National Adoption Awareness Month & National Adoption Day

November is National Adoption Month! This is a collective national effort to raise awareness of the more than 100,000 children in foster care waiting to find permanent, loving families. For more information about National Adoption Awareness Month, visit www.ChildWelfare.gov/adoption.

November 23rd is National Adoption Day! This annual, one-day event has made the dreams of thousands of children come true. To learn more, visit www.NationalAdoptionDay.org.

2013 Shoulder to Shoulder Conference - Strengthening Children & Families

Please join us at the 15th Annual Shoulder to Shoulder Conference at the Red Lion Hotel on the River in Jantzen Beach. There is a Pre-Conference Event on Monday, November 18th and the full conference will occur on Tuesday, November 19th. Visit the Shoulder to Shoulder Conference website at www.stsconference.com for information and registration. Registration and scholarships applications available September 16th. Registration cost is $65.00 before November 1st. Continuing Education Units (CEUs) and Certificates of Attendance are available. Professional and adoptive/foster/kinship parent scholarships are available.

Conference Sponsors: Albertina Kerr, Boys & Girls Aid, CASA for Children, Children’s Trust Fund of OR Foundation, Citizen Review Board, Department of Human Services, Juvenile Court Improvement Program, Morrison Child & Family Services, Native American Youth & Family Center, Oregon Foster Parent Association, Oregon Post Adoption Resource Center, Portland State University, Safe and Equitable Foster Care Reduction Project.

2013 10th Annual Adoptive Family Portrait Project

This November, ORPARC and Voice for Adoption (VFA) will once again celebrate families who have adopted children from foster care in the 2013 Adoptive Family Portrait Project. The primary goal of the project is to raise awareness among members of Congress about the real experiences and needs of families that have adopted children who were in the foster care system. During the project, family stories and portraits are featured in the Washington, D.C. offices of the participating members of Congress for the month of November. For 2013, VFA hopes to particularly emphasize the importance of the sibling relationship. We want to congratulate and thank all of the Oregon participants for representing our state!
Grandparent/Kinship/Relative Caregiver Retreats & Resources

Relative Caregiver Retreat
10th Annual A Gift of Time Retreat

A weekend retreat for family caregivers and relatives parenting again

Friday through Sunday, September 6-8, 2013 • Macleay Christian Retreat, Salem, OR

A Gift of Time is a weekend retreat for those who have put their lives on hold to care for a loved one. Join others in similar situations for self-renewal, education and a break. Attendees have a chance to relax, meet new people and perhaps reconnect with old friends, attend educational seminars, listen to music, visit resource tables all in a delightfully peaceful setting. Contact Janice Wolcot at 503-831-5593 or email agiftoftimeoforegon@gmail.com.

Kinship Resources
Request or download ORPARC’s Grandparent Resources. This guide covers several topics and organizations to assist you in your search and navigation of grandparent kinship resources and systems. Call ORPARC for a free copy or download this guide from:

www.orparc.org
Go to Web Resources ➔ Specialized Topics ➔ click on “Grandparent Resources”

National Family Caregiver Support Program
Grandparents or older individuals who are relative caregivers (grandparents, step-grandparents, or a relative by blood or marriage) who are 60 years of age or older and are the primary caregiver to the child (17 years younger) are eligible clients who can receive services under the FCSP. FCSP helps states develop multifaceted systems of caregiver support. For more information:

Department of Human Services
Seniors & People with Disabilities, Home & Community Supports
Voice/TTY: 1-800-282-8096

Angels In Adoption
Senator Ron Wyden has selected Portland KOIN TV anchor Jeff Gianola as his Angel in Adoption for 2013! (For more information visit www.AngelsInAdoption.org.) Gianola has been a longtime partner with DHS in his work with the “Wednesday’s Child” program, now in its 28th year, featuring foster children waiting for adoptive families. Thank you and congratulations Jeff!

12th Annual Conference
Nurturing Attachment and Resilience in Adoption
November 2, 2013 • 10:00 a.m. to 3:00 p.m.
Oregon Research Institute, 1776 Millrace Drive, Eugene, OR

Elaine Walters, founder of The Trauma Healing Project, will present on the following topics: Developmental stages and the impact of trauma; how to recognize disrupted development and addressing needs; and, unblocking trauma through empathy and competence. The cost is $15 for ACO members and $25 for non-members, lunch is included. Email aco@peak.org to register.

Calling All Therapists!
Certificate Program: Adoption & Foster Family Therapy

Oregon DHS, ORPARC, and PSU’s Graduate Schools of Social Work & Education have created the Oregon Certificate Program in Adoption and Foster Family Therapy. The Certificate Program provides 100 hours of advanced education and training for licensed mental health professionals and child welfare professionals in the specialized theories and practices for addressing the needs of adopted children who have histories of abuse and neglect. In particular, mental health professionals learn how to identify and build on family strengths, and coach adoptive and foster families in alternative approaches, expectations and interactive strategies for helping their children. This program increases the number of accessible and affordable mental health professionals for adopted/foster children and their families. A directory of professionals who have completed this training certificate is available on the ORPARC website at www.orparc.org ➔ Support Services ➔ Directory of Professionals, Certificate Program.

