Adult Services

**Independent Living Resources** - [www.ilr.org](http://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](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.

**Agencies - Government**

1601 East Fourth Plain Blvd, Vancouver, WA 98661 - (360) 397-2130
Contact: Mary Strehlow - Mary.Strehlow@clark.wa.gov

The Clark County Developmental Disabilities Program actively works with education, the business community, local, state, and federal government and other advocacy groups to assist all people with DD to have the opportunity to achieve full, active, integrated and productive lives.

**Washington State Department of Health & Social Services (DSHS) Division of Developmental Disabilities**
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
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, 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
P.O. Box 1025, Pendleton, OR 97801 (541) 276-2752 - 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
10725 SW Barbur Boulevard, Suite 50, Portland, OR 97219 - Fax (503) 452-0062
Program Director: Kristy Lory - 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

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

Inclusion program for children and adults where everybody plays. Sensory camp, summer camps, spring break camps, classes, dances, recreation.

**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 / Events**

**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 - (360) 885-5049

Providing resources to families of children with special needs. Workshops, exhibits, resources! Next conference will be Saturday, April 27th, 2013.

Resource Guide courtesy of [Autism Empowerment](http://www.autismempowerment.org) - www.autismempowerment.org

**Counseling / Psychological Therapy**
In Touch Counseling - http://www.intouchcounseling.com/
203 SE Park Plaza Drive, Ste 105, Vancouver, WA 98684 - (360) 718-8544
Contact : Gabriele M. Smith, MA or Janelle Adams, MFTA

In Touch Counseling has a team of professionals that work with families in an individual setting. They work with a wide area of therapies that will help those on the Autism Spectrum help improve their lives and work through issues that they are dealing with.

Creative Arts


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!

Diagnosis

Dr. Ann Michele Hortsman (Adults)
10163 SE Sunnyside Rd Suite 490, Clackamas, OR 97015 - (503) 514-4400
(private practice in OR and Kaiser in Vancouver, WA) - also at Kaiser Permanente Northwest Region

Dr. Karen McKibbin - www.portlandautismcenter.com
1 Lincoln Center, 10300 SW Greenburg Rd, Ste 240, Portland, OR 97223
karen.mckibbin@portlandautismcenter.com

Dr. Leslie Carter - www.dylesiecarter.com
9600 SW Oak Street, Suite 280 Tigard, OR 97223 (503) 807-7413

Doernbecher Children’s Hospital - OHSU
http://www.ohsu.edu/xd/health/services/doernbecher/programs-services/autism.cfm

Providence Health Services (Oregon and SW WA)
http://oregon.providence.org/patients/healthconditions/autism/Pages/default.aspx?stagesofcare=diagnosis

Education and Educational Services

Autism Behavioral Consulting (ABC) - www.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.org](http://www.autismempowerment.org) (and click on the Autism Empowerment Radio Tab)  

Education, information, inspiration and support with the Autism & Asperger communities. Interviews with individuals on the spectrum locally, nationally & worldwide. Educational content with professionals and service providers within the autism and Asperger’s community. Biweekly local resources show. Live radio and free podcast download to your computers or mobile devices. Subscribe for free at BlogTalkRadio.com or iTunes.


**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.

**Autism Lifespan Coach** - [www.autismlifespancoach.com](http://www.autismlifespancoach.com)  
Contact: Genevieve Athens - [athensc@comcast.net](mailto:athensc@comcast.net) - (503) 803-8308  

This information and referral consultation business is the brainchild of Genevieve Athens. Genevieve is an expert on Oregon and SW Washington resources and understands what is needed at each life stage for people living with Autism Spectrum Disorder.

**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.

Resource Guide courtesy of **Autism Empowerment** - [www.autismempowerment.org](http://www.autismempowerment.org)  
**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, 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.

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. Adult day health care for seniors and adults who require daytime assistance.

IF - Involve Families - 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 - Based out of Portland but online serving nationwide
Local sensory resources recommended by sensory families.

Special Education PTA of Portland - http://septap.blogspot.com/
Meets at Beverly Cleary Fernwood, 1915 NE 33rd Ave., Portland, OR

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. Goals are to reduce isolation among families, improve education and share resources, connect with regional and state PTA activities, encourage students to pursue careers in Special Education and build a collaborative environment among school professionals and families. General meetings are the first Monday of every other 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 at Providence in Portland. 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
Kazoodles - www.kazoodletoys.com
13503 SE Mill Plain Blvd, #B-3, Vancouver, WA 98684
Contact: mary@kazoodletoys.com - (360) 823-0123

The mission of Kazoodles is to help Vancouver's kids learn and grow through play. They search for the best toys in terms of quality, value, and their role in healthy child development.

The Learning Palace - 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
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. They also work with non-profits to host special events!

