



The Journey

Volume 89

Spring 2024

ORPARC is a program of Northwest Resource Associates

In 1999, a group of invested stakeholders—from legislators to community leaders to families—realized the critical importance of supporting families parenting state children. This group did townhall visits across the state to gather parental input. *From that passion and brilliance, ORPARC was born!* After 25 years, thanks to ongoing ODHS and community support, ORPARC has grown from a relatively straightforward “info center” to a go-to destination for in-depth therapeutic consultation & services, detailed referrals, gold standard training, resources galore, emotional support and a ‘tiny but mighty’ library.

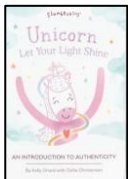


We know your parenting and partner jobs are getting bigger and tougher! We are so grateful and honored to be here in this 25th year supporting all of you on the journey. Let’s stay together and stay connected. *Reach out anytime!*

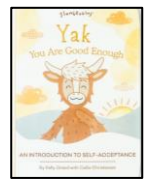


Have you heard of Slumberkins?

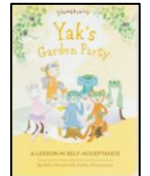
Did you know Slumberkins also [offers a 10% discount for Foster \(Resource\) Families?](#)



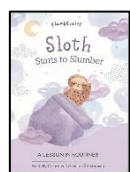
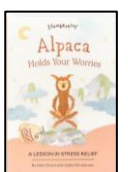
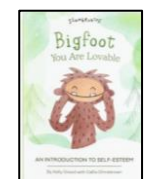
Slumberkins is a local and now-very-famous PNW company! Our expert therapist and educator friends at Slumberkins create a snuggly array of the sweetest, softest therapeutic creatures paired with books and activities that gently teach social emotional learning.



ORPARC staff are jumping up and down with excitement and gratitude! Slumberkins oh-so-generously [stocked our library](#) with *all* the Slumberkins Big Books. Thanks to another kind donor we've also been able to add their collection of “[Lesson In](#)” and “[An Introduction to](#)” Board Books, among others.



With each library checkout—whether its [Lynx](#) (teaching self-expression), [Yeti](#) (mindfulness), [Otter](#) (attachment) or any of the other many 'kins'—come free children's activity bundles to go with it. Let [Alpaca](#) help hold your worries; or feel deeply with [Ibex](#). All the Slumberkins crew will leave you and your family feeling comforted and encouraged. *Thank you for being some of our new besties Slumberkins!*



Oregon Post Adoption Resource Center
6443 SW Beaverton Hillsdale Highway, #205
Portland, Oregon 97221

☎ 503-241-0799 (telephone) ♦ ☎ 800-764-8367 (toll-free) ♦ ☎ 503-241-0925 (fax)
✉ orparc@nwresource.org ♦ 🌐 www.orparc.org ♦ 📺 Follow ORPARC on Facebook
Operating hours: Monday through Friday, 9:00am - 5:00pm

Message from Adoption/Guardianship Assistance Unit to all Guardianship & Adoptive Parents



Hello Adoption and Guardianship Families and welcome to Spring! (Is the nice weather here to stay yet?!) Just a reminder, we have hired a new AA/GA Coordinator, Sarah Koroush, who started with our team in January. Therefore, we rearranged our alphabet to incorporate her full-time position, so you may be working with a new coordinator. Our website has been updated with the changes. We are always happy to help in any way we can. Please feel free to reach out to us!

<https://www.oregon.gov/odhs/adoption/Pages/assistance.aspx>

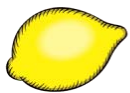
With the changes in foster care rates, we are getting many requests for subsidy adjustments. Our program does not have an “automatic Cost of Living Adjustment (COLA)”. If your child’s needs have changed and your out of pocket expenses have increased, please feel free to reach out to us for a form to begin the process. Please have patience with us, as we have received many new requests and our response times/processing abilities aren’t what we would like them to be.

Please let our unit know if there is any way we can help, or you have any updates to your contact information. Please take care of yourselves and your families.



Resource/Foster Family Urgency!

Families & friends, did you know that ODHS needs fostering families soooo much? There are far more kids in care than available families. Is your family able to foster, even temporarily? Do you know other friends, colleagues, community members, extended family, neighbors who could consider it? Please spread the word. The children in Oregon foster care today will soon grow up to be adults in our communities. Let's take good care of them! Contact Every Child at 1-800-331-0503 for more information.



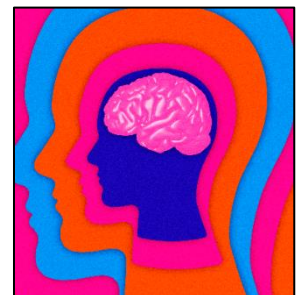
projectlemonade
Inspiring self-esteem in foster youth

Project Lemonade Store
State guardianship youth now eligible!

Exciting news! Children and youth in Oregon state assisted guardianships are now eligible to shop at the lovely community partner Project Lemonade store. Physically located in Portland, Project Lemonade provides a welcoming retail environment for children & youth ages 5-24 to shop for free clothing, shoes and accessories. With court documentation (hard copy or screenshot) guardianship youth can shop, even virtually across the state. Learn more at [Project Lemonade](#) or [here](#).

ORPARC's New Neurofeedback Access Program (NAP) – Coming Soon!

