

fact

Family and Community Together



a coalition empowering Oregon families experiencing disability

January 2010

[Para la edición en español pulse aquí](#)

*The purpose of the **FACT Family Center** is to provide general resource and disability-specific information, referral assistance, family-to-family networking opportunities and training opportunities for families.*

Contribute to FACT

Did you receive this newsletter from a friend? [Subscribe to the FACT Family Center E-News](#)

*Appreciating the capacity, strength, empowerment, and tenacity of families, the **FACT Family Center** is committed to providing services and support developed **"by families for families."***



The Fact Family Center wishes everyone a Happy New Year! We look forward to a great 2010 and have many workshops and networking events planned. Our website is a great place to get information on what's happening, so check it out!

www.factoregon.org

[Forward to a friend](#)

Did you know that you can forward our e-news to those you know would be interested?

With so many opportunities and information to share, you can help us get the word out! It's easy...just click the link above and send it on. We're trying to streamline our information so that your inbox (and mailbox) isn't inundated with messages, so we're including it all here.

Coming Soon

[Kathie Snow](#) [Preparing for Adulthood](#)
[Preparing for Adolescence](#) [Education](#)

[Person Centered Planning](#) [New Parent Group](#) [Behavior](#)

Registration suggested for workshops to ensure enough space and materials are available. Please email christy@factoregon.org or call 1 (888) 988-3223 for more information on how to register.



Kathie Snow is Coming!!

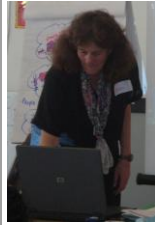
Kathie's coming to Portland on February 11, 2010.

She will be here to present to families and professionals alike. (see detailed information below)

Kathie is a parent, author, and trainer who challenges conventional wisdom and promotes new attitudes, new actions and common sense in the disability arena.

Her first book "Disability is Natural: Revolutionary Common Sense for Raising Successful Children with Disabilities," was published in 2001, and is now in its second edition. She also launched www.disabilityisnatural.com in 2001 along with a variety of products that promote positive attitudes and perceptions about disability. She's written hundreds of articles and is currently working on her next book on the inclusion of people with disabilities in their community.

Whether a parent or professional, Kathie will provide a challenging, thought-provoking and exhilarating experience. She's a must see!



Person Centered Planning

In collaboration with Oregon Technical Assistance Corporation (OTAC), FACT will be hosting two Person Centered Planning Workshops for families. The first is a special day where teens and young adults are encouraged to attend with their families and provide input on their own plan. The second is opened for families with children of all ages. Debra McLean (pictured) leads these workshops and wrote an in-depth article about Person Centered Planning in our summer edition newsletter. To read her article please [click here](#).

Below is some basic information on Person Centered Planning and what can be expected at the workshops:

What is Person Centered Planning?

- It's based on an individual's strengths, interests, and dreams
- Used to determine goals and supports
- Used to prepare for Individual Education Programs (IEPs), transitions into adulthood, including employment

What will we do in the workshop?

- Explore your child's history, strengths and gifts
- Determine future goals, and supports needed to achieve those goals
- Provide tips, tools and information to put your child's plan together

Why do we need one?

- To rely less on a service system by organizing truly individual, natural, and creative supports based on an individual's strengths and preferences.

Got an Idea? Mini Grants Can Help!

Our community is filled with good ideas. With money tight, sometimes creativity is put aside. FACT has funds available to support innovative partnerships, emerging parent groups, and projects that reach diverse communities.

Some examples include providing language support for families who speak a language other than English, coordinating a support network for Grandparents, or partnering with a community group or agency (such as Parks and Recreation) to remove barriers to participation for all community members.

For more information, visit our website www.factorogon.org or email info@factorogon.org.

Preparing for Adulthood

These **free** workshops will provide information to parents about preparing for your teenager entering adulthood.

Introductions to Services for Adults **New Acronyms...New Vocabulary...New Providers...**

This workshop will provide information on the adult service system, things to consider and decisions to make.

Saturday, January 9, 2010

9:00am-12:00pm

- **Dan Peccia**, Executive Director of Self Determination Resources Inc. (SDRI)
- **Joan Medlen**, Project Director of Disability Compass and a parent of a young adult transitioning into adult services.

Introductions to **SSI - Special Needs Trusts – Guardianships**

- Social Security Administration (SSA) will share information on benefits.
- Learn about Special Needs Trusts and Guardianships from The Arc of Oregon.