Facebook Groups

Autism and Scouting - 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
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
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.


Faith Based
Amazing Moms Faith Based Life Group - rmbernhardt@yahoo.com
Meets every Thursday from 10 a.m. - Noon at 13308 NE 34th Circle, Vancouver, WA 98682
Contact: Roberta Bernhardt at (360) 253-5209 or email: rmbernhardt@yahoo.com
This is a weekly Life Group for Moms with children experiencing special needs. They also have a virtual library. In the future they may have occasional Skype meetings as not all moms can physically attend.

First Church of God - http://www.vanfcog.org/
3300 NE 78th St, Vancouver, WA 98665 - (360) 574-1611
This church is welcoming to families who have members that have special needs. Please contact the church to talk about your family’s needs. The First Church of God in 2010, 2011 and 2012 hosts a free Harvest Party for kids with Special Needs and also hosts Bella Notte, a special “date night” for parents of children with Special Needs.

Life Point Church - http://www.lifepointvancouver.org/
305 NE 192nd Ave, Vancouver, WA 98684 - (360) 892-7100
This church is welcoming to families who have members that have special needs. Please contact the church to talk about your family’s needs. Lifepoint has a special needs area set aside in their annual Easter Egg hunt.

New Friends Life Church - http://newlifefriends.org/
2410 Grand Blvd, Vancouver, WA 98661 - (360) 694-6843
This church is welcoming to families who have members that have special needs. Please contact the church to talk about your families needs.

IEP Support

IEP Mentors Program from Arc of Southwest Washington Parent Coalition - www.arcswwa.org
Contact: Sandy Silveria (360) 823-2247 - PC@arcofclarkcounty.org
IEP Mentors and Advocates are available for free to families through the Parent Coalition. Families are interviewed about their child’s needs and matched with a trained mentor who is available to go to any IEP / school meeting with the family. Mentors available throughout Clark County, multiple districts.

Life Skills

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. Adult day health care for seniors and adults who require daytime assistance. Group respite care program serving children and adults.

Matt Sloan, Autism Consulting, LLC
Contact: Matt Sloan - msloan1959@msn.com
Since 1997, Matt has been providing a wide variety of services to individuals and families impacted by autism. Some of the areas that he covers are basic social skills training, play therapy, real community interactions, self-advocacy skill building, referrals to services, advocacy.


Nutritional / Holistic Services
Daily Nectar - 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
Contact: Wendy Cohan RN - (503) 413-9369 - choosehealth@glutenfreechoice.com

The Oasis Resource Center - 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.autismempowerment.org
Contact: Karen Krejcha or John Krejcha, P.O. Box 871676, Vancouver, WA 98687 - (360) 852-8369
info@autismempowerment.org, karen@autismempowerment.org, john@autismempowerment.org
http://www.facebook.com/autismempowerment - @autismempowermt (Twitter)

Autism Empowerment is dedicated to enriching and empowering the lives of individuals and families impacted by Autism, Asperger Syndrome, ASDs and related co-existing conditions. We offer free and low cost resources, training, panel presentations, support and special events in-person and online. We collaborate with agencies, educators, caregivers and other non-profits. By promoting acceptance, inclusion, improving life skills and encouraging 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/
P.O. Box 2553, Vancouver, WA 98668 - 360-735-8670
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](mailto:asdoregon@yahoo.com)

P.O. Box 873573, Vancouver, WA 98687-3573 - 360-980-4019 - [vancouver@autismsocietyofwa.org](mailto: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](mailto: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.

**Children’s Occupational Therapy Charitable Trust** - [http://childrenstherapytrust.org/](http://childrenstherapytrust.org/)
4847 SE Allan Road, Portland, OR 97267 - (503) 704-8045, email: [support@COTCT.org](mailto: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

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 support and advocate for 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. IEP Mentors Local programs for adults include Supported Living, Community Connections, Representative Payee and Guardianship, People First and Advocacy.

### Publications

**Spectrums Magazine** - [www.spectrumsmagazine.com](http://www.spectrumsmagazine.com)
Contact: Courtney Freitag, Publisher - info@spectrumsmagazine.com - (971) 998-5967

Community resources and stories celebrating autism spectrum disorder. Our mission is to provide a one-stop location for finding the best providers in the Portland Metro / SW WA area, to create community, foster dialogue, and provide a platform for discussion. First issue is due out March 2013.

