The Arc of Multnomah-Clackamas provides advocacy, support, and services to children and adults experiencing intellectual and developmental disabilities [I/DD] and their families.

We have been removing recyclable materials from the greater Portland area waste stream for 40+ years. In turn, we use the proceeds from selling these items and materials to fund our programs and services.

C O N T A C T:

The Arc of Multnomah-Clackamas
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Healthy Lifestyles*
A unique holistic health and wellness program design by individuals who experience disabilities for individuals who experience disabilities! This facilitated support group and education program explores mental, emotional, social, and physical health with a group of peers.

NEED Cooking and Nutrition Program
(Nutrition Education and Equity for individuals experiencing intellectual or developmental Disabilities) is a 10-week cooking and nutrition course series for folks ages 15+ with I/DD.

Participants learn new kitchen skills, set nutrition goals, and prepare and share a healthy meal with the group every class.

Sexual Health and Wellness
The Sexual Health & Wellness program aims to educate adults with I/DD ages 18+ about healthy, happy, and safe personal and romantic relationships. Our program emphasizes core ideas related safety, self-advocacy, personal care, and consent.

Adult and Teen Recreation Club*
The Arc Recreation Club is a social group for people ages 15+ who experience I/DD. The club holds community outings several times per month in and around Portland. It strives to promote self-confidence, foster meaningful friendships, promote self-determination, and advocate for inclusion in the Portland community.

Adult-Family Program Coordination
Staff is available to provide on-going assistance with life management skills for individuals experiencing I/DD and their families. Information provided for: 
- Community services
- Financial entitlement programs
- Residential and housing needs
- Vocational needs
- Health and mental health needs
- General information and referral
- Managing individual income/budget
- Self-advocacy needs

Information & Referral
The Arc's Program staff are able to offer self-advocates, family members, and professionals information and referrals to local disability-related resources.

*Available virtually.

Brokerage Support Services
The Arc of Multnomah-Clackamas offers the following support services for individuals with I/DD:
- Housing assistance
- Community inclusion
- Activities with skill building
- Vocational skills training through volunteering and interest-based recreation activities

Multnomah Community Garden
In partnership with Outgrowing Hunger, Adventist Medical Center, and a generous grant from the Portland Garden Club, The Arc of Multnomah-Clackamas has adaptive and wheelchair-accessible raised garden beds and adaptive gardening tools in a community garden in SE Portland.

Our vision is that people with all levels of ability have and embrace the opportunity to work, have relationships, contribute to their communities, and live life to the fullest. Our values are those of equal opportunity. We believe that every person deserves to be treated with compassion, dignity, and care.