

April's Spotlight on Health

This month's spotlight: Swindells Resource Center

The Swindells Resource Center offers *free* classes around the Portland Metro area (including East Multnomah County) to help parents, caregivers, and anyone else who works with youth in some capacity support children who have special needs, developmental delays, disabilities and/or mental health issues. Past classes have included supporting youth who are affected by or struggling with: behavioral problems, anxiety, Fetal Alcohol Syndrome, Autism, ADHD, and sensory sensitivity.

The Swindells website has resources, information about upcoming classes, and more. Classes are open to parents, teachers, social workers, school counselors, coaches, family members, clergy, DHS workers, and anyone else who is interested. See below for the Swindells website as well as a link to another useful resources.

Swindells website: <http://oregon.providence.org/patients/programs/swindells-resource-center/Pages/overview.aspx> Click on the "events" link to see upcoming classes.

You can also go to: <http://www.childdisabilityconnection.org/events.php?month=April> for more resources.

If you have any questions or suggestions for future posts in this column, email me at sbancroft@rsd7.net.