### 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, snow-shoeing, hiking, backpacking, rock climbing and fun.

**Autism and Scouting** - [autismempowerment.org](http://www.autismempowerment.org)
P.O. Box 871676, Vancouver, WA 98687 - (360) 852-8369
Contact: John Krejcha, john@autismempowerment.org 360-852-8369
http://www.facebook.com/autismandscouting - Twitter @autismscouting

Resource Guide courtesy of **Autism Empowerment** - [www.autismempowerment.org](http://www.autismempowerment.org)

**Autism and Scouting Radio** - [blogtalkradio.com/autismandscoutingradio](http://blogtalkradio.com/autismandscoutingradio)
We help making scouting accessible and more rewarding for boys & girls on the autism spectrum worldwide. Facebook group currently serves 40 countries. Free leadership training, educational resources and family support. Free educational and inspirational podcast available through BlogTalkRadio.com or iTunes.

Meet at Holy Redeemer Church, 17010 Northeast 9th Street, Vancouver, WA 98684-6419
Contact: Shelly Brands - autismsocialclub@live.com

A time for kids to play games and hang out. 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

**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

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

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

**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.autismsocietyoregon.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.

Resource Guide courtesy of **Autism Empowerment** - [www.autismpowerment.org](http://www.autismpowerment.org)

**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
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

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
This social activities group meets about once a month and is for teens and young adults 13-20 years. Activities include movies, LAN parties, Laser Tag and more.

11131 SW Greensburg Rd, Tigard, OR 97223 - 503-924-5867 (JUMP)
Contact: Kristopher LaFountaine
Trampoline floors, trampoline walls. They offer many services for families with special needs. They have an on-going policy that all care takes jump for free at this facility to help accommodate the jumpers.

Also on the first Tuesday of each month from 2 - 5 pm, during this time Sky High Sports reserves a special area for the jumpers, allows the caretakers to jump for free, they have extra staff on hand and turn off the music to allow for a more relaxed atmosphere.

Special Olympics Washington - 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
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
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 and respite for senior citizens and adults who require daytime assistance. NW Group Respite care for children 9 - 18. (Drop-in care available.)

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
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/
Oregon City & NE Portland, OR

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

1425 N. Killingsworth St. - Killingsworth Station, (503) 575-9402, email: info@sensorykidsot.com
Therapy for kids with individual differences and sensory needs.

The Arc of Southwest Washington - 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
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.

**B.E.A.T. Riding Center, Inc** (Bradley's Equine Assisted Therapeutic Riding Center, Inc.) - www.beatriding.org
41919 N.W. Wilkesboro Rd. (20 miles west of Portland), Banks, OR 97106 - (503)324-3071 - 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
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
12414 NE 212th Avenue, Brush Prairie, WA 98606 - (360) 254-5387
Contact: Nancy Elder - gogoomba@aol.com

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

**Heart of Sailing** - www.heartofsailing.org
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.

Resource Guide courtesy of **Autism Empowerment** - www.autismempowerment.org

**Music Therapy Services of Portland** - www.musictherapyportland.com
Contact: Angie Kopshy, MM, MT- BC - (971) 221-5428 - 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.
Northwest Eye Care Professionals - [http://doctorbruce.net/](http://doctorbruce.net/)
Northwest Eye Professionals, 9901 NE 7th Ave, Ste C115, Vancouver, WA
Contact: Jacqui Orlosky - (360) 546-2046 x 4  [jacquio@doctorbruce.net](mailto:jacquio@doctorbruce.net)

They are a behavioral optometry clinic specializing in visual information processing. Vision is more than 20/20 at their clinic. They are devoted to developing, improving and enhancing visual performance when lenses alone are not enough. By training the visual system, symptoms such as headaches, double vision, falling asleep when reading, eye fatigue, dizziness, inability to remain focused, cross eyes, wall eyes or lazy eyes can be treated. They have two offices, one in Vancouver and the main office in Clackamas.

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 Calde 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

Specialty Athletic Training - [www.specialtyathletictraining.com](http://www.specialtyathletictraining.com)
Contact: Ryan Lockard (541) 913-4406 - [ryan.lockard@specialtyathletictraining.com](mailto:ryan.lockard@specialtyathletictraining.com)
Professional personal training specializing in fitness programs for children and adults with special needs.

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 Tuesday 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](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.

**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.

Resource Guide courtesy of [Autism Empowerment](http://www.autismempowerment.org)  
[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](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 - rogernmeyer@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.

Meet-up for adults with Asperger's in the Vancouver area. Meets monthly at IHOP & Applebees and has get-togethers at various locations. (Movies, parties, gaming.) 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.

**Autism Empowerment Disclaimer** - Autism Empowerment provides this information for reference as a free service. Efforts are made to ensure listings are accurate, current and legitimate. Autism Empowerment does not personally endorse the ability or services of those listed and we urge users to use independent judgement and request references when considering the usage of services.

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.

If you would like to make a tax-deductible donation to support the compilation, distribution and printing of this resource guide, please visit [www.autismempowerment.org](http://www.autismempowerment.org)