Autism Empowerment

SW WA / Greater Vancouver / Portland Metro Resource Guide
Accept, Enrich, Inspire, Empower
last revised 7/21/12 - some organizations or services may appear in more than one category

Adult Services

Independent Living Resources - www.ilr.org
1839 NE Couch, Portland, OR 97232 - (503) 232-7411, fax: (503) 232-7480
A non-profit organization dedicated to promoting the philosophy of Independent Living by creating opportunities, encouraging choices, advancing equal access and furthering the level of independence for all people with disabilities. Community support for adults.

Innovative Services Northwest - www.innovativeservicesnw.org
9414 NE Fourth Plain Road, Vancouver, WA 98662 - (360) 892-5142, fax (360) 823-5180
Provides a continuum of services for children and adults with disabilities or other disadvantages. Services include therapy and childcare for children; employment training and job support for teens and adults; intervention, education and support for families and adult day health care for senior citizens and adults who require daytime assistance.

Camps

Autistic Children’s Activity Program (ACAP) - www.acapportland.org
P.O. Box 4606, Portland, OR 97208 - (503) 342-6645 - info@acapportland.org
Contact: Krista Kamin, Co-Executive Director
Summer day camp for those with Autism. 501(c)(3) Founded in 1987. Mission is to provide community education and recreation for people with Autism Spectrum Disorder.

Camp Attitude - www.campattitude.com
P.O. Box 207, Foster, OR 97345 - (541) 367-3420 - camp@campattitude.com
Camp Attitude is a not-for-profit organization dedicated to providing a unique camping experience for families in the disability community by advocating a biblical response toward disabilities, both visible and invisible.

Camp Quest - www.asdoregon.org
ASD Oregon - 12042 SE Sunnyside Rd. #450, Clackamas, OR 97015 - (503) 320-3103
Contact: Misti Moxley - asdoregon@yahoo.com
An overnight camp in Oregon just for kids with Asperger’s Syndrome and High Functioning Autism. Non-profit.

Camp YaketyYak - Teaching Children the Language of Friendship - www.campyaketyyak.org
19915 Old River Drive, West Linn, OR 97068 - (503) 358-8182 or (503) 752-5799
Contact: Angela Arterberry, MS, CCC-SLP - office@campyaketyyak.org
An inclusive day camp specializing in social-emotional skills for success in the classroom, playground, neighborhood and home. Designed for children ages 6 - 11.

**Evergreen Public Schools Community Education** - [www.evergreenps.org](http://www.evergreenps.org)
13501 Northeast 28th Street, Vancouver, WA (Tan Complex) - (360) 604-4082
Youth Summer Camps - Summer School - Community Education - ed2Go online education
Our mission is to facilitate the natural link between school and community and to enrich people’s lives through courses and programs that allow participants to Live, Learn and Explore! Save time by visiting us online at [www.evergreenps.org](http://www.evergreenps.org), click on the Community Ed. link and then on Classes.

To request accommodation due to the presence of a physical, sensory or mental disability, contact the ADA coordinator, Steve Getsinger at least 10 days prior to the class or program at (360) 604-4010.

**Meadowood Springs** - [www.meadowoodsprings.org](http://www.meadowoodsprings.org)
P.O. Box 1025, Pendleton, OR 97801 (541) 276-2752 - [info@meadowoodsprings.org](mailto:info@meadowoodsprings.org)
Home of P.A.C.E. ASD Family Immersion Camp - Improving the lives of people who have communication difficulties and related disorders by providing service, education, training and research.

**Mt. Hood Kiwanis Camp for Children & Adults with Disabilities** - [www.mhkc.org](http://www.mhkc.org)
10725 SW Barbur Boulevard, Suite 50, Portland, OR 97219 - Fax (503) 452-0062
Program Director: Kristy Lory - [Kristy@mhkc.org](mailto:Kristy@mhkc.org) (971) 230-2922

Offers children and adults with disabilities an opportunity to leave behind their routine lives and taste the freedom of the outdoors - to go beyond limits that they and others have set for them. Residential camp offers horseback riding, canoeing, swimming, arts and crafts, hiking, camping, outdoor cooking and a challenge course.

**The Kids Cooking Corner** - [www.thekidscookingcorner.com](http://www.thekidscookingcorner.com)
5206 NE 78th Ave., Vancouver, WA 98668 - (360) 433-9114
Contact: Heidi O’Connor - [heidi@thekidscookingcorner.com](mailto:heidi@thekidscookingcorner.com)

Where Portland and Vancouver kids are cooking up fun! This non-profit cooking school includes lessons and camp with a Home-Ec theme. Autism friendly - has a weekly cooking night for students on the autism spectrum.