If you know of a therapist who would benefit from this training, please have them contact Kellie Herold at 503-725-8539 or e-mail kellieh@pdx.edu. For additional information please visit online at www.pdx.edu/ceed/adoption.
ORPARC Trainings
Visit [www.orparc.org](http://www.orparc.org) for updates

The trainings below in Pendleton, Medford and Portland are offered in collaboration with other community partners. Please register for these trainings online at the following link or call 1-800-764-8367 with questions: [www.providence.org/classes](http://www.providence.org/classes) ➔ “online class catalog” ➔ search for class by name cited below

<table>
<thead>
<tr>
<th>Training Name</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pendleton</strong></td>
<td></td>
</tr>
<tr>
<td>1 In Equal Partnership: The “Other” IEP</td>
<td>Friday, September 20, 2013 8:30 a.m. to 2:30 p.m. Blue Mountain Community College, Room ST-200 2411 NW Carden Avenue, Pendleton, OR 97801 This is a collaborative training between ORPARC, Swindells Resource Center, and Oregon Technical Assistance Corporation (OTAC). Class Name: Swindells Speaker Event - (The Other IEP/Behavior) - Pendleton</td>
</tr>
<tr>
<td>2 Care Notebook—Why do I Need One?</td>
<td></td>
</tr>
<tr>
<td>3 Behavior Support Planning &amp; Processes</td>
<td></td>
</tr>
<tr>
<td><strong>Medford</strong></td>
<td></td>
</tr>
<tr>
<td>1 Collaborative Problem Solving</td>
<td>October 11, 2013 • 8:30 a.m. to 4:00 p.m. Providence Medford Medical Center 840 Royal Ave, Suite 110, Medford, OR 97504 This is a collaborative training between ORPARC, Swindells Resource Center, and OTAC. Register with Kathy Keesee by calling 541-732-5958 or email <a href="mailto:Katherine.Keesee@providence.org">Katherine.Keesee@providence.org</a></td>
</tr>
<tr>
<td>2 Behavior Support Planning &amp; Processes</td>
<td></td>
</tr>
<tr>
<td><strong>Portland</strong></td>
<td></td>
</tr>
<tr>
<td>“Please, help me understand!”</td>
<td>October 25, 2013 • 10:00 a.m. to 3:00 p.m. Providence Cancer Center Amphitheater 4805 NE Glisan Street, Portland, OR 97213 This is a collaborative training between ORPARC, Swindells Resource Center, and Oregon Family Support Network (OFSN). Class Name: Swindells Speaker Event - Please, help me understand (mental health) - Portland</td>
</tr>
<tr>
<td>A journey through the complex world of co-occurring pediatric mental health and developmental disability diagnoses</td>
<td></td>
</tr>
<tr>
<td><strong>Spanish language interpretation is available for the above trainings. Please contact ORPARC at 1-800-764-8367.</strong></td>
<td>Se ofrece interpretación al español. Comuníquese con ORPARC al número 1-800-764-8367.</td>
</tr>
</tbody>
</table>

Register for the two trainings below by calling ORPARC at 1-800-764-8367 or email [orparc@nwresource.org](mailto:orparc@nwresource.org):

<table>
<thead>
<tr>
<th>Training Name</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td><strong>Astoria</strong></td>
<td></td>
</tr>
<tr>
<td>Relative Issues in Adoption &amp; Talking with Children about Adoption</td>
<td>September 10, 2013 5:30 to 9:00 p.m. Department of Human Services 450 Marine Dr., Suite 210, Astoria This training will occur at the Foster &amp; Adoptive Support Group of Clatsop County. Contact Sarah Dielman at 503-325-9179 x 213 for further information about the support group.</td>
</tr>
<tr>
<td><strong>Eugene</strong></td>
<td></td>
</tr>
</tbody>
</table>
| The Adopted Child’s Perspective: Forming new attachments after trauma and foster care | October 12, 2013 • 9:30 a.m. to 12:30 p.m. Department of Human Services/CAF District 5 Field Services, Lucy Lahr Room, Conference Room 1 2885 Chad Drive, Eugene, OR 97408 Join local psychotherapist Dr. Redmond Reams for an engaging, informative discussion about attachment opportunities. Families will also have an optional opportunity to complete a research survey. Dr. Reams will guide state adoptive families parenting children of all ages in:  
  - Understanding the impact of past trauma & relationship disruptions  
  - Exploring what it means to children to allow new adults to care for them  
  - Discovering ideas for how to maximize attachment opportunities |
### Community Resources, Trainings & Events

**Center for Improvement of Child and Family Services**  
PSU Child Welfare Partnership  
[www.cwpsalem.pdx.edu](http://cwpsalem.pdx.edu)