Neurofeedback is a safe, non-invasive studied intervention growing in use and popularity nationwide. Thanks to an innovative partnership between ODHS, ORPARC and a select group of foster adoption competent therapists, ORPARC will soon be rolling out ways for state adoptive & guardianship families to more easily access neurofeedback in certain parts of the state. More details to come in the next newsletter!



Learn more about Neurofeedback on our Resource page <https://www.orparc.org/resources/mental-health/neurofeedback> and more about the NAP program in the Support section of the ORPARC website at <https://www.orparc.org/support/nap>.



ORPARC Trainings → Visit www.orparc.org for updates

ORPARC trainings are currently held online in a virtual format. Trainings are free-of-charge for ODHS/state adoptive, resource (foster), and assisted guardianship families, ODHS/SNAC adoption professionals, and other participants as space allows. We welcome attendees of all ethnicities, gender identities, sexual orientations and faiths. Auxiliary aids and alternative forms of written materials are available to persons with different abilities and needs.



Compassionate Coparenting: *Creating Connections with Birth and First Families*

Tuesday, May 7, 2024 | 10:00am-Noon (Pacific)

Presented by Robyn Gobbel

FREE Virtual Training via Zoom (*Zoom link will be sent to registered participants)

Registration: <https://www.orparc.org/training/online/2647> or call 1-800-764-8367

Birth families are always a part of children’s lives. Sometimes it is hard to understand why the birth family is not energetically and emotionally available when they are physically present. Resource/foster, adoptive and guardianship parents can lean into that relationship with connection, compassion, and boundaries when applying everything they know about the impact of trauma to their children’s birth family members. *Changing the way we see birth families is good for the children who are a part of both foster/adoptive/guardianship families and birth families.*



Therapeutic Life Story Work Cohort #9—Coming Fall 2024!

We are now taking registrations for professor and adoptee Richard Rose’s Certificate in Therapeutic Life Story Work (TLSWi), Cohort #9 starting October 2024. This creative, one-of-kind training has waitlists in Australia and the UK and gets phenomenal feedback from both professionals and parents. All ORPARC family support specialists take TLSWi, as have many ODHS workers and other wonderful community partners and parents. This training does come with a cost. To register or get on the early bird notification list for future cohorts, email orparc@nwresource.org. Learn more [here!](#)



Hope for the Journey Conference Featuring Trust-Based Relational Intervention (TBRI®)

Fridays, April 19 & 26, 2024 | 9:00am-12:00pm

Register at <https://www.orparc.org/training/online/2674>

Show Hope’s **Hope for the Journey** seeks to encourage and better equip parents and caregivers meeting the everyday needs of children impacted by adoption and/or foster care. The conference features the **Trust-Based Relational Intervention® (TBRI)**. At its core, TBRI® works to promote trust, attachment, and connection between caregivers and children by addressing physical & emotional needs while also disarming fear-based behaviors. Watch FREE with ORPARC!

Interested? Not available these dates & times? Contact ORPARC!* (orparc@nwresource.org or 800-764-8367)

*ORPARC has a few online access links for families who want to watch on their own schedule between Friday, April 5, through June 30, 2024. Access links provided on a first come, first serve basis, prioritizing ORPARC eligible families.

Collaborative Trainings with Swindells



The Abundant Basket: Exploring and celebrating brains that think differently

Tuesday, April 23, 2024 | 6:00-7:30pm

Registration: <https://www.orparc.org/training/online/2752>

Bonding and Attachment: Creating the Conditions for Positive Relationships

2 Parts: Tuesday, May 7 & 14, 2024 | 6:00-7:30pm

Registration: <https://www.orparc.org/training/online/2771>



Community Resources, Trainings & Events

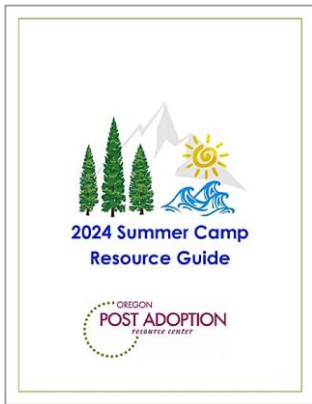


**Calling all
Portlanders!**

Portland Parks & Rec Early Registration Program

Does your family live in the actual City of PORTLAND? Do you and your children attend Portland Parks & Rec camps, lessons & activities?

If so, ORPARC's state adoptive or guardianship families in the City of Portland boundaries only are eligible for early registration opportunities. Which means you might actually get spots in the Portland Parks & Rec camps, swim lessons and classes that always fill up so fast! Please email orparc@nwresource.org to learn how to get access to this program.



2024 Summer Camp Resource Guide

ORPARC has published its 2024 Summer Camp Resource Guide! Request the summer camp resource guide through the ORPARC library at: <https://www.librarycat.org/lib/ORPARCLibrary/item/143709700>

Our below collaborative partners also have summer camp guides available: [Autism Society of Oregon](#); [Kids Camps](#); [PDX Parent Summer Camp & Learning Guide](#); and, [Very Special Camps](#).

Oregon Parks and Recreation Department (OPRD)

OPRD offers free camping and day-use parking to Oregon foster, guardian, and adoptive-foster parents and their children. Please note that this fee waiver is for state parks only. If you have any questions about the program or the ID card, please call 1-800-551-6949 or email special.access@opr.d Oregon.gov.