**Upward Bound Camp** - [www.upwardboundcamp.org](http://www.upwardboundcamp.org)
P.O. Box C - Stayton, OR 97383 - (503) 897-2447; fax (503) 897-4116, email: upward.bound.camp@gmail.com
Celebrating Life with Purpose. Overnight camp for persons with special needs twelve through geriatric. Day camps for medically fragile. Respite care year round. Located 45 miles east of Salem.

Contact: Teresa Williamson - (360) 487-7060 - [teresa.williamson@ci.vancouver.wa.us](mailto:teresa.williamson@ci.vancouver.wa.us)
Inclusion program for children and adults where everybody plays. Summer camps, spring break camps.

**Whiz Kid Day Camp** - [www.socialwhizkids.com](http://www.socialwhizkids.com)
Youth Community Building of Christ Community Church - 4325 SW 107th Ave., Beaverton, OR 97005
(503) 459-2073 - Contact: Karen DeBolt, MA
Social Whiz Kid day camp for boys and girls 7 - 12. Building skills that can help your child.

**Conferences**

**Southwest Washington Special Education Conference and Resource Fair** - [http://www.spedconference.org](http://www.spedconference.org)
Hosted by Prairie High School Special Education Department - 11500 NE 117th Avenue, Vancouver, WA 98662
Contact: Annie Lamberto, Conference Chair - [lamberto.annie@battlegroundps.org](mailto:lamberto.annie@battlegroundps.org) - (360) 885-5049
Providing resources to families of children with special needs. Workshops, exhibits, resources! Next conference will be Saturday, April 27th, 2013.

Creative Arts

**Autism Empowerment Access to the Arts** - Coming Soon - [http://www.autismempowerment.org](http://www.autismempowerment.org)


**Secret of the Songshell**, Book One of the Spectraland Saga by Vancouver author, Brian Tashima. This engaging and dynamic young adult Sci-Fi / Fantasy book is about a teenage guitarist with Asperger’s Syndrome who travels to an alternate world where his unique brain waves can be combined with the sound waves of music to create magical effects. Brian’s main goal with the book is to provide kids on the autism spectrum with a fictional hero they can call their own - a character that saves the day WITH his special qualities, not despite them!

Education and Educational Services

**Autism Behavioral Consulting (ABC)** - [www.autismabc.org](http://www.autismabc.org)
10000 NE 7th Avenue, Suite 110, Vancouver, WA 98685 - (360) 524-3440, fax (360) 989-3972
Contact: Audra Jensen - email: info@autismabc.org

ABC provides evidence-based behavior analytic services and social thinking instruction to children of all ages with autism and related disorders. Every student is unique and deserves a specialized program according to their needs and desires. Services include in-home behavioral therapy consulting, social thinking groups, educational therapy, educational advocacy and trainings.

http://www.autismempowerment.com (and click on the Autism Empowerment Radio Tab)

Education, information, inspiration, support! Interviews with individuals on the spectrum locally and throughout the country. Interviews with professionals in the autism and Asperger’s community. Live radio and podcast download

**Autism Parent Training Program** - [www.providence.org/childcenter](http://www.providence.org/childcenter)
Providence Neurodevelopmental Center for Children - (503) 215-2233

Teaching social-communication skills to children with autism and related disorders: A parent-implemented approach. Program teaches you and your family techniques that will enhance your child’s social engagement, language, play and imitation skills. It also helps you to develop appropriate goals for your child based on a combination of developmental milestones, family interests and therapy recommendations.

**ESD 112 Early Learning Care and Education** - [http://www.esd112earlylearning.org/birth-3-early-intervention/](http://www.esd112earlylearning.org/birth-3-early-intervention/)
Birth to Three Intervention Services for families who have children with special needs. Also home to the ESD Regional Autism Consulting Cadre. Serves families residing in the Battleground, Evergreen, Hockinson, La Center, Ridgefield and Washougal school districts.

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Youth Summer Camps - Summer School - Community Education - ed2Go online education

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**IF - Involve Families** - [www.involvefamilies.com](http://www.involvefamilies.com)
IF is an organization serving families with youth with emotional challenges as well as the providers and community partners who care for them. They provide Trainings in Support, Education and Advocacy.

**SPDConnect.com** - [www.spdconnect.com](http://www.spdconnect.com) - Based out of Portland but online serving nationwide
Local sensory resources recommended by sensory families.

Meets at Eleanor Roosevelt Elementary Media Center, 2921 Falk Rd, Vancouver, WA
Contact: Brandi Dyment - SEPTSAinfo@gmail.com
SEPTSA is a cross-district unit of the WA state PTA providing support and education. General meetings are the first Monday of each month during the school year from 6 - 7 p.m.

Contact Mary Halvorson, RN and Family Education Coordinator - (503) 215-2429, mary.halvorson@providence.org

Connects families, caregivers and friends of children with disabilities to resources, information and training specific to disabilities and conditions. Training seminars & workshops, library of resources. Offers a free "My Child’s Life Care Notebook and Organizer“ to all families of children that reside in Oregon. (Out of state orders cost $20 each.) Will sometimes provide free training services in Vancouver with free Care Notebooks.

