

We have a variety of online and in person workshops. The workshops include techniques, ideas, resources, and hands on experiences to help maintain independence and self - confidence while living with sight loss.

Some of our workshops at our Park Facilities are for 2 nights and 3 days.

- INCLUDES MEALS, ROOM, AND OTHER AMENITIES**
- THE VARIETY OF TOPICS INCLUDE SOMETHING FOR EVERYONE, FRIENDS, FAMILY MEMBERS, AND CARGIVERS.**
- MULTIPLE ZOOM WORKSHOPS ARE HELD EACH WEEK, BOTH INSTRUCTIVE AND SOCIAL. FOR INSTANCE, ZOOM GATHERING FOR A BOOK CLUB, COOKING CLASSES, EXERCISE AND MORE!**



Staying Social and Having Fun is as important as breathing.

DIRECTIONS

2.4 miles from Sandy to Hull Park. Turn LEFT, east side of Sandy on Ten Eyck/Dodge Park Road; turn slight RIGHT onto Coalman Road; turn LEFT at the Oral Hull Airport sign (422nd); go past the airport to the end of Oral Hull Road and through the park gates.

CONTACT US

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- 📞 503-668-6195**

**WE ARE A 501(C) (3) NONPROFIT.
EIN # 93-6032742**



LIVING WITH SIGHT LOSS



How to Live Life to the Fullest with Safety, Efficiency, Dignity and Fun!



INTERNET AND IMMERSION WORKSHOPS

- INTRODUCTION TO SIGHT LOSS
- DAILY LIVING SKILLS
- TRAVEL AND TRANSPORTATION
- HEALTH AND WELLNESS
- TECHNOLOGY
- ARTS AND HOBBIES
- FIRST AID AND SAFETY
- COOKING AND THE KITCHEN

See our calendar on our website hullflc.org for a current list of workshops or call our office at 503-668-6195.

LIVING LIFE ON YOUR TERMS

Participants will gain a new perspective of sight loss. They will no longer regard their sight loss as a problem but rather as a challenge they can face head on.

Participants will gain valuable experiences interacting and sharing ideas among peers with sight loss.

Participants will learn about the many resources available and how to live life to the fullest.



Arts and Hobbies



HERE IS WHAT OUR GUESTS SAY:

“Everything we learn is priceless!”

-Kris

“First time visit changed my life! The park is a welcoming, friendly and a safe place. Helped integrate myself into a sighted world without sight.”

-Laura

“An explosion of opportunity” - Byron



Interacting and sharing