Northwest Adoptive Families Association Annual Family Campout 2024 Friday-Sunday, July 12-14, 2024



The 2024 NAFA Campout will be at Nehalem Bay Campground near Manzanita, Oregon. Reservations can be made starting 6 months prior to your arrival date. That means reservations can be made through <https://www.reserveamerica.com> starting January 12th for a July 12th arrival date. The NAFA board will reserve some campsites in the A & B loops for use by NAFA members. Watch your email for information about available NAFA campsites. For any questions or further contact: <http://www.nwadoptivefamilies.org/contact-2>.

Supporting Your Adoptive & Guardianship Family With KEEP

<https://oregon.keepforfamilies.org/>



Are you a state adoptive or guardianship family who would appreciate some professional guidance, peer camaraderie PLUS the opportunity for \$25 gift cards? Or, do you know of a family who could use a pick-me-up? You're in luck!

KEEP Support Groups are happening now for state adoptive and guardianship families statewide. More groups starting all the time! All state adoptive or guardianship families are eligible for a free KEEP referral through ORPARC. Please email orparc@nwresource.org to learn more or secure a slot! [KEEP also has groups](#) for resource (foster) families including Spanish-speaking, Native American, LGBTQ+, and more.

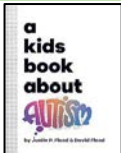
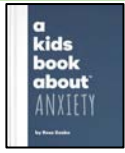


Additions to the ORPARC Library

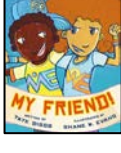
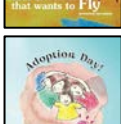
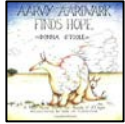
Library usage is **free** to eligible families & professionals!

Please contact us with questions about the process at orparclibrary@nwresource.org or call 1-855-496-BOOK (2665)

New Materials for Children

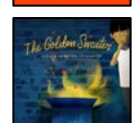
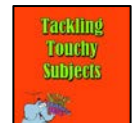
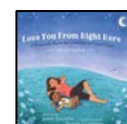
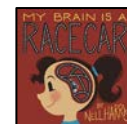


- ✦ A Kids Book About Anxiety
- ✦ A Kids Book About Autism
- ✦ A Kiss Goodbye (The Kissing Hand Series)
- ✦ Aarvy Aardvark Finds Hope: A Real-Along Story for People of All Ages
- ✦ Adoption Day
- ✦ Benji's Busy Brain: My ADHD Toolkit Books
- ✦ Bird That Wants to Fly
- ✦ Different Thinkers: ADHD
- ✦ Growing Grace
- ✦ It's "See You Later" Not "Goodbye": A Children's Story of Love, Loss and Coping
- ✦ It's Raining and I'm Okay
- ✦ Love You From Right Here: A Keepsake Book for Children in Foster Care
- ✦ My Brain is a Race Car: A children's guide to a neuro-divergent brain
- ✦ My Friend!
- ✦ Room in the Nest: An inclusive foster care story to explain fostering, reunification, kinship care, adoption, long term foster care and the family...
- ✦ Kinship Care and Special Guardianship
- ✦ Tackling Touchy Subjects



- ✦ Thank You Book
- ✦ The Girl with the Locket
- ✦ The Golden Sweater
- ✦ The Love Tree

- ✦ Three Objects Spoke To Me
- ✦ Welcome to Therapy: A Mindful Introduction to Counseling for Kids
- ✦ Wishes and Worries: A Story to Help Children Understand a Parent Who Drinks Too Much Alcohol



Slumberkins Collection (article on page 1)

- ✦ Sloth's First Day of School: A Lesson In Routines
- ✦ Yeti Focuses on Her Senses: A Lesson In Mindfulness
- ✦ Bigfoot Shares His Gift
- ✦ Bigfoot, You are Loveable
- ✦ Connected Heart to Heart Kit - Peony
- ✦ Dragon Dreams and Creates: An Introduction to Creativity
- ✦ How to Bee Helpful
- ✦ Sloth Interactive
- ✦ The Confidence Within
- ✦ Thinking of You
- ✦ Unicorn, Let Your Light Shine
- ✦ Weathering the Storm
- ✦ Yak's Garden Party



An Introduction to Board Book Library

- ✦ Sloth's Daily Plan: An Introduction to Routines
- ✦ Lynx, Trust Yourself: An Introduction to Self-Expression
- ✦ Yeti Greet the World : An Introduction to Mindfulness
- ✦ Yeti Greet the World : An Introduction to Mindfulness
- ✦ Otter's Heart Family: An Introduction to Building Connections
- ✦ Ibex Greet His Feelings: An Introduction to Emotional Courage
- ✦ Alpaca Will Be There: An Introduction To Stress-Relief
- ✦ Hammerhead, Mad's Not Bad: An Introduction to Conflict Resolution
- ✦ Honey Bear I'm Grateful for you: An Introduction to Gratitude
- ✦ Yak, You are Good Enough: An Introduction to Self-Acceptance
- ✦ Sprite Helps Say Goodbye: An Introduction to Grief and Loss
- ✦ Narwhal, I Believe In You: An Introduction to Growth Mindset
- ✦ Unicorn, Let Your Light Shine: An Introduction to Authenticity
- ✦ Bigfoot, You are Lovable: An Introduction to Self-Esteem



