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| **2024 Annual Plan** |
| **for the Portland Metro Area I/DD Training Co-operative** |
| **Month** | **Host**  | **Topic** | **Instructor** |
| **January 2024** | OTAC / Among Friends, LLC | Jan 24 (1-2:30pm PT) Creating Safer Spaces; Systemic Changes to Better Support and Include Sexual and Gender Minorities | Shanya Luther |
| FASCETS Inc. | FASCETS Neurobehavioral Model - supporting individuals with all brain-based differences | Certified Facilitator of the FASCETS Neurobehavioral Model |
| Sally Ashfield Gibson Consulting | OIS | Sally Gibson |
| Synergy Autism Center | Autism and Neurodiversity-Affirming Training for Agencies and Professionals In All Fields | Barbara Avila |
| Synergy Autism Center | Small Group Consultations for Parents of 19-25 Year Olds | Barbara Avila |
| Synergy Autism Center | Small Group Consultations for Parents of 26 Year Olds and Above | Barbara Avila |
| Synergy Autism Center | Parent Group for Parents of All Ages, with Autism Society of Oregon | Barbara Avila |
| Portland Parks & Recreation | Motivating Autistic Teens & Adults – virtual | Barbara Avila |
| The Arc Portland Metro | Adult CPR/First Aid, CPR Instructor's Training | Vicki Smead |
| **February 2024** | Among Friends, LLC | Feb 7-9 (9am-4pm PT each day) Tier 1: FOUNDATIONS of the Sexual Self-Determination Certification Program | Shanya Luther |
| Community Pathways, Inc. | SHARE | Linda Peck Athens |
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| **March 2024** | OTAC / Among Friends, LLC | Mar 20 (1-2:30pm PT) Sexual Self-Determination and Supported Decision-Making | Shanya Luther |
| FASCETS Inc. | FASCETS Neurobehavioral Model - supporting individuals with all brain-based differences | TBD |
| FACT Oregon | IDEA Virtual Summit | TBD |
| Portland Parks & Recreation | Caring for yourself - while you care for others – Online March 8 | Barbara Avila  |
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| The Arc Portland Metro | Adult CPR/First Aid | Vicki Smead |
| **April 2024** | Albertina Kerr | Positive Behavior Supports | Ben Treckman |
| Among Friends, LLC | Apr 17-19 (9am-4pm PT each day) Tier 1: FOUNDATIONS of the Sexual Self-Determination Certification Program | Shanya Luther |
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| Portland Parks & Recreation | Recreation Resource Fair – Free on April 20 at East Portland Community Center | Jane Doyle - Organizer |
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| **May 2024** | Among Friends, LLC | May 8-10 (9am-4pm PT each day) Tier 1: FOUNDATIONS of the Sexual Self-Determination Certification Program - Shanya Luther | Shanya Luther |
| OTAC / Among Friends, LLC | May 29 (10-11:30am PT) Digital Desires: Sexuality, Relationships & Technology | Shanya Luther |
| Columbia Community Mental Health I/DD Program | TBD | TBD |
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| The Arc Portland Metro | Adult CPR/First Aid | Vicki Smead |
| **June 2024** | Sally Ashfield Gibson Consulting | OIS | Sally Gibson |
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| **July 2024** | Among Friends, LLC | July 10-12 Tier 1: FOUNDATIONS of the Sexual Self-Determination Certification Program | Shanya Luther |
| OTAC / Among Friends, LLC | July 24 (1-2:30pm PT) Let's Talk About Sex! - For Professionals | Shanya Luther |
| Sally Ashfield Gibson Consulting | OIS | Sally Gibson |
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| Synergy Autism Center | Parent Group for Parents of All Ages, with Autism Society of Oregon | Barbara Avila |
| The Arc Portland Metro | Adult CPR/First Aid | Vicki Smead |
|  | Sally Ashfield Gibson Consulting | OIS | Sally Gibson |
| Synergy Autism Center | Autism and Neurodiversity-Affirming Training for Agencies and Professionals In All Fields, Parent Consultation Groups | Barbara Avila |
| Synergy Autism Center | Small Group Consultations for Parents of 19-25 Year Olds | Barbara Avila |
| Synergy Autism Center | Small Group Consultations for Parents of 26 Year Olds and Above | Barbara Avila |
|  | Synergy Autism Center | Parent Group for Parents of All Ages, with Autism Society of Oregon | Barbara Avila |
| **September 2024** | MaryJo Walworth/Abilities at Work | Brain Functions | Kelly Gordan |
| OTAC / Among Friends, LLC | Sept 4 (10-11:30am) From Ally to Advocate; 20 Tips, Tools, and Resources for Supporting a Person’s Sexual Health | Shanya Luther |
| Among Friends, LLC | Sept. 18-20 Tier 1: FOUNDATIONS of the Sexual Self-Determination Certification Program | Shanya Luther |
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| Portland Parks & Recreation | TBD | TBD |
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| The Arc Portland Metro | CPR, AED, First Aid | Vicki Smead |
| **October 2024** | Among Friends, LLC | Oct 16-18 Tier 1: FOUNDATIONS of the Sexual Self-Determination Certification Program | Shanya Luther |
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| **November 2024** | OTAC / Among Friends, LLC | Nov. 6 (1-2:30pm PT) Sex and Medicine; The Imperative for Medical and Mental Health Providers to Address Sex and Sexuality Part One | Shanya Luther |
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| Portland Parks & Recreation | TBD | TBD |
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| The Arc Portland Metro | CPR, AED, First Aid | Vicki Smead |
| **December 2024** | Sally Ashfield Gibson Consulting | OIS | Sally Gibson |
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| **Federal Holidays (please don’t schedule trainings on these days):**Monday, January 01, New Year’s DayMonday, January 15, Martin Luther King, Jr. DayMonday, February 19, Presidents DayMonday, May 27, Memorial DayWednesday, June 19, Juneteenth National Independence DayThursday, July 04, Independence DayMonday, September 02, Labor DayMonday, October 14, Columbus DayMonday, November 11, Veterans DayThursday, November 28, Thanksgiving Day (many people will also have Friday, November 29th off)Wednesday, December 25, Christmas Day |