#### METROPOLITAN REGION:

<table>
<thead>
<tr>
<th>Date</th>
<th>Training Event</th>
<th>Location</th>
<th>Contact Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 11</td>
<td>Transitioning Children with Sensitivity</td>
<td></td>
<td></td>
</tr>
<tr>
<td>September 19</td>
<td>Universal Precautions</td>
<td></td>
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</tr>
<tr>
<td>25 de septiembre</td>
<td>Cómo aprovechar al máximo las visitas de los ...trabajadores de casa cada mes [español]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sept. 27-28</td>
<td>Behavior: Pouting to Punching</td>
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<tr>
<td>October 2</td>
<td>School, Homework and Success</td>
<td></td>
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</tr>
<tr>
<td>October 18</td>
<td>Emotional Intelligence: What it is, Why we need it, ...and How we can get more of it</td>
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</tr>
<tr>
<td>November 13</td>
<td>Strong Parents/Strong Children</td>
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<tr>
<td>November 23</td>
<td>Trauma Informed Parenting</td>
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</table>

#### EASTERN REGION

<table>
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<tr>
<th>Date</th>
<th>Training Event</th>
<th>Location</th>
<th>Contact Email</th>
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</thead>
<tbody>
<tr>
<td>September 24</td>
<td>Managing Difficult Behaviors in Young Children</td>
<td>The Dalles</td>
<td><a href="mailto:jennifer.r.garner@state.or.us">jennifer.r.garner@state.or.us</a></td>
</tr>
<tr>
<td>September 28</td>
<td>CPR &amp; First Aid</td>
<td>Ontario</td>
<td><a href="mailto:tammie.osorio@state.or.us">tammie.osorio@state.or.us</a></td>
</tr>
<tr>
<td>October 14</td>
<td>Surviving &amp; Thriving as a Caregiver</td>
<td>Prineville</td>
<td><a href="mailto:jeannine.hillburn@state.or.us">jeannine.hillburn@state.or.us</a></td>
</tr>
<tr>
<td>October 15</td>
<td>Loss and Grief</td>
<td>La Grande</td>
<td><a href="mailto:susan.lemon@state.or.us">susan.lemon@state.or.us</a></td>
</tr>
<tr>
<td>October 23</td>
<td>Behavior: Pouting to Punching</td>
<td>Hood River</td>
<td><a href="mailto:susan.lissman@state.or.us">susan.lissman@state.or.us</a></td>
</tr>
<tr>
<td>October 24</td>
<td>Behavior: Pouting to Punching</td>
<td>Moro</td>
<td><a href="mailto:susan.lissman@state.or.us">susan.lissman@state.or.us</a></td>
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#### SOUTHERN REGION

<table>
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<tr>
<th>Date</th>
<th>Training Event</th>
<th>Location</th>
<th>Contact Email</th>
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</thead>
<tbody>
<tr>
<td>September 7</td>
<td>CPR &amp; First Aid</td>
<td>Roseburg</td>
<td><a href="mailto:jody.l.meza@state.or.us">jody.l.meza@state.or.us</a></td>
</tr>
<tr>
<td>September 12</td>
<td>Behavior: Pouting to Punching</td>
<td>Springfield</td>
<td><a href="mailto:marisol.palancares@state.or.us">marisol.palancares@state.or.us</a></td>
</tr>
<tr>
<td>September 17</td>
<td>Strategies in Successful Fostering</td>
<td>North Bend</td>
<td><a href="mailto:michael.r.craig@state.or.us">michael.r.craig@state.or.us</a></td>
</tr>
<tr>
<td>September 18</td>
<td>CPR &amp; First Aid</td>
<td>Springfield</td>
<td><a href="mailto:marisol.palancares@state.or.us">marisol.palancares@state.or.us</a></td>
</tr>
<tr>
<td>September 26</td>
<td>Permanency Options for Caregivers</td>
<td>Klamath Falls</td>
<td><a href="mailto:denise.reyes@state.or.us">denise.reyes@state.or.us</a></td>
</tr>
<tr>
<td>September 26</td>
<td>Parenting in the Digital Age</td>
<td>Medford</td>
<td><a href="mailto:jennifer.raleigh@state.or.us">jennifer.raleigh@state.or.us</a></td>
</tr>
<tr>
<td>October 9</td>
<td>Caring for the Sexually Abused Child</td>
<td>Springfield</td>
<td><a href="mailto:marisol.palancares@state.or.us">marisol.palancares@state.or.us</a></td>
</tr>
<tr>
<td>November 16</td>
<td>Surviving &amp; Thriving as a Caregiver</td>
<td>Roseburg</td>
<td><a href="mailto:jody.l.meza@state.or.us">jody.l.meza@state.or.us</a></td>
</tr>
<tr>
<td>November 22</td>
<td>The Significance of Siblings</td>
<td>Springfield</td>
<td><a href="mailto:marisol.palancares@state.or.us">marisol.palancares@state.or.us</a></td>
</tr>
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#### WESTERN REGION