New Materials for Teens



- ✦ A Small Change: Finding the Joy in Everyday Things (A Korean Graphic Novel)
- ✦ Lost in the Middle
- ✦ Things Ellie Likes: A book about sexuality and masturbation for girls and young women with autism & related conditions
- ✦ Things Tom Likes: A book about sexuality and masturbation for boys and young men with autism & related conditions



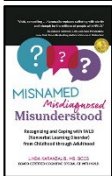
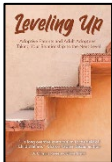
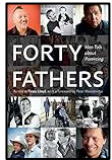
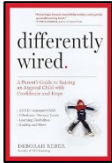


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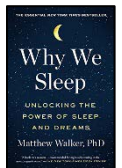
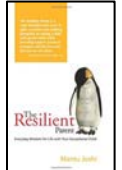
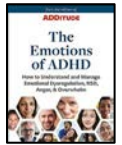
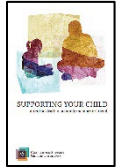
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New Materials for Parents and Professionals

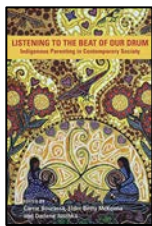
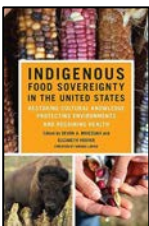


- ✚ *A Practical Guide to Transracial Adoption*
- ✚ *Adoption Unfiltered: Revelations from Adoptees, Birth Parents, Adoptive Parents, and Allies*
- ✚ *After a Loved One Dies; How children grieve and how parents and other adults can support them*
- ✚ *Aged Out: How We're Failing Youth Transitioning Out of Foster Care*
- ✚ *Anchored*
- ✚ *Bibliotherapy: The Healing Power of Reading*
- ✚ *Coming Home to Self: The Adopted Child Grows Up*
- ✚ *Differently Wired: Raising an Exceptional Child in a Conventional World*
- ✚ *Food Refusal and Avoidant Eating in Children, including those with Autism Spectrum Conditions*
- ✚ *Forty Fathers: Men Talk about Parenting*
- ✚ *Getting Solid*
- ✚ *Has Your Child Been Traumatized?: How to Know and What to Do to Promote Healing and Recovery*
- ✚ *Leveling Up: Adoptive Parents and Adult Adoptees: Taking Your Relationships to the Next Level*
- ✚ *Light Up the Learning Brain*
- ✚ *Low-Demand Parenting*
- ✚ *Misnamed, Misdiagnosed, Misunderstood: Recognizing and Coping with NVLD...*
- ✚ *Parenting as Adoptees*
- ✚ *Polyvagal Practices: Anchoring the Self in Safety (Norton Series on Interpersonal Neurobiology)*
- ✚ *Present Moment Parenting: The Guide to a Peaceful Life with Your Intense Child*

- ✚ *Reclaim Compassion: The Adoptive Parent's Guide to Overcoming Blocked Care with Neuroscience and Faith*
- ✚ *Restoring the Brain: Neurofeedback as an Integrative Approach to Health*
- ✚ *Searching for Mom: A Memoir*
- ✚ *Setting Boundaries That Stick: How Neurobiology Can Help You Rewire Your Brain to Feel Safe, Connected, and Empowered*
- ✚ *Staying Connected with Your Teen: Polyvagal Parenting Strategies to Reduce Reactivity, Set Limits, and Build Authentic Connection*
- ✚ *Supporting Our Students After the Death of a Family Member or Friend*
- ✚ *Supporting Your Child After the Death of a Family Member or Friend*
- ✚ *Surrender Your Story: Ditch the Myth of Control and Discover Freedom in Trusting God*
- ✚ *Therapeutic Parenting Essentials: Moving from Trauma to Trust (Therapeutic Parenting Books)*
- ✚ *Think Like a Pancreas: A Practical Guide to Managing Diabetes with Insulin*
- ✚ *Through Adopted Eyes: A Collection of Memoirs from Adoptees*
- ✚ *Through Adopted Hearts: A Collection of Memoirs from Birth and Adoptive Parents*
- ✚ *Why We Dance: A Story of Hope and Healing*
- ✚ *Why We Sleep: Unlocking the Power of Sleep and Dreams*
- ✚ *Your Brain's Not Broken: Strategies for Navigating Your Emotions and Life with ADHD*

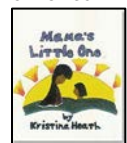


New Tribal Materials



- ✚ *Dictionary of the Ponca People*
- ✚ *Listening to the Beat of the Drum: Indigenous Parenting in Contemporary Society*
- ✚ *Indigenous Food Sovereignty in the United States: Restoring Cultural Knowledge, Protecting Environments, and Regaining Health*
- ✚ *Keetsahnak / Our Missing and Murdered Indigenous Sisters*
- ✚ *The Memory of Souls*
- ✚ *MMIW: In Support of Indigenous Lives: An Anthology for Change*

Children's Materials
Mama's Little One
The Ponca Tribe



Materiales en español | Spanish Language Materials



Materiales para padres y profesionales

- ✚ *Atención Plena y Resiliencia [Mindfulness & Resilience Resource]*
- ✚ *Cómo apoyar a tu hijo tras la pérdida de un familiar o amigo [Supporting Your Child After the Death of a Family Member or Friend]*
- ✚ *Después que muere un ser querido; Cómo enfrentan el duelo los niños y cómo sus padres y otros adultos los pueden apoyar [After a Loved One Dies]*

Materiales para niños

- ✚ *Atrapado en una jaula de furia; un libro para niños sobre el manejo del enojo [Locked in a Rage Cage]*





Community Resources, Trainings & Events



nurture.
inspire.
empower.