### Educational Toys

**The Learning Palace** - [www.learningpalace.com](http://www.learningpalace.com)
Vancouver - Vancouver Plaza, 7809 NE Vancouver Plaza Dr., Vancouver, WA 98662 - (360) 896-1574
Portland - Cascade Station, 9971 NE Cascade Parkway, Portland, OR 97220 - (503) 251-1833

The Learning Palace is a family-owned educational store dedicated toward serving the needs of schools, teachers and parents throughout the Northwest. 7 locations throughout Washington and Oregon

### Entertainment

**Horse Haven Farms** - [www.horsehavenfarms.com](http://www.horsehavenfarms.com)
13201 NE 72nd Ave., Vancouver, WA 98686 - (360) 909-7925 - Contact: Maria Allinger
Horse Haven Farms is a family-owned parcel of 7 acres in Vancouver. From kid’s parties to corporate events our seven-acre classic farm-style homestead is ready to host your special occasion or gathering. Call to make an appointment. Family reunions, pony parties, petting zoo, animal balloons, Enchanted Forest, Bounce House, Crafts & Games, trackless train. We also work with non-profits to host special events!

### Facebook Groups

**Autism and Scouting** - [www.facebook.com/autismandscouting](http://www.facebook.com/autismandscouting)
Making scouting accessible worldwide to boys and girls on the autism spectrum. Skills for Life! Our Facebook group currently serves 30 countries. Leadership training, support and connections for scouts, leaders & families.
**Special Kids and Special Mothers (SKASM)**  [www.facebook.com/pages/Special-Kids-and-Special-Mothers/141460805894508](http://www.facebook.com/pages/Special-Kids-and-Special-Mothers/141460805894508)
Contact: Rachel Halgren - r.halgren3@gmail.com
Support group for mothers in Vancouver, WA who have a child or children with special needs. Meets monthly in-person for fun activities and there is also support on Facebook.

**Westside Autism Moms**  [www.facebook.com/groups/WAMmoms](http://www.facebook.com/groups/WAMmoms)
This group is for MOMS who have a child(ren) with Autism in the Portland / Vancouver area. Moms meet four times a year for dinner in the Beaverton / Tigard area. WAM also has four family events during the year including an Easter Egg Hunt, Summer Picnic, Halloween Party and a Holiday Party in December.

To join you must request to join on Facebook AND send an email to wammoms@gmail.com - Please let them know how you found them and the age of your child(ren). They want to keep their page “safe” and just for moms.

**Life Skills**

**Innovative Services Northwest**  [www.innovativeservicesnw.org](http://www.innovativeservicesnw.org)
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**Nutritional / Holistic Services**

**Daily Nectar**  [www.dailynectar.net](http://www.dailynectar.net)
Contact: Stephanie Pearson - (971) 678-4280 - stephbrooklyn@gmail.com
Nutritional consultations for those on the Autism Spectrum.

**GlutenFreeChoice.com**  [www.glutenfreechoice.com](http://www.glutenfreechoice.com)
Contact: Wendy Cohan RN - (503) 413-9369 - choosehealth@glutenfreechoice.com

**The Oasis Resource Center**  [www.TheOasisResourceCenter.com](http://www.TheOasisResourceCenter.com)
1709 Broadway, “Uptown Vancouver”, Vancouver, WA
Contact: Mikki Chambers - (360) 980-8185 - mikki@theh2omega.com
The Alkaline Body Association - Alkaline Lifestyle

**Organizations**

**Autism Empowerment**  [www.autismpowerment.org](http://www.autismpowerment.org)
Contact: Karen Krejcha or John Krejcha, P.O. Box 871676, Vancouver, WA 98687 - (360) 852-8369
info@autismpowerment.org, karen@autismpowerment.org, john@autismpowerment.org
http://www.facebook.com/autismpowerment - @autismpowermt (Twitter)

We are dedicated to enriching and empowering the lives of individuals and families affected by Autism Spectrum Disorders and related co-existing conditions and provide programs, projects, support, special events and resources to individuals, families, caregivers and educators that promote acceptance, inclusion, improve life skills and encourage self-advocacy and empowerment, we seek to support and inspire those on the autism spectrum to reach their highest potential.

The four foundational pillars of Autism Empowerment are **Accept, Enrich, Inspire and Empower**.
Accept - We strongly promote the unconditional acceptance of those on the autism spectrum and with related disorders. This includes self-acceptance and social acceptance. By accepting each spectrum traveler for who they are, where they are in the present moment, we are promoting both autism acceptance and autism awareness.

Enrich - Our goal is to provide educational resources, programs and tools to improve and enhance life skills for those on the autism spectrum as well as their families, caregivers, therapists and teachers. We aspire to make life more meaningful and rewarding.