<table>
<thead>
<tr>
<th>Date</th>
<th>Training Event</th>
<th>Location</th>
<th>Contact Email</th>
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</thead>
<tbody>
<tr>
<td>September 10</td>
<td>Collaborative Problem Solving</td>
<td>Beaverton</td>
<td><a href="mailto:madeline.hodge@state.or.us">madeline.hodge@state.or.us</a></td>
</tr>
<tr>
<td>Sept. 13-14</td>
<td>Behavior Crisis Management (2 days)</td>
<td>Albany</td>
<td><a href="mailto:randall.p.heiken@state.or.us">randall.p.heiken@state.or.us</a></td>
</tr>
<tr>
<td>September 20</td>
<td>Facilitating Developmental Attachment</td>
<td>Oregon City</td>
<td><a href="mailto:julie.buzzard@state.or.us">julie.buzzard@state.or.us</a></td>
</tr>
<tr>
<td>September 28</td>
<td>CPR &amp; First Aid</td>
<td>Oregon City</td>
<td><a href="mailto:julie.buzzard@state.or.us">julie.buzzard@state.or.us</a></td>
</tr>
<tr>
<td>September 30</td>
<td>Confidentiality Issues for Caregivers</td>
<td>Newport</td>
<td><a href="mailto:jamie.m.auborn@state.or.us">jamie.m.auborn@state.or.us</a></td>
</tr>
<tr>
<td>October 4</td>
<td>Behavior: Pouting to Punching</td>
<td>Oregon City</td>
<td><a href="mailto:julie.buzzard@state.or.us">julie.buzzard@state.or.us</a></td>
</tr>
<tr>
<td>October 8</td>
<td>Parenting in the Digital Age</td>
<td>Beaverton</td>
<td><a href="mailto:madeline.hodge@state.or.us">madeline.hodge@state.or.us</a></td>
</tr>
<tr>
<td>October 8</td>
<td>Collaborative Problem Solving</td>
<td>Astoria</td>
<td><a href="mailto:susanna.vermeul-wilson@state.or.us">susanna.vermeul-wilson@state.or.us</a></td>
</tr>
<tr>
<td>October 10</td>
<td>Fetal Alcohol Spectrum Disorder Fundamentals</td>
<td>Albany</td>
<td><a href="mailto:meghan.smith@state.or.us">meghan.smith@state.or.us</a></td>
</tr>
<tr>
<td>October 19</td>
<td>CPR &amp; First Aid</td>
<td>St. Helens</td>
<td><a href="mailto:julie.a.nix@state.or.us">julie.a.nix@state.or.us</a></td>
</tr>
<tr>
<td>November 12</td>
<td>The Significance of Siblings</td>
<td>Beaverton</td>
<td><a href="mailto:madeline.hodge@state.or.us">madeline.hodge@state.or.us</a></td>
</tr>
<tr>
<td>November 12</td>
<td>Collaborative Problem Solving II</td>
<td>Astoria</td>
<td><a href="mailto:susanna.vermeul-wilson@state.or.us">susanna.vermeul-wilson@state.or.us</a></td>
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#### NETLINK TRAININGS

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<tr>
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<tbody>
<tr>
<td>Educational Rights of Children</td>
<td>September 5</td>
<td>Child Development: The Tween Puzzle</td>
<td>September 19</td>
</tr>
<tr>
<td>Supporting Children Exposed to Domestic Violence</td>
<td>October 3</td>
<td>Common Mental Health Disorders in Teens</td>
<td>October 16</td>
</tr>
<tr>
<td>Strong Parents/Strong Children</td>
<td>November 7</td>
<td>Confidentiality Issues for Foster Parents</td>
<td>November 13</td>
</tr>
<tr>
<td>Motivating Youth to Make Positive Changes</td>
<td>December 5</td>
<td>Desarrollar la Capacidad de Recuperación de los Niños en Cuidado [español]</td>
<td>20 de noviembre</td>
</tr>
<tr>
<td>Caring for Sexual and Gender Minority Youth</td>
<td></td>
<td></td>
<td>December 18</td>
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</tbody>
</table>
Community Resources, Trainings & Events

NACAC Current & Past Webinars

Fees for each webinar are $15 for NACAC members and $20 for non-members. Fees are non-refundable. To learn more about membership, visit http://www.nacac.org/about/membership.html.

- *Healing from Food Insecurity: Beyond the Stash ➔ Thursday, September 19, 2013 ➔ 10:00 a.m.*
  Presented by Katja Rowell, M.D. Dr. Rowell will explore how a child’s early experience with hunger or food insecurity can result in survival behaviors that continue in foster or adoptive families. The presentation will help parents understand the cause of the behaviors and explore how parents can respond to help their children heal from their past deprivation. This solution-oriented webinar will cover tips and strategies to reduce food anxiety and help the family build attachment over meals.

Webinars recorded in May and June 2013: Register and view a recorded version of a previous webinar. Certificates of attendance will be available.

