DR. MLK Jr. SChool Social Worker Summer Activities List

June 8, 2023

Dear Parents and Guardians:

We are wrapping up another successful year in our classrooms here at Dr. MLK Jr. School. I immensely enjoyed getting to know your students this year, and I can't wait to greet them into the 2023-24 school year.

In case you need the following resources for mental health support:

- **Multnomah County Crisis Line** 503-988-4888
  https://www.multco.us/behavioral-health/mental-health-crisis-intervention

- **Lines for Life Racial Equity Support Line**
  https://www.linesforlife.org/racial-equity-support-line/
  Staffed by & for People of Color 503-575-3764

- **Oregon Youth Line**, for substance abuse and suicide prevention, FREE. Chat online: http://oregonyouthline.org/ or CALL: 1-877-968-8491, or TEXT: teen2teen to 839863

I also wanted to offer information regarding free or low-cost resources for summer time activities and programs that you and your student may be interested in.

1. **SUN Summer Program** at various schools including King, (July 10 – August 4) cost varies, space is limited. Please call Marlo

2. **Free Play and Open Swim at Portland Parks and Recs.** Available Monday –Friday, check the site for closures or maintenance info.

   a. Free **LUNCH and MOBILE Playgrounds** at select locations. Outdoor pools are open June 21 - August 27, 2023, different locations daily, please download the calender here

   b. View the website https://www.portland.gov/parks/arts-culture/summer-free-all

3. Free **Summer Culture in the Park** including **Movies in the Park**, and **Concerts in the Park**. Please visit the link for a calendar of all events and their locations!! (https://www.portland.gov/parks/arts-culture/summer-free-all/cultural-events)

4. **Multnomah County Library**, visit your local OPEN library (some libraries closed for construction)
   a. **Read for All** Starting June 16, come to the library and pick up a game board or sign up online at Beanstack or download the mobile Beanstack App.

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   b. **Summer Discovery Pass -** Access free admission to activities through the library. https://multcolib.org/how-it-works-my-discovery-pass

5. **Regal Cinemas - Summer Express $2 movies.** Valid on Tues and Weds, first showing of the day! Please visit the site for the calendar of movies https://www.regmovies.com/static/en/us/promotions/summer-movie-express

6. **Kids Bowl Free All Summer!** The summer bowling program that provides FREE bowling at participating bowling centers is now open for the summer of 2023.

   1) Go to www.KidsBowlFree.com and find the participating location you'd like to bowl at.

   2) Create your account, and then begin using the program. You can now use the Kids Bowl Free app, and the Kids Bowl Free website or you can print the coupons and redeem them at the location you register at. Good for games only, shoe rental available for a fee.

7. **OMSI camps and classes** (including day camps, overnight camps), please visit for Financial Aid info as well **https://www.omsi.edu/camps-and-classes**

8. **YMCA's Summer Camps** (including Day, Overnight, Basketball, and Damian Lillard camp, visit **https://www.ymcacw.org/programs/camps** for information including how to access their Scholarships that are available! Please apply online.

9. **Camp Ubuntu** by Horizon Counseling Services (HCS) Youth Empowerment Project (YEP) is a new summer program for rising middle school students **enrolled in grades 6-8 during the 2023-24 school year**

   a. Registration link June 26 - August 4. https://forms.gle/ZR2xo7KczZSinL1m9

   b. Please contact Joshua Morgan-Griggs, Program Manager, at (971) 220-6478 or via email at joshua@yeppnw.org.

Also don't forget to visit our wonderful parks and hiking trails, Splash Pads, international Gardens (Chinese Lan Su, Japanese), Farmer's Markets.

Please call me at 971-803-1121 if you have any questions or comments before I leave for the break. My last day in the office before the break is June 13th. School starts again August 29th (9/5 for Kinders)!!

Have a fantastic summer! 🙂

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