Inspire - We dedicate ourselves to be a positive and uplifting organization that encourages, promotes and celebrates success in all individuals. We believe each person on the autism spectrum has the opportunity to make a positive difference in this world.

Empower - We strive to empower those on the autism spectrum to achieve their highest quality of life academically, emotionally, financially, socially and spiritually.

Autism Community Services - [www.autismcommunityservices.org](http://www.autismcommunityservices.org/)
P.O. Box 2553, Vancouver, WA 98668 - 360-735-8670
Contact - Monica Meyer - consult4autism@gmail.com

Autism Community Services provides support for adults on the spectrum and training via webcasts and workshops.

ASD Oregon - [www.asdoregon.org](http://www.asdoregon.org)
Contact - Misti Moxley, 12042 SE Sunnyside Rd #450, Clackamas, OR 97015
503-320-3103, asdoregon@yahoo.com

P.O. Box 873573, Vancouver, WA 98687-3573 - 360-980-4019 - vancouver@autismsocietyofwa.org
Contact - Neatha: (360) 695-3243

Autism Society of Oregon - [www.oregonautism.com](http://www.oregonautism.com)
Contact: Tobi Rates, Executive Director, P.O. Box 396, Maryhurst, OR 97036 - (503) 636-1676, 1-888-AUTISM1
Improving the lives of those affected by Autism Spectrum Disorders in Oregon. Affiliated with Autism Society.

Boys and Girls Clubs of SW WA - [www.mybgc.org](http://www.mybgc.org)
111 Main Street, Suite 605, Vancouver, WA 98660 - (360) 448-7089
Contact: Kim Reid - kimberly@mybgc.org
The Boys & Girls Clubs of Southwest Washington seek to provide a positive environment, quality programs, and lifelong learning skills for all school age youth in Vancouver and its surrounding areas, with special concern for those coming from disadvantaged circumstances. Instead of walking the streets or being home alone, youth come to the Club where trained professionals provide: a safe environment for kids to have fun and be themselves; constructive programs that channel youthful energy into challenging pursuits; and supportive relationships that help build young people’s self-esteem.

4847 SE Allan Road, Portland, OR 97267 - (503) 704-8045, email: support@COTCT.org
Providing therapy scholarships to underserved families of children on the autism spectrum

Innovative Services Northwest - [www.innovativeservicesnw.org](http://www.innovativeservicesnw.org)
9414 NE Fourth Plain Road, Vancouver, WA 98662 - (360) 892-5142, fax (360) 823-5180
Provides a continuum of services for children and adults with disabilities or other disadvantages. Services include therapy and childcare for children; employment training and job support for teens and adults; intervention, education and support for families and adult day health care for senior citizens and adults who
require daytime assistance.

**Northwest Down Syndrome Association** - [www.nwdsa.org](http://www.nwdsa.org)

Contact: Abby Braithwaite (971) 998-8744 - [abraithwaite@nwdsa.org](mailto:abraithwaite@nwdsa.org)

Extensive general support and resources online and by phone. For a copy of their New Parent Guide, contact Angela Jarvis-Holland at (503) 239-8526 - [ajarvis-holland@nwdsa.org](mailto:ajarvis-holland@nwdsa.org)

**Parent Coalition Program at the ARC of Southwest Washington** - [www.arcswwa.org](http://www.arcswwa.org)

6511 NE 18th St. Vancouver, WA 98661 - (360) 823-2247 (direct)

Contact: Darla Helt, Parent Coalition Coordinator - [darlah@arcofclarkcounty.org](mailto:darlah@arcofclarkcounty.org) - (360) 907-3287 (cell)

The Parent Coalition provides people with disabilities and their families with a support system that helps them link with their natural support system (the community), better understand and access the system, respond to crisis, and become involved in decision making at the state and local levels.

**PAVE (Parents are Vital in Education)** - [www.washingtonpave.com](http://www.washingtonpave.com)

P.O. Box 820324, Vancouver, WA 98682 - (360) 944-5683 or 1-866-838-4422

State office info line 253-565-2266 or 1-800-5-PARENT

Contact: Contact - Rhonda Smith - [rsmith@washingtonpave.com](mailto:rsmith@washingtonpave.com)

Washington PAVE is a parent directed organization that works with families, individuals with disabilities, professionals and community members in all walks of life and with all types of disabilities. Since 1979, PAVE has provided information, training and support for over 1,000,000 individuals with disabilities, parents and professionals.

**The Arc of Southwest Washington** - [www.arcswwa.org](http://www.arcswwa.org)

6511 NE 18th St., Vancouver, WA 98661 - (360) 759-4917

Helps people with intellectual and developmental disabilities. Local programs for children include Pride for Kids Family Therapy Center, Alexi's Garden, the ARC Family Center’s therapeutic playground. Parent to Parent Support and the Parent Coalition. Local programs for adults include Supported Living, Community Connections, Representative Payee and Guardianship, People First and Advocacy.