- Parenting Children Who Have Been Prenatally Exposed
- Understanding the Acting-Out Behavior of Your Adopted Children
- Helping Children Heal from Trauma: What Parents and Caregivers Need to Know

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Oregon Technical Assistance Corporation
3886 Beverly Avenue NE, Building I, Suite 21, Salem, OR 97305-1373
☎️ 503-364-9943 (telephone) • ☎️ 503-364-1939 (fax) • ◯ www.otac.org

OTAC provides Parent Training programs statewide. If you are interested or would like to speak to someone about an OTAC training program, please contact at the numbers listed above or visit www.otac.org.

Register for OTAC trainings at: www.otac.org ➔ Click on “Upcoming training calendar and registration”

September 11-12 (2 days)...... Facilitating a Person-Centered Process for Planning ........Salem ...............9:00 am to 4:00 pm
September 24-25 (2 days)...... Two-Day Person-Centered Thinking (PCT) .................Springfield ......9:00 am to 4:00 pm

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New DVDs in the ORPARC Library

- **Blended Perspectives Meeting Training Video:** This video provides an example of the Blended Perspectives Meeting tool for the purpose of expanding permanency options for youth.
- **Emancipated Youth Connections Project:** This video shares participants’ experiences through the 2008 project, “Emancipated Youth Connections Project.”
- **Kalani’s Story** (originally produced by Epic Ohana): Kalani, former foster care youth, tells how he was affected by his time in foster care as he reunites with birth family.
- **Mobility Mapping Training Video:** In this DVD, Kevin Campbell demonstrates using Mobility Mapping with a youth in foster care.
- **Telling it Like It Is: Foster Youth and Their Struggle for Permanency:** This video includes ten different digital stories of former foster youth as they search to find a permanent connection.

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Page 5
## Community Resources, Trainings & Events

Visit [www.providence.org/classes](http://www.providence.org/classes), click on “online class catalog,” and search by class name or location to register. Call 503-215-2429 or 1-800-215-2429 ext. 524 (toll-free), or email [Swindells@providence.org](mailto:Swindells@providence.org) for more information.

<table>
<thead>
<tr>
<th>Location</th>
<th>Event Title</th>
<th>Date and Time</th>
<th>Location Details</th>
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<tbody>
<tr>
<td>Salem Hospital Community Health Education Center, 939 Oak Street SE, Salem, OR 97301</td>
<td>Are You Talking to Me? What to do When the Words Don’t Make Sense (Auditory Processing)</td>
<td>Saturday, September 7</td>
<td></td>
</tr>
<tr>
<td>Hood River Library, Conference Room, Hood River, OR 97031</td>
<td>Autism 209 Webinar: Relationships, Puberty and Sexual Health</td>
<td>Thursday, September 19</td>
<td></td>
</tr>
<tr>
<td>Hood River Library, Conference Room, Hood River, OR 97031</td>
<td>Resources in the Columbia Gorge</td>
<td>Tuesday, October 15</td>
<td></td>
</tr>
<tr>
<td>Hood River Library, Conference Room, Hood River, OR 97031</td>
<td>Autism 210 Webinar: Highway to Hell or Stairway to Heaven? Parenting a Child with Autism</td>
<td>Thursday, October 17</td>
<td></td>
</tr>
<tr>
<td>Hood River Library, Conference Room, Hood River, OR 97031</td>
<td>Autism 211 Webinar: Highway to Hell or Stairway to Heaven? Parenting a Child with Autism</td>
<td>Thursday, November 21</td>
<td></td>
</tr>
<tr>
<td>Columbia Gorge Community College, 400 E Scenic Drive, Building #2, 3rd Floor, The Dalles, OR 97058</td>
<td>ADHD: What Families Need to Know</td>
<td>Tuesday, September 24</td>
<td></td>
</tr>
<tr>
<td>Providence Portland Medical Center, 4805 NE Glisan Street, Portland, OR 97213</td>
<td>Stress Management: Mindfulness-Based Stress Reduction (MBSR) Basics</td>
<td>4 Mondays (09/16, 09/23, 09/30, 10/07)</td>
<td></td>
</tr>
<tr>
<td>Providence Portland Medical Center, 4805 NE Glisan Street, Portland, OR 97213</td>
<td>Powerful Tools for Caregivers</td>
<td>6 Tuesdays (09/17, 09/24, 10/01, 10/08, 10/15, 10/22)</td>
<td></td>
</tr>
<tr>
<td>Providence St. Vincent Medical Center, Stanley Shafer Conf. Room 22-23, 9135 SW Barnes Road, Portland, OR 97225</td>
<td>Stress Management: Mindfulness-Based Stress Reduction Basics: 5-Hour Silent Retreat</td>
<td>Saturday, October 5</td>
<td></td>
</tr>
<tr>
<td>Evergreen School District, Administration, 13501 NE 28th Street, Vancouver, WA 98668</td>
<td>The Misunderstood Child: Understanding Sensory Regulation Disorders</td>
<td>Tuesday, October 15</td>
<td></td>
</tr>
<tr>
<td>Providence Medford Medical Center, 1111 Crater Lake Avenue, Medford, OR 97504</td>
<td>ADHD: What Families Need to Know</td>
<td>Friday, November 8</td>
<td></td>
</tr>
</tbody>
</table>

