



## ***Local Community Resources***

### **Swindells Resource Center**

[www.ProvidenceOregon.org/Swindells](http://www.ProvidenceOregon.org/Swindells)

Tel. (503) 215-2429

Swindells Resource Center supports parents and caregivers of children who have special needs, developmental delays or disabilities.

Even though their locations are at Providence hospitals (Providence Portland and Providence St. Vincent), their services are open to ALL families within Oregon. Many of Swindells' employees are parents who have special needs children.

#### Swindells offers families:

- Care Notebook and Organizer: Free! One per child. This notebook helps parents organize their child's doctor and therapy visits, education plans, medications, etc.
- Parenting resource groups and classes:
  - ***Powerful Tools for Caregivers***: (6-week class) Highly recommended! This class focuses on the needs of parents/caregivers of children with special needs. Contact instructor Patty McNally with questions [Patricia.McNally@providence.org](mailto:Patricia.McNally@providence.org).
  - ***Developing our Children's Skills***: (6-week class) This class is taught by a certified autism specialist who has over 20 years of experience as a special educator/parent trainer. Class is for parents to learn about early childhood development, routines, tools for challenging behaviors, etc., and is meant for all parents of children with special needs (not just ASD kiddos).
  - ***Developmental Disability (DD) Services***: Understanding and accessing DD services can be a daunting task for many parents, and so this training helps empower parents about the process and educates them on DD services for the lifespan of their child.
  - ***Sibshops***: For siblings of kids with special developmental needs (siblings ages 5-12). This is a very popular class, and it fills up very quickly. Call Swindells at 503-215-2429 to find out more information on open classes.
- Swindells speakers and community education events: Swindells brings in experts who present practical, useful information and strategies for families of children with developmental delays or disabilities.
- Lending library: A large library of books is available for loan at no cost and can be mailed anywhere (along with a free return envelope).
- General support and referral services: Referrals and information to providers and other supports in the community.

To access all the above resources, go online at [www.providenceoregon.org/Swindells](http://www.providenceoregon.org/Swindells) or call Swindells Resource Center at **(503) 215-2429**. You can visit Swindells in person (located at Providence Portland and at Providence St. Vincent Medical Centers).