The Center for Adoption Support and Education

www.adoptionsupport.org

The first 600 registrations are FREE each month thanks to Jockey Being Family and Jockey International. 30 days of extended access is included in your registration. Certificates of Attendance and Continuing Education Credits are available. Visit <https://adoptionsupport.org/syfwebinars/>

*After free registration fills, it is just \$15 to attend and/or receive extended access

Strengthening Your Family Monthly Webinar Series

- 05/16/2024.... 10:00-11:30am (PST)..... *Foster Care Panel: Experts with Lived Experience Discuss Best Practices in the Foster Care System*
- 06/20/2024.... 10:00-11:30am (PST)..... *Attachment, Trauma and Object Relations Theory*
- 07/18/2024.... 10:00-11:30am (PST)..... *Brain-First Parenting*

A Virtual Support Group for Parents of Teens → 6 Thursdays | April 25-May 30 | 3:00-4:30pm

This FREE support group is for adoptive and foster parents of teenagers looking to make connections and build a network of support with other parents in a similar stage of life. This is a drop-in group and participation at every session is not required. This support group is facilitated by Mari Itzkowitz, LCSW. Register at the following link:

<https://adoptionsupport.org/resource/event/support-group-a-support-group-for-parents-of-teens/>



Join us for a moderated conversation with:

- Orlando Williams, CEO & COO, Motus Recruiting & Staffing, Inc.
- Nick Guerrero, MSW, Youth & Family Advocate at Raphael House
- Yshai Boussi, LPC, Portland Family Counseling
- Camden Goldberg, Former Co-Lead of Health Masculinity Club

Thursday, April 25th | 5:00-8:00pm

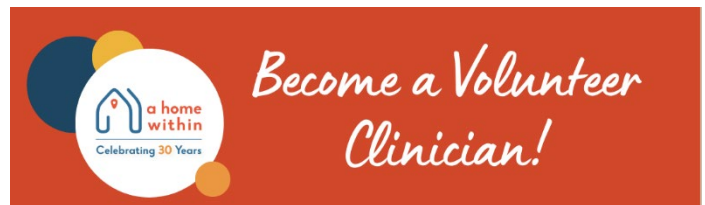
Cleveland High School, Auditorium
3400 SE 26th Avenue, Portland, OR 97202

Obtain FREE tickets at:

<https://www.womensfoundationoforegon.org/healthymasculinity>

Home Within: Therapists Needed!

Our partners at a Home Within provide free counseling for kids in care (space provided). They are always looking for volunteer therapists as there is usually a long waitlist! If you are a therapist with room to take on even just one client, please reach out to A Home Within!



<https://www.ahomewithin.org/>

Rock Haven Climbing Gym Welcomes the Foster Adoption Community



<https://www.rockhavenclimbing.com/>

[Rock Haven Climbing Gym](https://www.rockhavenclimbing.com/) has risen to new levels in its community building spirit! Through their new *Buy 1, Give 1* program, Rock Haven has kindly provided ORPARC's foster adoptive & guardianships families and kids with complimentary passes to try out their wonderful relatively new facility in Gresham. Rock Haven has over 18K square feet of bouldering adventures in a space welcoming to everyone of all levels, from first-timers to pros. ORPARC is greatly appreciative of Rock Haven's generosity and so excited for new generations of youth to discover "the climber inside" of them. *Thank you Rock Haven...you rock!*



Training in Adoption Competency (TAC)

FREE nationally accredited training!



Cohort #3 is almost through the 9-month rigorous, nationally accredited Training in Adoption Competency (TAC) offered through the Center for Adoption Support & Education (C.A.S.E.) and available in Oregon through ORPARC. Learn more at <https://www.orparc.org/training/tac> or email TAC@nwresource.org. Applications for [TAC Cohort #4](#) opening in summer 2024! TAC spots are prioritized for therapists serving children & families and who are also of color, bilingual/multicultural, with lived foster/adopt experience, and/or serving or located in underserved areas, and who take OHP. In each newsletter issue we highlight a proud, accomplished TAC graduate.



TAC Therapist Spotlight

Meet therapist & adoptee Jessica Fintak, LCSW, MSDRL, QMHP



Favorite takeaways from TAC?

My most appreciated part about TAC was connecting with others who are interested, advocates, or fellow adoptees. Also, learning about the origin of adoption in the United States was a different approach to my understanding of adoption.

Your experience with your TAC colleagues?

Overall, I felt that my cohort was extremely caring, knowledgeable, and interested in learning.

What has TAC meant to you as an adoptee?

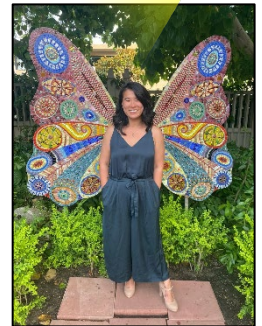
As an adoptee I do see someone who has understanding or real-life experience with adoption as a more beneficial fit for those experiencing or who have experienced adoption. It allows for connection or at least a shared starting point of understanding.

