

We are a cupcake specialty bakery offering a variety of delicious baked goods. Wheat-free and vegan options are always available. Our kitchen is peanut-free. We use organic ingredients wherever possible. We are Kosher Dairy Certified.

### Where to find our baked goods:

- Our shop in Multnomah Village in SW Portland
- Place a special order at [sarahbellumbakery.org/order](http://sarahbellumbakery.org/order)
- See [sarahbellumbakery.org](http://sarahbellumbakery.org) for a full menu of offerings



# Sarah Bellum's

BAKERY & WORKSHOP



Sarah Bellum's Bakery & Workshop  
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[@SarahBellumsBakery](https://www.instagram.com/SarahBellumsBakery)    
[@SBellumsBakery](https://www.twitter.com/SBellumsBakery) 



# Made with love by folks with acquired brain injury.

Sarah Bellum's Bakery & Workshop is a non-profit, social enterprise bakery that supports adults with acquired brain injury (ABI), helping them return to work, play, and life by baking delicious, hand-crafted cupcakes, PUPcakes for dogs, cookies, brownies, custom cakes, and other baked goods.

Our bakers prepare, bake, and decorate in our bakery workshop in Southwest Portland, developing job-ready skills. They learn customer interaction communication skills in a functional setting at our retail shop. Volunteers—including speech-language pathology and occupational therapy students under faculty supervision—offer guidance and support.

Check out our menu, including monthly flavor rotations, and pricing on our website at [sarahbellumbakery.org/order](https://sarahbellumbakery.org/order)



## What is acquired brain injury?

Acquired brain injuries (ABI) affect the brain's functioning. Causes may include stroke, TBI (traumatic brain injury), or brain infections. Unlike conditions such as Alzheimer's Disease, symptoms of an ABI typically improve and stabilize over time.

## Can people with ABI work?

An ABI can affect a person in many ways; no two brain injuries are the same! People with ABI may have difficulty seeing, hearing, balancing, moving, concentrating, organizing, communicating, and solving problems. Some experience fatigue, low energy, and even paralysis. Because the injury is often “invisible,” it can be difficult for others to understand and support folks with ABI.

## How does Sarah Bellum's help?

Sarah Bellum's Bakery & Workshop provides a safe, supportive opportunity for adults with brain injury to build job skills in a professional kitchen. Our training

builds self-confidence, self-regulation, and supportive cognitive communication skills. Through partnerships with colleges and through our outreach channels, we advance ABI education and community awareness.

## How can I help?

Enjoy our delicious baked goods. Place an order for your next event ([orders@sarahbellumbakery.org](mailto:orders@sarahbellumbakery.org)). Sign on as a volunteer ([volunteer@sarahbellumbakery.org](mailto:volunteer@sarahbellumbakery.org)). Make a donation ([sarahbellumbakery.org/donate](https://sarahbellumbakery.org/donate)). We look forward to hearing from you!