### Understanding the IEP: Development, Process and Your Critical Role on the Team!

<table>
<thead>
<tr>
<th>Location</th>
<th>Date and Time</th>
<th>Location Details</th>
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</thead>
<tbody>
<tr>
<td>Beaverton</td>
<td>September 9th</td>
<td>6:00-8:30 pm</td>
</tr>
<tr>
<td>Oregon City</td>
<td>September 17</td>
<td>6:30-8:30 pm</td>
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<tr>
<td>Bend-LaPine</td>
<td>September 23</td>
<td>5:30-7:30 pm</td>
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<tr>
<td>Portland</td>
<td>September 24</td>
<td>6:30-8:30 pm</td>
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<tr>
<td>Springfield</td>
<td>November 9</td>
<td>10:30 am-1:30 pm</td>
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</tbody>
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These FREE trainings will cover: Effective communication; How to understand the IEP; How the IEP is developed; Your involvement in the process; Tips and tools for being your child’s #1 fan and advocate; and, Questions and Answers. If you would like to register or have questions, call 1-888-988-3228 or email [registration@factoregon.org](mailto:registration@factoregon.org).

### Save the Date!

**Oregon Disability MegaConference**

Wednesday-Friday, October 16-18, 2013

Salem Conference Center

200 Commercial Street SE, Salem, OR

Visit [www.oregonmegaconference.org](http://www.oregonmegaconference.org) for more information or call 503-581-2726

The Oregon Disability MegaConference is a coalition of disability organizations joining together to develop the only statewide disability MegaConference. The conference will feature 3 days of educational sessions, nationally acclaimed speakers, and offerings from outstanding exhibitors and vendors. This event is aimed at parents and family members, individuals experiencing disabilities, educators, community organizations, and agencies serving individuals across all disabilities.
Indian Health Services TeleBehavioral Health Center for Excellence

Childhood Trauma in Indian Country

Presented by Dolores Subia BigFoot, Ph.D.
Director of Indian Country Child Trauma Center, University of Oklahoma Health Sciences Center

Although the 7-part series began in June 2013, participants can still attend the four remaining workshops outlined below. To participate in a workshop, visit https://ihs.adobeconnect.com/\_a1137116237/childhoodtrauma  select “Enter as a Guest”  Enter your name (First and Last)  Passcode = childhood. No cost, no textbook, no travel.

• 09/25/2013...... Honoring Children, Mending the Circle  
• 11/27/2013 ...... Honoring Children, Respectful Ways  
• 10/30/2013...... Honoring Children, Making Relatives  
• 12/18/2013 ...... Honoring Children, Honoring the Future

Adoption Mosaic trainings are in Portland

2nd Tuesday of the month (09/10, 10/08, 11/12, 12/10, 01/14, 02/11, 03/11, 04/08)............Adult Adoptee Discussion Group
September 19......................................................................................................Parent Orientation, Tween/Teen Group
3rd Friday of the month (09/20, 10/18, 11/15, 12/20, 01/17, 02/21)....................................................................... Tween/Teen Group
September 21...................................................................................................... Parent Orientation, Youth Activity Group
September 21...................................................................................................... Transracial Adult Adoptee Panel
7 Mondays (09/23, 09/30, 10/07, 10/14, 10/21, 10/28, 11/04)................................................................. Youth Activity Group
October 19 ............................................................................................................ Strengthening Attachment with Your Child (children 6 and younger)
November 2 .............................................................................................................. What & When: Talking about Adoption with Your Child
November 16 ............................................................................................................ Adoption Information Day
November 23 ............................................................................................................ Adoption Readiness Part 1: Getting Started
December 14 ............................................................................................................ Transracial Parenting Workshop
December 14 ............................................................................................................ Adoption Readiness Part 2: Beyond the Basics
February 2, 9 & 23 .................................................................................................... African American Hair Care
February 8 ............................................................................................................ Adoption Readiness Part 1: Getting Started
February 8 ............................................................................................................ Strengthening Attachment with Your Child (children 6 and older)
February 22 ............................................................................................................ Adoption Readiness Part 2: Beyond the Basics
March 15 ................................................................................................................. Transracial Parenting Workshop

LGBTQ Adoptive Parent Support Group
Facilitated by Adoption Mosaic
3rd Thursday of the month • 6:00 to 8:00 p.m.
Q Center, 4115 N Mississippi Avenue, Portland, OR

Adoptive Families

Join Adoptive Families and top adoption experts in interactive webinars on all aspects of adoption and raising adopted children.

• Parenting in Transracial Adoption
• Parenting After Older Child Adoption
• Skin and Hair Care
• Love Me, Feed Me
• Establishing a Healthy Feeding Relationship
• Caring for Your Child’s Skin and Hair

Adoptive Families has several webinars outlined below available for viewing. Visit www.adoptivefamilies.com/webinars.
W.I.S.E. Up!sm for Parents: Empowering Children to handle Questions about Adoption

Baby & Toddler Care Class

Contact Wendy Temko at 503-621-1271 or wtemko@fascets.org for questions and registration information.