Your practice focus area?

I speak mostly English but do know a fair amount of Spanish and Chinese. I focus mostly on attachment, anxiety, depression, and working with those with complex trauma.

Contact information:

Jessica Fintak, LCSW, MSDRL, QMHP, [Trauma Academy NW](#), 565 Union Street NE, Suite 205, Salem, OR 97301
503-770-6980/503-991-5522 | jfintak@traumacademynw.com or [Psychology Today](#)



EMDR Certification through trusted TAC Trainer Wendy Sue Horn



Are you a therapist looking to strengthen your practice through Eye Movement Desensitization & Reprocessing (EMDR) training? ORPARC's Training in Adoption Competency (TAC) Trainer, local therapist and EMDRIA-approved consultant Wendy Sue Horn has launched a new training hub for high quality, gold standard EMDR training. Besides her foster adoption competency, Wendy Sue holds multiple other certifications. Learn more about the new [EMDR Resource Center](#) and upcoming 6-day fall 2024 & spring 2025 trainings! *There is a fee for the EMDR training.*

<https://emdrresourcecenter.com/>



Community Resources, Trainings & Events



Oregon DHS Child Welfare Ongoing Caregiver Training Live Online TRAINING OPPORTUNITIES—2024

ODHS Child Welfare is excited to announce a menu of live/online training offerings for resource parents, relative caregivers, and adoptive and guardianship families in 2024! Training sessions will range between 1-3 hours long and will be hosted on Zoom. At least one topic will be hosted each month with simultaneous Spanish interpretation. All of these topics can be counted toward any ongoing training hours for recertification as an ODHS Child Welfare Certified Family.

- ✓ REGISTRATION: <https://www.oregon.gov/odhs/providers-partners/foster-care/Pages/training-schedule.aspx>
- ✓ QUESTIONS? Please email: resource.familytraining@odhsoha.oregon.gov

04/25/2024.....	5:30-8:00pm	<i>Parenting Youth Who've Experienced Trauma</i>
04/30/2024.....	6:00-8:30pm	<i>Developing and Sustaining a Healthy and Supportive Relationship with Youth</i>
1° de mayo.....	6:00-8:00pm	<i>Entrenamiento del QPR en Español (currículo de prevención del suicidio)</i>
05/08/2024.....	6:00-8:00pm	<i>Suicide Prevention Skills: Question, Persuade, Refer (QPR)</i>
05/10/2024.....	9:00am-4:00pm	<i>Crisis Prevention Intervention – Verbal Intervention</i>
05/15/2024.....	6:00-8:00pm	<i>Developing Open and Effective Communication</i>
05/21/2024.....	6:00-8:30pm	<i>Adolescent Development and Youth Resiliency</i>
05/27/2024.....	10:00am-12:00pm	<i>Supporting Youth Who've Experienced Domestic Violence</i>
05/28/2024.....	1:30-3:30pm	<i>Mental Health Considerations</i>
05/29/2024.....	6:00-8:00pm	<i>Trauma-Informed Responding and Answering Tough Questions</i>
06/04/2024.....	1:00-3:00pm	<i>Adverse Childhood Experiences (ACEs)</i>
06/05/2024.....	12:00-1:00pm	<i>Accessing Services and Support Resource for Adoptive Parents</i>
06/06/2024.....	5:30-7:30pm	<i>Openness and Mediation for Adoption and Guardianship</i>
06/11/2024.....	7:00-8:30pm	<i>Domestic Violence Dynamics for Resource Families</i>
06/12/2024.....	1:00-3:00pm	<i>LGBTQIA2S+ Youth: Support Basics</i>
06/12/2024.....	6:00-8:30pm	<i>Social Connection and Cognitive and Social Emotional Competencies</i>
06/18/2024.....	7:00-9:00pm	<i>Commercial Sexual Exploitation of Children (CSEC)</i>
06/18/2024.....	6:00-8:30pm	<i>Understanding Substance Abuse Disorder (SUD)</i>
06/20/2024.....	6:00-7:30pm	<i>Trauma-Informed Co-Parenting for Success</i>

Kinship Caregiver Study Opportunity for \$100 Giftcard!

Are you a kinship caregiver? Bloom Works research wants to hear from you! Kinship caregivers can earn a \$100 gift card for participating in a 1hr interview to give feedback on a new kinship caregiver assessment form. If you are interested in this time-limited opportunity, *please fill out this fill out this [short form](#)!* Or, learn more on ORPARC's [Kinship Caregiver Resource page](#).