**Recreation**

**Adventures Without Limits** - [www.awloutdoors.com](http://www.awloutdoors.com)

1341 Pacific Ave., Forest Grove, OR 97116 - Phone: 503-359-2568

Recreational programs for youth and adults in the greater Portland metro area. Mission-empowered to empower people of all abilities through quality outdoor experiences. White water rafting, kayaking, canoeing, skiing, snowshoeing, hiking, backpacking, rock climbing and fun.

**Autism and Scouting - Autism Empowerment** - [http://www.autismempowerment.org](http://www.autismempowerment.org)

P.O. Box 871676, Vancouver, WA 98687 - (360) 852-8369

Contact: John Krejcha, [john@autismempowerment.org](mailto:john@autismempowerment.org) 360-852-8369

[http://www.facebook.com/autismscouting](http://www.facebook.com/autismscouting) - Twitter @autismscouting

**Autism and Scouting Radio** - [www.blogtalkradio.com/autismscoutingradio](http://www.blogtalkradio.com/autismscoutingradio)

Making scouting accessible worldwide to boys and girls on the autism spectrum. Facebook group currently serves 20 countries. Leadership training and family support. Online members from over 30 countries!


Meets at Holy Redeemer Church, 17010 Northeast 9th Street, Vancouver, WA 98684-6419
This is a time for kids to play games and hang out. It is also a place where parents can relax, share information and get support from each other. Meets on the last Friday of each month except August & December from 6:30 - 9:00 p.m. Ages elementary and up. Neurotypical siblings welcome. Snacks, games, bingo, fun! $5 per family and please bring a snack to share

Adaptive little league baseball in Oregon
Contact: Georgia Herr (Portland Metro area) - [geoherr@spiritone.com](mailto:geoherr@spiritone.com)

**CHAP - Children’s Healing Art Project** - [www.chap.name](http://www.chap.name)
25 NW 23rd Place, Suite 6, Box 155, Portland, OR 97210 - (503) 243-5294
Contact: Roxie McGovern - [info@chap.name](mailto:info@chap.name)

CHAP brings the healing power of art to children in crisis through a mobile team of teaching artists working in partnership with hospitals, community organizations and schools.

**Columbia River Miracle League** - [www.columbiarivermiracleleague.org](http://www.columbiarivermiracleleague.org)
P.O. Box 872563, Vancouver, WA 98687 - 360-260-9293
Contact: Ralph Heiser - [ryan-kim@comcast.net](mailto:ryan-kim@comcast.net)

Special needs baseball league serving ages 5 and up. Plays in the Winter & Spring at Burton Elementary. Every child deserves a chance to play baseball. Each player has a buddy at every game.

**Cub Scout Pack 2** - [www.cubscoutpack2.org](http://www.cubscoutpack2.org)
meets Thursdays from 5:30 - 6:15 at River Rock Church, 709 NE 136th Avenue, Vancouver, WA 98684
Contact Deanna Pehrson, Cubmaster - 360-433-9511 - [cubscoutpack2@hotmail.com](mailto:cubscoutpack2@hotmail.com) - Serving the Vancouver / Portland Metro Area - Sensory Friendly / Special Needs Cub Scout pack in Vancouver, WA for local boys in 1st - 5th grade. [www.facebook.com/cubscoutpack2](http://www.facebook.com/cubscoutpack2)

**Game Club in West Linn** - [http://aspergersnet.org/game_club](http://aspergersnet.org/game_club)
Held at West Linn Lutheran Church - 20390 Willamette Drive, West Linn, OR
Contact: Michelle Kuepker at Portland Asperger’s Network - [http://pan.nl-sandbox.org/contact/game_club](http://pan.nl-sandbox.org/contact/game_club)

A place where kids with Asperger’s and High Functioning Autism ages 5 - 18 can be themselves while engaging in activities they love. Held on the 2nd Friday of each month from 6:30 - 10:00 p.m.

**Girl Power Group** - [Autism Society of Oregon](http://www.autism-society.org)
Contact - Tobi Burch Rates, P.O. Box 396, Maryhurst, OR 97036
(503) 636-1676, 1-888-AUTISM1

For Girls with any disability that are ages 10 and up. The group meets 3rd Saturday of every month except April and December from 1:00 - 2:30 pm at the Moreland Presbyterian Church. They help girls with social skills in a fun, friendly environment. The goals are to help with social language development, help in taking turns, facilitate more interactive play and develop a better understanding of boy body language as well as have fun.

**Heart of Sailing**, Portland, OR - Introduces sailing for free to children and adults with developmental disabilities as a form of education and physical therapy.