Strengthening Your Family series are FREE! Offer expires after first 150 registrations have been filled. Thereafter, regular registration fee is $25.00. Register at www.adoptionsupport.org/cal/index.php.

ADHD and the Adoptive Family ................................................................. Thursday, September 19th • 10:00-11:30 am
ADHD and the Adoptive Family (rebroadcast) ........................................... Tuesday, September 24th • 3:00-4:30 pm
ADHD and the Adoptive Family (rebroadcast) ........................................... Wednesday, September 25th • 6:00-7:30 pm
Too Many Losses, Too Soon: Loss and Grief among Foster and Adopted Children.................................... Thursday, October 17th • 10:00-11:30 am
Too Many Losses, Too Soon (rebroadcast) ................................................ Tuesday, October 22nd • 6:00-7:30 pm
W.I.S.E. Up!sm for Parents: Empowering Children to handle Questions about Adoption ............. Thursday, November 21st • 10:00-11:30 am
W.I.S.E. Up!sm for Parents (rebroadcast) ................................................. Monday, November 25th • 3:00-4:30 pm
W.I.S.E. Up!sm for Parents (rebroadcast) ................................................. Tuesday, November 26th • 6:00-7:30 pm

Webinar Trainings offered by The Center for Adoption Support and Education
301-476-8525 • 703-425-3703 • caseadopt@adoptionsupport.org

Thanks to Jockey Being Family, Jockey International, the first 150 registration slots for webinars in the Strengthening Your Family series are FREE! Offer expires after first 150 registrations have been filled. Thereafter, regular registration fee is $25.00. Register at www.adoptionsupport.org/cal/index.php.

Live & Recorded Webinars from Children’s Home Society & Family Services

Visit www.chsfs.org to see a listing and register for Live & Recorded Webinars listed below
Children’s Home Society & Family Services, 1605 Eustis Avenue, St. Paul, MN 55108

- Adopting a Child with HIV
- Be Attachable
- Adoption Options: International, Domestic and Waiting Child Programs
- Assessing Marital Relationships for Professionals
- Back to School! Helping Foster and Adopted Youth Transition
- Back to School! Part 2: Advocating for your child within the school system
- Cleft Lip and Palate
- Feeding and Nutrition Considerations for Children with Special Needs: An overview
- Feeding the First Year Home: Transitioning through feeding stages and to a new diet
- International Adoption Post-Placement Medical Visit 101
- International Adoption Referrals 101
- Introduction to Nutrition and Feeding for Internationally Adopted Children
- Language, Development and International Adoption
- Nourish, Nurture, Attach: The feeding relationship and adoption
- Nutrition and Institutionalized Children
- Post-Placement 101: The First Year Home
- Promoting Healthy Racial Identity in Adoptive and Foster Youth
- Whose story is this? Protecting your child’s privacy

Northwest Adoptive Families Association • 2013 Calendar of Events

NAFA is a non-profit, all volunteer support group for pre- and post-adoptive families, and is actively involved in education, advocacy and support for member families in Oregon and SW Washington. $25 annual membership includes a subscription to the NAFA quarterly newsletter. Visit www.nafaoonline.org.

Waiting Families ....................... Sep. 13, Nov. 15, 7-8:30 pm .......... Contact Diane Slaughter, nafawait@gmail.com or 503-819-5209
Baby & Toddler Care Class ........... October 5, 8:30 am-4:30 pm .......... Contact Brenda Bonk, adoptnafa@gmail.com
Salem Neighborhood Group........... 3rd Tuesday/month, 6:00-7:00 pm ..... Contact Christie Van Winkle, justaminion@gmail.com, 541-990-8267

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

A 3-day workshop for parents & professionals. Presented by Diane V. Malbin, MSW

Thursday-Saturday, October 17-19, 2013 • 9:00 am to 4:00 pm • The Mark Spencer Hotel, 409 SW 11th Ave. Portland

This training is for professionals, parents and caregivers who live and/or work with children, adolescents, or adults with Fetal Alcohol Spectrum Disorders (FASD) or other neurobehavioral conditions. The workshop provides information about FASD and the effects of alcohol and other drugs on behaviors of children, adolescents and adults. FASD is a brain-based, neurobehavioral condition. The workshop will educate you on the current status of research for identification and on a best practices approach for treatment and accommodations. The goal is to increase understanding, reduce frustration, and expand options. Cost is $395.00. Download a registration form at www.fascets.org or contact Wendy Temko at 503-621-1271 or wtemko@fascets.org for questions and registration information.
Community Resources, Trainings & Events

The Children’s Program Fall/Winter 2013 Trainings
To register call 503-977-0877 or visit www.childrensprogram.com • 7707 SW Capitol Highway, Portland, OR 97219