Providence Children's Health

For more information: swindells@providence.org or 503-215-2429

Register for trainings at:

<https://psjhcrmwebsites.microsoftcrmporals.com/home?Region=OR&Ministry=TSC&Service=CLP>

04/25/2024.....	6:00-7:30pm	<i>Transition to Adulthood: ABLE Accounts & Special Needs Trusts</i>
04/29/2024.....	6:00-7:30pm	<i>Trauma-Informed Parenting: Week 5—Collective Wellbeing, Building Community, Working with Schools</i>
05/01/2024.....	9:30-11:30am.....	<i>Active Parenting</i>
05/02/2024.....	6:00-7:30pm	<i>Transition to Adulthood: Government Benefits</i>
05/07/2024.....	6:00-7:30pm	<i>Bonding and Attachment: Part 1</i>
05/14/2024.....	6:00-7:30pm	<i>Bonding and Attachment: Part 2</i>
05/15/2025.....	1:30-3:00pm	<i>Supporting Students in the Classroom: FOR EDUCATORS</i>
05/15/2024.....	6:00-7:30pm	<i>Supporting Students in the Classroom: FOR PARENTS/CAREGIVERS</i>



BIPOC Adoptees

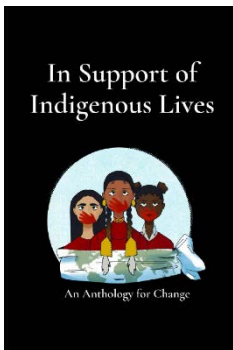
VOICES, An BIPOC Adoptee Community Conference

Friday, July 26, 2024, 3:00pm through Sunday, July 28, 2024, 3:00pm
Portland State University, 1825 Southwest Broadway Drive, Portland, OR, 97201

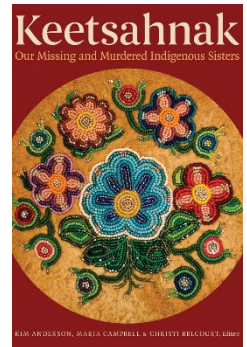
Do you know a young adult BIPOC adoptee? Are you one yourself? The VOICES, BIPOC Adoptee Community Conference is an in-person event hosted by the local nonprofit [BIPOC Adoptee Voices](#) (headquartered in Portland, Oregon) that is free and open exclusively to all BIPOC adoptees over the age of 18. This year’s conference theme is *Movement Building through Connection, Hope, and Healing*. The VOICES Conference is about: validating the diverse experiences of BIPOC adoptees, owning our own narratives, inspiring each other, challenging stereotypes, empowering ourselves, and shaping how we and others understand adoption.

ORPARC is proud to be a supportive and sponsoring partner for BIPOC Adoptees, including for important upcoming events like the VOICES Conference. *ORPARC’s library features many books by accomplished BIPOC adoptee authors such as [Isaac Etter](#), [Angela Tucker](#), [Suni Miller Zmich](#), [Chaitra Wirta-Leiker](#), [Rhonda Roorda](#), [Nicole Chung](#), [Susan Devan Harness](#) (Confederated Salish & Kootenai Tribes), [Tony Hynes](#), [Michelle Madrid](#), plus many others.*

MMIWG Awareness Day—May 5, 2024 | Coos Bay



In our Native communities, the ongoing disproportionate tragedy of missing Indigenous women and girls is not theoretical – it is, sadly, fact. May 5th is a day when all communities can come together to remember, to heal, and to work on prevention, protection and justice for these women and girls whom our larger society has too often forgotten. Please wear **RED** and join our friends at the Coquille Indian Tribe and the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians for a community gathering on the boardwalk in Coos Bay with a speaker, snacks, film and raffle.



ORPARC is honored to be a community partner supporting this event! Please learn directly from Native voices on our [Tribal Resource pages](#). Plus, explore our library’s [Tribal Collection of books](#) by talented Native authors & illustrators including the new MMIWG related titles above.



Families Rising
Advocating for Children in Foster Care and Their Families

<https://wearefamiliesrising.org/>

[Families Rising Adoption and Foster Care Conference](#)

July 17-18, 2024 | Online | Cost: \$160-\$200

Upcoming Events

<https://wearefamiliesrising.org/upcoming-webinars/>

Recorded Webinars

<https://wearefamiliesrising.org/recorded-trainings/>
Adoption Assistance, Adoption Practice, Adoption Tax Credit Information, Advocacy, Parent Group Development, Parenting, Post-Adoption Services, Youth Advocacy/Support Networks

One-Day Conference Training Series

1. [Fetal Alcohol Spectrum Disorders](#) (4-part series)
 2. [Honoring Indigenous Families, Cultures, and Sovereignty](#)
- Registration is for one person or a parenting couple who will be participating together. Please note that registration fees are not refundable but can be transferred. Groups sending 10 or more people receive an additional 10% discount. To obtain the group registration form, email conference@wearefamiliesrising.org.

Cost: \$80 for Families Rising members / \$90 for non-members



Community Resources, Trainings & Events



ADOPTION MOSAIC

Competency • Legacy • Community

Adoption Mosaic

www.adoptionmosaic.com | ☎971-231-7184 | events@adoptionmosaic.com



[We the Experts: Adoptee and Adoptee Ally Speaker Series](#) | *Some Adoption Mosaic events have a fee*

05/11/2024 *Alternative Healing Modalities* [Conscious Adoption: Parent Courses](#)

05/18/2024 *Adult Children of Adoptees-Adoptive Family Relationships* *Giving caregivers, guardians, and parents tools and resources to best support the adoptees in their lives.*

Oregon Family-to-Family Health Information Center (ORF2FHIC)

<https://www.ohsu.edu/oregon-family-to-family-health-information-center>



Se habla español
Please contact ORF2FHIC with any questions at
contact@oregonfamilytofamily.org
or call 1-855-323-6744



In an emergency, every second counts! Have you learned about Oregon's new HERO Kids Registry? It's not just for children with disabilities, but for all children! Watch these 1-minute videos here for more information! (In English and Spanish!)




