



September 2015

Welcome to the new and improved DDS South Region Recreation & Resource Newsletter. The newsletter is now divided into specific categories, with towns highlighted in yellow. The categories are as follows:

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Town names are highlighted in yellow. Click on the category to jump to that part of the newsletter.

I would love to hear from you once you have read the Newsletter. Please let me know:

- Did you find it useful?
- Is there something missing that should be in there?
- Is there something incorrect that needs fixing?
- Do you know of an activity that I missed?
- Do you have any suggestions to improve this newsletter?
- Do you have a program you would like help advertising or getting started?

If you would like to respond to these questions or would like to be added to my E-mail list

Please contact me: Pamela Okerblom – Recreation Therapist

[Pamela.Okerblom@ct.gov](mailto:Pamela.Okerblom@ct.gov) or call 860-859-5482

# Special Events, Activities, Workshops and Conferences

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## Fall Fest at Camp Harkness

Sunday September 27, 2015 – 1-5pm

301 Great Neck Road, **Waterford**, CT

860-443-7818

Open to the public!

\$5 per person includes: Music & dancing, Basket drawings, Craft sale, Hay rides, Snacks, Garden tours, Face painting, Other surprises!

This event is a fundraiser for the Camp Harkness Fund, which provides camperships and supports therapeutic and educational programs in the park.

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## Sensory Friendly Day at the CT Science Center

**Date:** Tuesday, October 6, 2015

**Time:** 10am – 5pm

**Location:** CT Science Center, 250 Columbus Blvd. Hartford

**Cost:** General Admission \$12 per person in advance, \$14.95 per person at the door, 1:1 aides are always free (please call for special group rates for k-12 schools and licensed special needs programs.

**What:** Sensory friendly activities all day long! Fun, judgment-free atmosphere, No harsh lights or sounds, Hands-on activities, Understanding staff, Quiet Zone available,

**Questions:** for more information, contact Brit Montmeat, Group Sales Account Manager, [bmontmeat@scsciencecenter.org](mailto:bmontmeat@scsciencecenter.org) or call(860)520-2112

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## Ride the Shetucket

Once monthly during the warm weather season, the Town of **Sprague**, in conjunction with First Light Power Resources, has scheduled water release from Scotland Dam. This will take place allowing a water level high enough to paddle or tube from below Scotland Dam to River Park in Baltic.

**Remaining dates for 2015 are:** September 26, October 10

Water release is scheduled for 10:00 a.m. on days of the event.

**Paddlers need to have PFDs and a distress whistle.** Participants can put in any time between 10:00 a.m. and 12:00 p.m. You can ride the river as many times as water level allows. The ride is 4 miles long and takes approximately 1-2 hours depending on water volume. The Town of Sprague will provide a free shuttle between River Park and Scotland Dam. Since Ride the Shetucket is dependent on water levels and the weather, always check the Town website prior to the event for any cancellation postings. [www.ctsprague.org](http://www.ctsprague.org)

# Dances

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## Dances at the Norwich American Legion Hall

*Sponsored by Guide Inc.*

**Date:** September 18 & November 13, 2015

**Time:** 6:00 to 8:00pm

**Location:** American Legion Hall, 456 Laurel Hill Ave. **Norwich**

**Cost:** \$2.00

**What:** Really fun dances with music videos on the wall, raffle, light dinner & soda too!

**Questions:** please call 860-887-9383

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## Barn Dance

**Date:** September 26, 2015

**Time:** 1:00 - 3:00

**Cost:** FREE

**Food:** Healthy Snack and Juices provided

**Location:** The beautiful Cranberry Meadow Farm: 80 Grassy Hill Rd, **East Lyme**, CT

**Questions:** Call 860-447-9911 for directions or go to our web site at [www.buckinghamct.org](http://www.buckinghamct.org)

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## East Lyme Community Center Dances

**Sponsored by Buckingham Community Services**

**Time:** 7 - 9 PM

**Cost:** \$5.00 (how do they keep it soooooo inexpensive?)

- October 30, 2015 - Halloween Dance
- December 11, 2016 - Holiday Celebration
- February 26, 2016 - Valentines Dance
- March 25, 2016 - Crazy Hat Night
- April 29, 2016 - Team Pride Night
- May 27, 2016 - 70's, 80's & 90's Music
- June 24, 2016 - Hawaiian Luau



**Address:** East Lyme Community Center, 41 Society Rd. **East Lyme**, CT

**DIRECTIONS TO EAST LYME COMMUNITY CENTER:**

Exit 74 off Rte. 95. Right off exit, onto Flanders Road. Continue thru 2 - 3 lights. Turn right onto Society Road. (There is a Nursery on the corner.) The Community Center is on the right, just past Lillie B. Haynes Elementary School.

**Note:** Weather related cancellation information can be found @ our website:

<http://www.buckinghamct.org>

**Questions, Suggestions or Concerns:** Call Donald Barnes 860-447-9911

*Community Center Provides: QUIET GAME ROOM AVAILABLE, PIZZA & LIGHT REFRESHMENTS WITH ADMISSION. KITCHEN AREA AVAILABLE FOR SPECIAL DIET PREP NEEDS*

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# Healthy Living: Sports and Fitness

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Great News...