Saturday, February 6, 2010 **New Date**

9:00am-12:00pm

United Way Community Center
619 SW 11th Avenue, Portland, OR 97205

[Click to download flyer](#)

Preparing for Adolescence

How Time Flies....Preparing for a Teen

Nothing is delayed about puberty!
&
Strategies for Raising Successful Teenagers!
A Parent's Perspective on this important milestone.

This presentation is in collaboration with Oregon Parent Training and Information Center (OrPTI).

Tuesday, January 19, 2010

6:30pm-9:00pm

The Arc of Washington County
4450 SW 184th Avenue, Aloha, OR 97007

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Education

Back by Popular Demand

The IEP: What Parents Need to Know

Victoria Haight, Regional Trainer at Oregon Parent Training & Information Center (OrPTI)

Christine Shank, Attorney for Disability Rights Oregon (DRO)

Roberta Dunn, Executive Director of Family and Community Together (FACT)

- The Individual Education Program (IEP) process
- Understanding the IEP document and its development
- The importance of parental involvement on the team
- How to advocate for your child

Saturday, January 30, 2010

8:30am-12:00pm

***Special* -- Transition to Kindergarten**

12:30pm-1:30pm

Parents of children transitioning into kindergarten are invited to pick-up or bring lunch and join us for a more focused look on this important milestone.

United Way Community Center
619 SW 11th Avenue, Portland, OR 97205

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Behavior

Positive Parenting for Challenging Behaviors

A series of **free** workshops that will provide information to parents about behavior, support strategies, and planning to help children who have communication and behavior issues lead a more self-directed and independent life.

It's a Brain Thing...

The role of the brain and stress in challenging behavior

Wednesday, January 27, 2010

6:30pm-8:30pm - Presentation

8:30pm-9:00pm - Networking/Q&A

Clackamas Education Service District
13455 SE 97th Avenue, Clackamas, OR 97015

"Tell me what you want me to do!"

How to create and use structure & visual strategies at home

February 24, 2010

9:00am-11:00am - Presentation

11:00am-12:00pm - Networking/Q&A

Thompson School
Multnomah Early Childhood Program
14030 NE Sacramento Street, Portland, OR 97230

Presented by Oregon Technical Assistance Corporation (OTAC) in
collaboration with Family and Community Together (FACT)

[Click to download flyer](#)

Person Centered Planning Workshops

Families and Teens/Young Adults

Teens and Young Adults are encouraged to attend!

February 20, 2010

9:00am-2:30pm

(Lunch is on your own)

[Click to download flyer](#)

Families

March 6, 2010

9:00am-2:30pm

(Lunch is on your own)

[Click to download flyer](#)

In order to begin promptly, please plan to arrive by 8:45am.

United Way Community Center

619 SW 11th Avenue, Portland, OR 97205

For more information please see **[article above](#)** or view the flyer

Welcome to Holland...Now What?

A new parent group for families whose child has recently received a developmental disability diagnosis.

Emily Perl Kingsley wrote "Welcome to Holland" in 1987 answering the question, "What is it like having a child that experiences disability?" She shared it is like planning for a trip to one location only to discover you have arrived somewhere else. Shocked and feeling unprepared, one can miss the beauty of the new destination.

Join with other parents as we discover together the beauty and intrigue of our new destination on the ***second Tuesday (except February)*** of each month from January thru June.

Some of the topics we will discuss and learn about:

- Disability is a natural part of life!
- Available resources (books, websites, groups)
- Different disability-specific and cross-disability parent groups
- Practical tips and tools from parents who are "taking the tour"

Meeting times: 6:30pm-8:00pm

***Special Date* February 11, 2010 will feature Kathie Snow, parent and author of Disability is Natural.**

United Way Community Center
619 SW 11th Avenue, Suite 102, Portland, OR 97205

January 12, 2010 April 13, 2010

February 11, 2010 May 11, 2010

March 9, 2010 June 8, 2010

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Kathie Snow

Disability is Natural

(see article above for more information about Kathie)

February 11, 2010

10:00am-3:00pm OR 6:30pm-8:30pm

(light lunch included)

(light refreshments)

Registration Fees

Registration Fees

Professionals: \$25

Professionals: \$10

Parents: \$10

Parents: \$5

Parent stipends available

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Family and Community Together

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