**OGA - Building Champions One Child At A Time** - [www.ogagym.org](http://www.ogagym.org)
16305 N.W. Bethany Ct., Suite 109, Beaverton, OR 97006 - (503) 531-3409, fax (503) 531-9248
Contact: Katie Candeaux - All Star Program Manager, Oregons Gymnastics Academy, [katie.candeaux@ogagym.org](mailto:katie.candeaux@ogagym.org)
The All-Star (special needs) program was created with the belief that all students deserve the opportunity to have a positive gymnastics experience. There are private lessons, small group classes and assisted inclusion in traditional recreational classes. Additionally, the All Star program offers open gym time for children affected with sensory processing disorders.

**Providence Health & Services** - Adaptive Swim Lessons
5757 SW Macadam Ave, Portland, OR 97239 - (503) 223-6840

**Portland Aspergers Network Teen Club** - [http://aspergersnet.org/teen_club](http://aspergersnet.org/teen_club)
This social activities groups meets about once a month and is for teens and young adults 13-20 years. Activities include movies, LAN parties, Laser Tag and more.

**Special Olympics Washington** - [http://www.specialolympicswashington.org](http://www.specialolympicswashington.org)
Special Olympics provides year-round sports training and athletic competition in a variety of Olympic type sports for youth and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of gifts, skills & friendship.

**TOPSoccer** - [www.washingtonyouthsoccer.org/programs/topsoccer](http://www.washingtonyouthsoccer.org/programs/topsoccer)
Vancouver, WA (and also throughout the NW) - Enabling young athletes with disabilities to play soccer. 4 and up. Currently there is a TOPSoccer group in Salmon Creek and there may soon be one again in the Harmony complex. For Salmon Creek, contact: salmoncreektopsoccer@gmail.com.

Contact - Teresa Williamson - (360) 487-7060 - teresa.williamson@ci.vancouver.wa.us
Inclusion program for children and adults where everybody plays.

**ZumbAtomic** - Zumba Fitness
Hui O Hoaloha Hula, 1560 NE 172nd Avenue, Portland, OR 97230 (x street is Halsey)  
Contact: Summer Hermann, Instructor - hermann5@clear.net - (503) 405-2297  
Calling all kids! Move and Groove, making new friends and having a blast. ZumbAtomic is for all kids! Instructor works with children with all abilities.

**Respite Care**

**Autism Society of Oregon - Take A Break Program** - [www.oregonautism.com](http://www.oregonautism.com)
Contact: Tobi Rates, P.O. Box 396, Maryhurst, OR 97036  
(503) 636-1676, 1-888-AUTISM1

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**Sensory Therapy**

**OT / PT**

**Advanced Pediatric Therapies, LLC**
11320 NE 49th, Ste 208, Vancouver, WA 98682 - (360) 885-4684 OR  
4444 Multnomah Blvd, Portland, OR 97219 - (503)245-5639  
Contact: Sharron Donnelly
**Kidsense Pediatric Therapy Center** - [www.kidsense.biz](http://www.kidsense.biz)
315 Oak Street, Ste 300, Hood River, OR - (541) 386-0009, fax (541) 386-0029

Specialized pediatric therapy services for children and teens in the Columbia Gorge area. Occupational Therapy, Physical Therapy, Speech Therapy, Massage Therapy, Groups. Mission is to provide quality, innovative evidence-based therapy services that treat the whole child in a nurturing and playful environment.

**Neurotherapeutics Pediatric Therapies, Inc.** - [http://nt4kids.org/](http://nt4kids.org/)
Oregon City & NE Portland, OR

**Pediatric Sensory Therapy** - [http://www.pdxpediatrics.com/](http://www.pdxpediatrics.com/)
6635 N. Baltimore Ave., Suite 229, Portland, OR 97203 - (503) 477-9527
Contact: Lisa Gould-York, [lisa@pdxpediatrics.com](mailto:lisa@pdxpediatrics.com)
Private pediatric occupational therapy clinic specializing in Sensory Integration (SI). Portland’s only Medicaid rate clinic.

**Sensory Kids, LLC** - [http://www.sensorykidds.com/Sensory_Kids_Website/Home.html](http://www.sensorykidds.com/Sensory_Kids_Website/Home.html)
1425 N. Killingsworth St. - Killingsworth Station, (503) 575-9402, email: [info@sensorykidds.com](mailto:info@sensorykidds.com)
Therapy for kids with individual differences and sensory needs.

**The Arc of Southwest Washington** - [www.arcswwa.org](http://www.arcswwa.org)
6511 NE 18th St., Vancouver, WA 98661 - (360) 759-4917

Helps people with intellectual and developmental disabilities. Local programs for children include Pride for Kids Family Therapy Center, Alexi’s Garden, the ARC Family Center’s therapeutic playground. Parent to Parent Support and the Parent Coalition. Local programs for adults include Supported Living, Community Connections, Representative Payee and Guardianship, People First and Advocacy.

