

NWDSA will accomplish its mission by empowering and supporting families and individuals who have been touched by Down syndrome. We will work to increase education, promote public understanding and acceptance, and encourage full inclusion of individuals with Down syndrome in our community.



We would love to connect with you. You can reach us at (503) 238-0522 or www.nwdsa.org

Once social change begins it cannot be reversed. You cannot uneducate the person who has learned to read, humiliate the person who feels pride, and you cannot oppress the people who are not afraid anymore.

Cesar Chavez

NWDSA
northwest down syndrome association
PO Box 9127 Portland, OR 97207



"I have 46 chromosomes. My brother has 47. Some people call this Down syndrome. I just call it my brother. I just call him Daniel."

Our mission: Create and nurture a loving and inclusive community celebrating every person with Down syndrome.

www.nwdsa.org

With the help of numerous volunteers, the NWDSA is able to offer the following:

Annual Portland Buddy Walk,
New Parent Guide, Club Upside
Family Gym Sessions, Open
Arms Parent-Infant Play Group,
Community Mini Grants, Family
Social Events, Reciprocal
Learning Community, Quarterly
Newsletters, Presentations,
Parent Strength Based Board of
Directors, Up to Date Resources,
Positive & Empowering
Parent Information,
Connection to Other Families,
DS Now Calendars.



NWDSA is organized for charitable, scientific & educational purposes to provide families and individuals with Down syndrome social opportunities, support, education and information.

NWDSA is a registered non-profit corporation in Oregon and has 501©(3) tax-exempt status with the federal government.

A Message from the NWDSA

As proud parents to children with Down syndrome, each board member of the NWDSA has first hand experience with the joys and the hardships of raising a child with individual needs. We understand the importance of connecting with other families and how much we rely on these relationships when we encounter the inevitable challenges. We also celebrate each others' victories, making the journey so much richer. The entire Board of Directors of the NWDSA consists of volunteers and is supported by enlightened professionals. For more information on our organization and ways in which you can become involved or donate, please visit our website at www.nwdsa.org or call (503) 238-0522

Para comunicarse en español, llame a Maria O'Harra al (503) 684-9608

We Believe

...in the need to promote civil rights of people with disabilities.

...disability is a natural part of the human experience.

... that relationships are the cornerstones of our organization and that they should be both honored and nurtured.

...decisions that affect families should be made by families, and that families have the right to all information and support necessary to become empowered to make good choices.

...in being a parent and self-advocate driven strength based organization. We rely on the support of professionals but empowered parents are the guiding force behind our organization.

...in individual choices that honor personal preferences and cultural beliefs.

Down syndrome is a genetic condition that occurs in approximately one of every 800 live births. The chance of having a baby with DS is not affected by where you live, social class or race. Also, having a baby with DS does not mean you did anything wrong: nothing done before or during pregnancy causes DS. Recent advances in our understanding have resulted in dramatic improvements in the potential and life span of individuals with Down syndrome.