</td>
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<tr>
<td>October 14, 2019</td>
<td>“The Rewards and Challenges of Parenting the Second Time Around”</td>
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<tr>
<td>November 18, 2019</td>
<td>“Kinship Care &amp; Financial Care” (Note Parenting a Second Time Around is not the second Monday this month, in honor of Veterans Day)</td>
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<tr>
<td>December 9, 2019</td>
<td>“Resources for Grandparents Raising Grandchildren in Oregon”</td>
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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.

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.

Inclusive Storytime with FACT Oregon at the Hillsboro Brookwood Library

Children ages 3-5 and their families are invited to join FACT Oregon in this lively and interactive storytime. Kids with varying learning styles and abilities learn together in a safe and supportive environment where respect and appreciation for differences is encouraged. Children who may need visual/communication supports, a more predictable routine, or adapted materials due to a motor impairment are welcome to attend. Pre-register at mpebly@pdx.edu; we can send materials home ahead of time. Every 2nd and 4th Friday of the month for the summer from 10:15am – 11:15am.

2019 All Ability Tri4Youth

Please join us for our annual All Ability Tri4Youth, a fully accessible triathlon open to youth of all abilities, with and without disabilities on August 20th from 8:00am – 11:30 am at the Tualatin Hills Athletic Center in Beaverton, OR! Participants will compete with friends and family in a 50 yard swim, 2 mile bike, and 0.5 mile run, as well as enjoy a Family Fun and Resource Fair with lunch, games, and local resources! We present athletes with a wide range of options for how they can be supported to complete the course. Registration is required, please register here.
Neurobehavioral Model Workshop
Thursday, July 25 – Saturday July 27, 2019 • 9:00am – 4:00pm
Educational Building behind Treasure Valley Baptist Church • 386 N Verde Drive, Ontario, OR 97914

This interactive workshop is facilitated by an independent mentor, consultant, and event speaker, Wendy Brown. Mrs. Brown is a certified trainer of The FASCETS Neurobehavioral Model, which shifts the focus away from behavior-based symptoms towards brain-based accommodations. The workshop information will educate professionals, parents, and caregivers who work with children, adolescent, or adults with Fetal Alcohol Spectrum Disorders, Neonatal Abstinence (drug) Syndrome, or other neurobehavioral conditions such as Autism Spectrum Disorders, ADHD, and Sensory Processing Disorder. Cost of attendance is $350.00 and includes daily lunch and all materials needed for workshop. For more information, please contact support@delightinlearning.com or Fran at 208-284-5288. Register online here.

Collaborate. Educate. Empower.
2405 NE Front Street NE #120, Salem, OR 97301
① 503-364-9943 (phone) • ② 503-364-1939 (fax) • ⑨ 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 most trainings is $55-$80.

August 6 .............Trauma Informed Approaches to Support People Who Experience I/DD..................................................1:00pm - 5:00pm ...... Medford
September 16 .......Trauma Informed Approaches to Support People Who Experience I/DD..................................................9:00am - 4:00pm ...... Gresham

Attachment Theory for Adoptive, Foster, and Step Families
9320 SW Barbur Boulevard #200, Portland, OR 97219
Saturday, August 17, 2019 • 10:00am – 2:30pm

Building attachment with your current or future child is essential to stabilizing the family in the short or long-term. Successful parents benefit from understanding how the attachment dynamic functions in all relationships; especially the one they have with their children. This training reviews Attachment Theory and will discuss adult attachment styles, build concrete skills in developing attachment for children adopted out of foster care, and help participants to view behavior through an attachment lens. Training cost is $50 per individual and $80 per couple, or $40 per individual and $60 per couple for families working with Boys & Girls Aid.

Register online at www.boysandgirlsaid.org/attachment or contact 503-542-2301 with questions
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. Please call 855-323-6744 or email signorin@ohsu.edu for more information.

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

Lydia, dennehy@ohsu.edu
Charles, scharles@ohsu.edu
Kayleigh, bitzk@ohsu.edu
Shauna, signorin@ohsu.edu
Margaret (bilingual spanish), maes@ohsu.edu

Your Child’s Double Insurance Coverage: Using Both to Cover the Cost of Care

Does your child have double insurance coverage? Have you wondered how to make it work?

Open Card
If your child has double coverage, they will have what is called an “Open Card.” You will not receive a card, however, just a letter. Some people carry that letter with them. Wherever you go for health care or prescriptions should be able to look up your child’s insurance number with their name and birthdate.

Private Pays First
Private pay insurance pays first; the Oregon Health Plan second. If you want to use both, you must use a provider who is in BOTH networks-private and OHP Open Card. Call the billing department at the clinic and ask if they bill both.

Private Deductibles
Meeting your child’s private insurance deductible is not needed for OHP to cover the bill. Unfortunately, the bill payment won’t go toward the deductible. Have questions? Call the Oregon Family to Family Health Information Center at 855-323-6744 or Español 503-931-8930.

SAVE THE DATE
CHILDREN’S ID/DD MENTAL HEALTH SUMMIT 2019
Thursday, September 12, 2019 • 8:30am – 4:00pm • Oregon State University • Corvallis, OR

We strive for an event that is deeper and more connected than a typical convention; we coordinate panels, breakout groups, workshops, and other sessions that inspire, nourish, and foster collaborative communication amongst all presenters and attendees. We look forward to welcoming back our past sponsors and invite new ones to support this important annual event. Please contact us if you are interested: oregoniddmhsummit@gmail.com and stay tuned for further updates and information here.

