



To register for any of the following events, email Shayna Sigman at [ssigman@jfcs-portland.org](mailto:ssigman@jfcs-portland.org).

## Mental Health Events

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### Disability Mental Health Spotlight

**January 21, 10 am on Zoom**

Join our Counseling and Disability Support Services programs for an opportunity to reflect on the past year and prepare for the year ahead. This will be the first of an ongoing series for members of the disabled community.

### Coming Together Parent Group

**January 12&26, February 9&23, March 9&23**

A bi-monthly virtual get together for parents of children and adults with disabilities to share their thoughts and feelings.

## Jewish Community Events

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### Understanding Jewish Disabled Experiences

**February 3, 4 pm - 5 pm**

Join Jewish Family & Child Service and JPro PDX on Zoom as we bring together members of the disability community to share their lived experiences. This panel will provide insights into creating a more accessible Jewish community.

### “Crip Camp: A Disability Revolution”

#### Documentary Screening

**February 27, 6:30 pm - 9 pm**

Join JFCS and Congregation Shir Tikvah at the Eastside Jewish Commons for a screening of “Crip Camp: A Disability Revolution.” This documentary takes place in the early 1970s and centers around Camp Jened, a camp for disabled individuals, and how the camp propelled the start of the Disability Rights Movement. Visual descriptions and live captioning are included. This is currently scheduled as a hybrid virtual and in-person event, with masks and proof of vaccination required for in-person participation. We will evaluate in-person safety closer to the date.

## TIKVAH Events

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Tikvah is our social group for adults with disabilities, ages 18 and older. We welcome anyone with any kind of disability including, but not limited to, mental health disabilities, physical disabilities, and intellectual/developmental disabilities. Contact Sarit Cahana at [scahana@jfcs-portland.org](mailto:scahana@jfcs-portland.org) to RSVP for the Zoom link or tickets and to address any access needs.

### JANUARY

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#### Tikvah Bingo night!

**January 11, 5 pm - 6 pm**

Play Bingo with Tikvah and see if you have what it takes to win! Join us over Zoom for our Tikvah Bingo night.

#### Writing Workshop

**January 27, 5:30 pm - 6:30 pm**

Join Tikvah for a writing workshop with Write Around Portland over Zoom.

### FEBRUARY

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#### Tikvah Valentine’s Day Night

**February 14, 5:30 pm - 6:30 pm**

Join Tikvah to celebrate Valentine’s Day.

### MARCH

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#### Tikvah Art Workshop

**March 7, 5 pm - 6 pm**

Join Tikvah for our art workshop over Zoom.

#### Tikvah Visits Portland Art Museum

**March 27, 11 am**

Join Tikvah for a visit to the Portland Art Museum to see the exhibit, “Frida Kahlo, Diego Rivera, and Mexican Modernism.” Masks and proof of vaccination are required.