### Therapy - Other

**Autism Behavioral Consulting (ABC)** - [www.autismabc.org](http://www.autismabc.org)
10000 NE 7th Avenue, Suite 110, Vancouver, WA 98685 - (360) 524-3440, fax (360) 989-3972
Contact: Audra Jensen - email: [info@autismabc.org](mailto:info@autismabc.org)

ABC provides evidence-based behavior analytic services and social thinking instruction to children of all ages with autism and related disorders. Every student is unique and deserves a specialized program according to their needs and desires. Services include in-home behavioral therapy consulting, social thinking groups, educational therapy, educational advocacy and trainings.

**B.E.A.T. Riding Center, Inc** (Bradley’s Equine Assisted Therapeutic Riding Center, Inc.) - [www.beatriding.org](http://www.beatriding.org)
41919 N.W. Wilkesboro Rd. (20 miles west of Portland), Banks, OR 97106 - (503)324-3071 - [beatriding@aol.com](mailto:beatriding@aol.com)

A non-profit that exists to provide physically, mentally and emotionally challenged individuals an opportunity for emotional and physical growth through horsemanship. Located at Horsin-A-Round Stables.

**Forward Stride Center for Therapeutic Riding** - [www.forwardstride.org](http://www.forwardstride.org)
18218 SW Horse Tale Drive, Beaverton, OR 97007 - (503) 590-2959

Largest therapeutic center of its kind in Oregon. Riding Program helps children and adults of all abilities - including those with special needs - develop horsemanship skills, fitness and self-confidence. Hippotherapy Program offers people of all ages powerful therapeutic sessions on horseback with licensed physical,
occupational and speech therapists.

**Healing Winds Therapeutic Riding Center** - [www.healingwinds.org](http://www.healingwinds.org)
12414 NE 212th Avenue, Brush Prairie, WA 98606 - (360) 254-5387
Contact: Nancy Elder - [gogoomba@aol.com](mailto:gogoomba@aol.com)

To promote the physical and mental development of individuals with disabilities through equine activities.

**Heart of Sailing** - [www.heartofsailing.org](http://www.heartofsailing.org)
[info@heartofsailing.org](mailto:info@heartofsailing.org) - (812) 935-SAIL

Heart of Sailing introduces sailing for free to children and adults with developmental disabilities such as Autism and Down Syndrome as a form of education and recreational therapy.

**Music Therapy Services of Portland** - [www.musictherapyportland.com](http://www.musictherapyportland.com)
Contact: Angie Kopshy, MM, MT- BC - (971) 221-5428 - [musictherapyportland@gmail.com](mailto:musictherapyportland@gmail.com)
Specializing in music therapy for individuals diagnosed on the autism spectrum & neurologic musical therapy for Parkinson’s, dementia, Alzheimer’s and traumatic brain injuries.

**Red Pony Medicine** - [www.redponymedicine.com](http://www.redponymedicine.com)
Contact: Christina Walker - [christina@redponymedicine.com](mailto:christina@redponymedicine.com) - (503) 724-2790
Acupuncture, Shiatsu & QiGong

**Self Express- Music Therapy Studio** - [www.selfexpressmusic.com](http://www.selfexpressmusic.com)
West Hills Music Therapy Studio - 4825 SW Caldew St. - Portland, OR 97219
Contact: Emily Ross, MA, MT-BC - (971) 221-5428 - [emily@selfexpressmusic.com](mailto:emily@selfexpressmusic.com)

Specializing in music therapy for individuals diagnosed on the autism spectrum

**Upbeat Music Therapy** - [www.upbeatmusictherapist.com](http://www.upbeatmusictherapist.com)
16200 SE 18th Way, Vancouver, WA 98683
Contact: Anne Vitort, MT-BC - [info@upbeatmusictherapist.com](mailto:info@upbeatmusictherapist.com) - (360) 607-8187

Specializing in music therapy for individuals. Provides therapeutic musical experiences to clients to help meet non-musical goals. Clients will include children with special needs and elders.

**Yoga for All** - [www.yogaforallpdx.com](http://www.yogaforallpdx.com)
Contact: Jennie Ehleringer - [jennie@yogaforallpdx.com](mailto:jennie@yogaforallpdx.com) - (503) 998-6494

Yoga For All was created on the belief that EVERYONE can benefit from yoga. Yoga For All is dedicated to sharing the gifts and teachings of yoga with kids with special needs and the parent / caregivers who support these amazing children on a daily basis.