FASD Virtual Parent Support Group
Starting Sunday, September 1st, a new cohort of parents will come together for the next virtual parenting support group for parents of children ages 12 to 18 with confirmed or suspected FASD. The group is intentionally small (no larger than 8 couples or singles) to create a sense of community where each parent has the opportunity to share their experiences in a safe, judgement free environment. To participate in this virtual support group, you must complete the short application (found HERE), and provide a one-time, upfront payment for participation in the 8 weeks of group, which is $200 per couple/single. For more information on this support group, please visit www.fasdnorthwest.com or contact Eileen at eileen@fasdnorthwest.com
LGBTQ, Cultural, and Diversity Resources

The Human Rights Campaign’s All Children—All Families initiative 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 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

ORPARC Receives Seal of Recognition for LGBTQ Inclusion

We are excited and honored to announce that the Human Rights Campaign All Children - All Families project has recognized Northwest Resource Associates, and its associated programs including ORPARC, as one of more than 70 child welfare agencies for our work toward becoming fully welcoming and affirming of LGBTQ youth and parents! Our solid foundation for inclusion is built on non-discrimination, staff training, rolling out the welcome mat for LGBTQ youth, children, and families, implementing best practices for working with LGBTQ youth and parents, and sustainability and capacity building for the years to come. Read the full HRC report here.

Family Play Group

Second Wednesday of Every Month • 2:00pm – 4:00pm
5135 NE Columbia Boulevard, Portland, OR 97218

The Family Play Group is an approach that incorporates opportunities for brain development that can come from the fun of play. Join NAYA and the Future Generations Collaborative for a unique, multi-sibling play group, where families and children are joyfully learning together. Contact William Miller at 503-288-8177 x306 or williamm@nayapdx.org

Movie in the Park & Black Parent Initiative Family Fun Day

Friday, August 16, 2019 • Dawson Park • 2926 N Williams, Portland
Activities start at 4:00pm, concert at 6:30pm, movie at dark

Join us as we celebrate families and community with a fun filled afternoon and evening of free activities! Contact leigh.bohannon@theBPI.org for more information or to become a sponsor

Arts & Crafts
- Face Painting
- Resource Tables
- Basketball Clinics

Raffles
- Bounce House
- Giveaways
- Other Special Guests

Improving Safety, Permanency, and Well-Being for LGBTQ Youth (Video)
Ensuring Safety, Permanency, and Well-Being for Transgender Youth (Resource)
Native Teen Gathering for Current and Former Foster Youth (Opportunity)
Playful Parenting Builds Better Brains: Tools for Success

Excerpt from article by Jessica Sinarski, originally published in NACAC Adoptalk 2018, Issue 4

You know how it goes: one minute, the kids are calm and playful. The next minute, you’re thrown into a world of whining, complaining, and flat-out defiance. One particular night, it seemed everyone in my family was primed for full meltdowns, especially when I told my preschooler that he could not eat a granola bar for dinner.

Some nights, this tension would have continued until they were all asleep, with frustrations, consequences, and teeth-gritting for all of us. That night, however, I was able to “keep my lid on.” I scooped the preschooler up, flailing legs and all, and marched him out of the room. “You’re running even though your feet aren’t touching the ground!” I said, with humor in my voice. He looked at his legs and stopped screaming long enough for me to pretend to fly him into his room. At the edge of the bed, I started to make his stuffed animals jump around and talk to him. Before long, stuffed animals were flying everywhere, and we were both laughing and having a great time. The rest of the night felt like magic: He got ready for bed without complaint and fell asleep feeling happy and loved. It changed my night as well—instead of carrying frustration into the evening, I felt a cheery affection for my sweet, strong-willed son.

That night, and in many other high stress situations, I have come to learn that laughter really is the best medicine.

Being playful and silly with your child might feel awkward or intimidating at first. In high-stress moments, it can be challenging to overcome your own intense emotions in favor of making a joke or playing a game. You might even feel like you’re letting your child get away with something or rewarding bad behavior. Maybe your own life experiences have made it hard to feel comfortable or confident looking “silly.”

That’s okay! While it may take more energy at first, playful parenting is often more effective and rewarding in the long run. Start small and work your way up. Some ideas to begin incorporating play in your day-to-day are:

- Using rhythm and rhyme to bring the child back to the present in high-stress moments or to remind the child of certain instructions. This can be done by singing or with counting games. If your child is in school, ask them to share some of the songs they might sing with their teachers during various activities.
- Challenging the child to a playful race to accomplish a specific task.
- Establishing a team mentality. As a family, have a team name and use that name when you are trying to get things done. For example, the Smith family might call themselves the “Super-Smiths.” When it’s time for a boring task like cleaning up or getting in the car, the parent can help motivate kids with an enthusiastic, “Go, Team Super-Smiths!”
- Creating a silly code word (think: “Purple Pumpkins”) for challenging behavior. If the child starts engaging in that behavior (like whining, for example), use the silly code word to remind them to stop rather than getting stern or using punishments.
- Talking in a goofy voice or creating a silly character.
- Engaging in sensory play, like bear crawling, crab walking, or hopping to bed.

A sweet way to enter the world of playful parenting is the “love mark.” If your child faces a scary transition, extended time away from you, or fear of separation, offer a marker or two and let your child draw on your hand, wrist, shoulder—wherever you feel comfortable. You can then draw on them with the same marker and remind them that you both have a little piece of each other day, even when you’re separate.