

Black History Month events (so far)

January 2024 newsletter - the theme this year is “African Americans and the Arts”

Black History Month at the Portland Art Museum

[Check here for discount tickets and upcoming Free Days *2/1, *3/7](#)

Exhibiting now, local artists, more famous artists, and lots of great ART!!

Multnomah County Library events

[Events and Classes for Indigenous Families](#)

[Indigenous Community Resources](#)

[Events and Classes for Black Families](#) - **Black History Month activities too!**

[Black Community Resources](#)

Arts for All tickets!

(Most tickets only \$5, some free, some a little more... but never full price!)

[More Info about the program](#)

[Portland Playhouse tickets](#) some of our students perform here!

[Portland Center Stage tickets](#)

[OMSI tickets](#)

[Oregon Children's Theater tickets](#)

[Portland's 5 Center for the Arts \(5 Venues\) tickets](#)

[Portland Art Museum tickets](#)

Mental Health

- **Culturally Specific Therapist contracted with OHP- OHA list of Culturally and Linguistically Specific (Behavioral Health) Service Providers (12/21/2023).** These providers meet the requirements set forth in OAR 309-065-0000. While the list reflects providers across Oregon, the majority practice in Portland and the surrounding areas. They all accept the Oregon Health Plan.
- **NAMI Basics:** A free, peer-led educational course for parents and caregivers of youth up to age 21 experiencing mental health barriers and/or behavioral challenges. This class meets weekly for six weeks. Dates: January 9th-February 13th, 2024 Schedule: Tuesdays, 5:00-7:30 PM Format: Online via Zoom. See flyer [here](#). Register online [here](#).
- **Parent Support Group:** For parents and caregivers of children/adolescents experiencing symptoms of a mental health condition and/or behavioral challenges. Schedule: First & third Wednesdays of every month Time: 4:00 PM - 5:15 PM Format: Online via Zoom. Join our notification list [here](#) to receive group reminders and meeting links.

Food Resources

1. [Sunshine Division](#) food box next delivery is 1/15, sign up now!!
2. [Milk Crate Kitchen](#), 1 prepared meal for a family of 4, weekly registration on Tuesdays
3. **BIPOC food box pickup** by Equitable Giving Circle, every Thursday 10am - 2pm at Alder Commons, 4212 NE Prescott St. [Donate here!](#)