The Arc Oregon & Disability Rights Oregon
2024 Self-Advocate Convention of Oregon
Visit [State Convention - The Arc Oregon](#)



News from the Human Rights Campaign Foundation (HRC)
<https://www.hrc.org/>


Visit the *All Children-All Families Online Learning Archive* to access over 40 webinars on various LGBTQ+ inclusion topics.
<https://www.thehrcfoundation.org/professional-resources/all-children-all-families-online-learning-archive>

HRC's All Children-All Families regularly provides online learning offerings covering promising practices in serving LGBTQ+ children, youth and families. To watch the recordings at no cost, click "View Recorded Webinar" and fill out the short form. You will then receive an email with instructions for viewing the webinar.



Oregon Family Support Network

NEW Oregon LGBTQ Youth & Family Resources
<https://oregonlgbtqresources.org/>
Sponsored by OFSN and the Family Acceptance Project



FAMILY ACCEPTANCE PROJECT



LGBTQIA2S+ Youth: Support Basics

Wednesday, June 12, 2024 | 1:00-3:00pm

Registration: <https://www.oregon.gov/odhs/providers-partners/foster-care/Pages/training-schedule.aspx>
Questions?: Email resource.familytraining@odhs.oregon.gov



Community Resources, Trainings & Events



April is Autism Awareness Month

Visit the following website to learn about ASO and other community partner events: <https://autismsocietyoregon.org/events/>

Event Name	Frequency—Time and Dates
2nd Annual Autism Walk, Salem	05/25/2024; 9:00am-1:30pm
22nd Anniversary Autism Walk, Portland	04/28/2024; 9:00am-1:30pm
ASO/Synergy Autism Support Group Meeting for Parents (Online)	Meets 4 Saturday of month, 10:00-11:30am; 04/27/2024, 05/25/2024
Autism/Aspergers Peer Community Support Group (Online)	Meets 2nd & 4th Tuesday of month, 7:00-8:00pm 04/23/2024, 05/14/2024, 05/28/2024, 06/11/2024
Autism Society of Oregon Cosplay Group, PDX	Meets every 2nd Sunday of month; 05/11/2024, 06/08/2024
Autism Resources in Oregon Recursos de Autismo en Oregon	Meets 1st Wednesday of the month; 05/01/2024 Se reúne el primer miércoles del mes; 1° de mayo
Autistic Professional Support Group (Online)	Meets every other Friday, 6-7:00pm; 05/03/2024, 05/17/2024, 05/31/2024, 05/14/2024
Friendship Group for Autistic Kids (ages: 7-13)	Meets every Tuesday of the month; 04/2/2024, 05/06/2024, 05/13/2024, 05/20/2024, 05/27/2024, 06/03/2024, 06/10/2024, 06/17/2024
"Happy Hour" for Autistic Adults (Online)	Meets 4th Friday of month, 7:30-8:30pm; 04/26/2024, 05/24/2024
Social Group from Hollywood Dreams & ASO, Coos Bay	Meets 2nd Friday of month; 05/10/2024, 06/14/2024, 05/10/2024, 06/14/2024
Grupo de Apoyo en Español	Reunión Virtual Mensual cada primer martes del mes; 7 de mayo, 4 de junio
Social Skills Discussion Group, Eugene	05/20/2024; 6:30-8:00pm; 04/25/2024, 05/02/2024, 05/09/2024, 05/23/2024, 05/30/2024, 06/06/2024, 06/13/2024
Support and Discussion Group for Autistic Adults, ages 18+ (Online)	Meets every Thursday, 5:30-7:00pm
Teen & Young Adult Group (Online)	Meets on 3rd Saturday of month, 1:00-2:00pm; 05/18/2024, 06/15/2024
Women & Non-Binary Friendship Group for those on the Autism Spectrum	Meets 1st & 3rd Sundays of each month; 3:30-5:00pm (in-person); 5:30-7:00pm (online); 05/05/2024, 05/19/2024, 06/02/2024, 06/16/2024
Young Adult Social Group (18-30) (Online)	Meets 2 Saturday of month, 6:30-8:00pm; 05/11/2024, 06/08/2024



FASCETS

Fetal Alcohol Spectrum Consultation
Education and Training Services

Neurobehavioral Conditions Including FASD: Understanding & Application of the FASCETS Brain-Based Approach

6 Wednesdays | May 22-June 26, 2024 | 9:30am-12:30pm

18-hour workshop | No Prerequisite | Training for Caregivers, Parents, & Professionals

This workshop provides information about Fetal Alcohol/Neurobehavioral Conditions (FA/NB) and the effects of alcohol and other drugs on the brains and behaviors of children, adolescents and adults.

Visit <https://fascets.org/workshops/> for more information. *There is a fee to attend this training.*



Oregon Family Support Network

OFSN offers numerous family supports and training opportunities available to families and providers. Please visit <https://ofsn.org> for more information.



Central Oregon Disability Support Network

CODSN offers several On Demand and Recorded trainings. Please visit <https://www.codsn.org> for more information.



Empowering families - Transforming disability

<https://factoregon.org/>

FACT Oregon empowers families and transforms how communities perceive disability. Peer support, trainings, and resources equip and empower families.