Beginners AD/HD Group for Ages 7-12 ................. Parent Meetings: 2 Mondays, October 21 & December 16, 7:00-8:15 pm
Student Sessions: 8 Thursdays beginning October 24 (no class 11/28), 5:00-6:15 pm

Pay Attention to Attention Group ........................ Parent Meetings: 2 Tuesdays, November 5 & January 21, 5:00 pm
Student Sessions: 8 Tuesdays beginning November 12 thru January 7, 5:00-6:00 pm

Skills for School Success 6-7-8-9th Graders .......... Parent/Student Sessions: 3 Mondays (11/25, 12/02, 12/09), 5:00-6:30 pm

De-Stress & Chill: Mindfulness Stress Reduction—Middle School Girls ...... Parent Session: Wed., October 16, 5:00-6:00 pm
Student Sessions: 8 Wednesdays beginning October 23 (no class 11/27), 5:00-6:30 pm

Jedi Training Class ........................................................... 8 Tuesdays beginning October 1 thru November 19, 3:45-4:45 pm

Yoga Calm Friendship Group ................................. 8 Mondays beginning September 30 thru November 18, 4:00-5:30 pm

Parenting Your Active and Reactive 4-6 Year Old ....... 3 Parent Classes: Wednesdays (11/06, 12/04, 01/08), 7:00-8:15 pm
3 Parent-Child Classes: Thursdays, (11/07, 12/05, 01/09), 4:00-4:45 pm

Strategy Games for Students 9-11 Years ................................................................. Visit www.childrensprogram.com for schedule

Mind Target: Mindful Attention Class—Middle School Boys........................ Parent Session: Wednesday, February 19, 2014
Student Sessions: 8 Wednesdays beginning February 26, 2014 (no class 03/26), 5:00-6:30 pm

Lead Into College for 11-12th Graders ................................................................. Visit www.childrensprogram.com for schedule

Oregon Family to Family Health Information Center

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

OR F2F HIC Family Tip Sheet

Oregon Family to Family has added a new family tip sheet to their website. Visit www.oregonfamilytofamily.org and check out the great tips written by family members like you. If you don’t have internet access, call OR F2F at 1-855-323-6744 to receive a copy of the following:

• When Insurance Doesn’t Pay
• Durable Medical Equipment
• Partnering with Providers
• Getting to the Conference
• Getting to know your child’s Intensive Care Mgr.

Great News for Oregon’s Kids!

Starting January 2014, several preventive health services for children will be covered by most health plans, including Oregon Health Plan (OHP) and those bought through the new Cover Oregon Health Insurance Marketplace. For a complete list of these new covered services, visit www.oregonfamilytofamily.org and download the August 2013 version of the OR F2F newsletter.

Understanding the Affordable Care Act

Join the YouToons as they walk through the basic changes in the way Americans will get health coverage and what it will cost starting in 2014 when major parts of the Affordable Care Act, also known as “Obamacare,” go into effect. This show was written and produced by the Kaiser Family Foundation and narrated by Charlie Gibson, former anchor of World News with Charlie Gibson. To view this easy-to-understand explanation of the new law, visit:

http://kff.org/health-reform/video/youtoons-obamacare-video/
NRCPFC Teleconferences/Webinars: NRCPFC teleconferences/webinars provide a forum for participants to share their experiences in implementing improved child welfare practices and learn about national trends and research findings. Each teleconference/webinar concludes with a question and answer period. Most teleconferences include a webinar option, allowing participants to view a presentation online while listening via phone. NRCPFC teleconferences are free of charge and are open to state program managers in foster care and adoption, as well as anyone working, involved, or interested in the field of child welfare.

NRCPFC Webcasts: NRCPFC offers a series of free webcasts for state program managers in foster care and adoption and for others working, involved, or interested in the field of child welfare. These webcasts allow participants to view a streaming video of presenters who discuss topics of interest in child welfare, provide resources, and respond to participant questions. Most webcasts are held on Wednesdays from 3:00 to 4:00 PM EST.

Visit www.nrcpfc.org and click on “Teleconferences/Webinars and Webcasts” for a complete listing.

New Foster/Adoptive Parent Support Groups

Foster & Adoptive Parent Support Group of Umatilla County
Contact yazalala@hotmail.com

Foster & Adoptive Families of South Douglas County
541-680-6168, geisler59@gmail.com

Foster & Adoptive Support Group of Klamath County
541-281-6871, johnpony@charter.net

The Parent Empowerment Program

Wednesdays, Sep. 25 thru Oct. 13, 2013, 6:00-8:00 pm
Eastham Community Center, 1404 7th Street, Oregon City

Program topics include: Understanding Power in Family Systems; Understanding Components of Change; Identifying Ways Parents Give Up Power; Understanding Parental Guide and Enabling; Identifying Sources of Parent Power; Prevention Strategies for Behavior Problems; and, Strategies for Reclaiming Parent Power.

This training is appropriate for parents interested in learning in a supportive environment. The cost is $199.00 per person (half price for military members). Contact Tim O’Brien at 503-853-6843 or email tobrien_lpc@msn.com for additional questions or to register.