**Support Groups**

Also [www.kmarshack.com](http://www.kmarshack.com)
Contact: Kathy J. Marshack, PH.D - [info@kmarshack.com](mailto:info@kmarshack.com) - (360) 256-0448

Support group for parents and family of adults with Asperger Syndrome.
Brings adults (18 and older) on the autistic spectrum together to share ideas, to work on projects that benefit autistic people, and to learn about effective self-advocacy. Meets every other month. Contact: Andee

**Autism Medical Information Support Group**
Contact: Kathy Henley, ARRO Westside Center, 2360 SW 170th Ave., Beaverton, OR. (503) 351-9255 - Meets the 4th Tuesday at 7:00

**Building A Better Autism Village Parent Support Group**
Contact: Susie Ringstaff - susieringstaff@q.com (360) 281-8446
Come join us for empathy, support, resources and companionship as we discuss how our kid’s behaviors affect our lives and community. Experienced parents and new parents to autism welcome; just come for information and affirmation. Diagnosis not necessary, nor is autism a requirement. We meet the second to last Wednesday of each month from 9:30 – 11:00 a.m. at Panera Bakery, 915 SE 164th Avenue, Vancouver, WA. Drop-ins welcome.

We also meet the first Monday of each month from 12:30 - 2:00 p.m. at Applebees Restaurant #5111 NE 112th Ave, Vancouver (same parking lot as YMCA, which you can see from SR500 in Orchards). Childcare not available but feel free to bring your children. For confirmation we are meeting that month and to save you a seat, please contact Susie Ringstaff: susieringstaff@q.com

**Grandparents and Other Relatives Raising & Parenting Children**
Impact NW - Multicultural Service Center, in the Upper Conference Room 4610 SE Belmont Street, Portland, 97215 - (503)-988-6300 ext. 28316
Contact: Lisa P. Heard - lheard@impactnw.org
Held on the 1st & 3rd Friday of each month at 10:30 a.m. Support group for Grandparents and other relatives (such as aunts and uncles) raising and parenting children. The group is for those who were most likely not expecting to be raising children at this time in their lives. Understanding the stress and finding proper ways to deal with it is vital for our own emotional and physical health as well as for the health of your children.

**Portland Aspergers Network** - http://www.aspergersnet.org/
Portland, OR - A parent support organization in Portland, OR assisting families and people living with Asperger's Syndrome, High Functioning Autism and an umbrella of high-functioning autism spectrum disorders.

**Special Kids and Special Mothers (SKASM)** www.facebook.com/pages/Special-Kids-and-Special-Mothers/141460805894508
Contact: Rachel Halgren - r.halgren3@gmail.com
Support group for mothers in Vancouver, WA who have a child or children with special needs. Meets monthly in-person for fun activities and there is also support on Facebook.

**Sensory Processing Disorder Parent Support Meetings**
Advanced Pediatric Therapies WA Office, 11320 NE 49th St, Suite 208, Vancouver, WA 98682 or 4444 Multnomah Blvd., Portland, OR 97209 - (360) 885-4684 or (503) 245-5639
Contact - Sharron Donnelly - donnellyot@comcast.net
Groups feature free guest speakers related to Sensory Processing Disorder and related topics.

**Special Education PTSA of Southwest Washington (SEPTSA)**
Meets at Eleanor Roosevelt Elementary Media Center, 2921 Falk Rd, Vancouver, WA
Call Mona at (360) 693-7013 or email: growingwize@msn.com to get on email list. SEPTSAinfo@gmail.com
SEPTSA is a cross-district unit of the WA state PTA providing support and education. General meetings are the first Monday of each month during the school year from 6 - 7 p.m.
The "Now What?" Group - http://www.peggypiers.com
Meets at ARRO Westside Community Center, 2360 SW 170th Ave., Beaverton, OR 97006
Contact Peggy Piers, M.Ed: piers.p@comcast.net - (503) 977-2411
Tools for post-high school young adults with Asperger's, and other cognitive-social challenges. The group addresses skills that are needed for employment, social relationships, and community involvement. Skills Notebook and other materials included.

The Portland AS Partners Group
Contact: Roger Meyer - (503) 666-2776 - rogermeyer@earthlink.net
This support group is co-facilitated by Roger Meyer and Lisa Lieberman, MSW-LCSW. It is for partners that are in a committed relationship.

Vancouver Asperger's Adults Meetup Group - www.meetup.com/vancouver-asperger-adults
Meet-up for adults with Asperger's in the Vancouver area. Meets monthly at IHOP & Applebees.
Contact: Jake Harrison

Young Adults - Autism Society of Oregon
Contact - Tobi Rates, P.O. Box 396, Maryhurst, OR 97036
(503) 636-1676, 1-888-AUTISM1
Support group for young adults for those on the Autistic Spectrum. Meets on 1st Tuesday of every month from 6:45 - 8:00 pm which meets at the Conference Room ED 202 at the Portland State University at 615 SW Harrison between 6th and Broadway.

This free resource guide has been provided to you by Autism Empowerment, a 501(c)(3) non-profit organization based in Vancouver, WA. We appreciate your support!

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If you have a product or service that benefits those in the SW Washington / Portland Metro autism community that you would like to add, please contact info@autismempowerment.org.

If you have an update, product or service that benefits those in the SW Washington / Portland Metro autism community that you would like to add, please send an email to info@autismempowerment.org.