## 3<sup>NEW</sup> Unified Sports® Fitness Clubs starting up in our area.

The Special Olympics Connecticut Unified Sports Fitness Club brings together people **with and without** intellectual disabilities, and provides opportunities for regular physical activity to enhance fitness and inspire friendships among participants. (**Your entire family could participate together**) It focuses on participation rather than competition. Each **Club participant receives an individual tracking device**, (MOVband wrist-worn activity monitor) which is used to monitor individual and club progress towards earning individual and club **rewards**. The club offers fitness activities (including walking) as well as **nutrition and wellness resources** for all members.

If you are interested in joining one please contact:

- **Meriden**
  - Michelle Pych 203-886-8585 [mpych@msn.com](mailto:mpych@msn.com)
- **Old Saybrook**
  - Kim Wollschleager 860-374-5003 (c) 860-227-7342 [Abby811@att.net](mailto:Abby811@att.net)
- **Norwich**
  - Sherry L. Mason 860-822-1153 [smason2@snet.net](mailto:smason2@snet.net)
- **New Haven**
  - I am excited to say that we **do not** have to start from scratch a Unified Sports Fitness Club in the Greater **New Haven Area**. Because there **2** existing groups that are both accepting new members in the area!!!!
    - The first group meets in Milford at 6:00 on Thursday (occasionally meeting on Wednesdays instead) It is a large healthy group with 23 Active members! They have a lot of fun while they are growing stronger (in Friendships and Muscles)
    - The second group meets in Hamden at the CT Special Olympics office then commutes to the Cheshire Trail on Tuesdays at 1:00 to go for a hike! This group is small but mighty and often has 6 to 7 regular walkers. If you can get to the office they will carpool you to the trail!
  - If you are interested in joining either of these New Haven Area groups contact the Coordinator for Unified Sports Fitness clubs for CT Special Olympics: **Don Conklin at 203-230-1201 ext. 262** or e-mail him at [donc@soct.org](mailto:donc@soct.org)
  - If neither of these groups would work for you please let me know. If there is enough interest I would be glad to help start a 3<sup>rd</sup> group in New Haven

You can also learn a little more by going on [www.soct.org/sports-and-fitness-programs/unified-sports-fitness-clubs/](http://www.soct.org/sports-and-fitness-programs/unified-sports-fitness-clubs/)

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## **Bowling in Groton Weekly**

**Date:** Ongoing program that meets every Wednesday

**Time:** 3:30 to 4:30ish **Location:** Spare Time Bowling Alley 27 Kings Highway, **Groton**, CT

**Cost:** \$6:50 for 2 games and shoe rental

**What:** This is an ongoing social bowling program run by Bob and Pat Garcia (parents) at the Spare Time. If you are interested in joining the group simply show up between 3:00 and 3:30 and let Bob know you are there to bowl. Parents and caregivers are invited to stay and socialize with all the other parents. There is a nice group of parents there every week.

**Questions:** please call Pam Okerblom: 860-859-5482 or [Pamela.Okerblom@ct.gov](mailto:Pamela.Okerblom@ct.gov)

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## **KC Cats All-Star Cheerleading**

If you are interested in cheerleading and willing to travel to **Coventry, RI**, this may be for you. KC Cats has a Special Needs Cheer Team that meets Sundays 4 – 5 and is Free of charge. It is owned and operated by Head Coach and former New England Patriots Cheerleader Lolita Lipa Roberts. She has USAF Certified Cheer and Gymnastics Coaches.

Check it out at [cheerkccats@cox.net](mailto:cheerkccats@cox.net) or [www.kccatsallstars.com](http://www.kccatsallstars.com) or [facebook.com/kccatsallstars](https://facebook.com/kccatsallstars)  
1010 Tiogue Ave., Coventry RI  
(401) 497-5197

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### *The Miracle League is CT's only fully accessible Baseball League!*

The Miracle League of CT is open to all children from any part of the state ages 4 to 21 who have physical and or cognitive challenges. All games are played on their beautiful rubberized surface baseball field that is fully wheelchair and handicapped accessible in **West Hartford**. Baseball experience is not required.

We welcome players of all abilities. Our goal is that every child who has a desire to play baseball, has the opportunity to do just that. Most importantly, that all of our athletes are able to participate in a safe accessible environment that allows them to enjoy the game of baseball just as their siblings and peers are able to. It is our belief that every child should be able to experience the joy of being part of a team. There are 2 seasons, **Spring (April – June)** and **Fall (Sept. – Oct.)** [www.miracleleaguect.org](http://www.miracleleaguect.org)

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## **Walk this Way**

### **A Wellness and Fitness Group for Adolescents**

**AGEs:** 9 – 13

**When:** Group meets Thursdays from 4:00 – 5:00pm

**Where:** Child and Family Guidance, 226 Dixwell Ave., **New Haven**

**For more information** contact:

Sharon Myers LMSW 203-503-3479 or Francesca Salzano, LCSW 203-503-3501



## ASD Fitness Center

*Look at this new fitness center designed for individuals on the Autism Spectrum Disorder in **Orange!**  
It is truly fantastic!*

**ASD Fitness Center** provides a safe, comfortable and structured environment for empowering individuals with Autism Spectrum Disorder (ASD) to improve their level of physical fitness. ASD Fitness Center builds confidence, improves social awareness and decreases anxiety. The specialized 5,000 square foot fitness facility features personalized, Individual Fitness Programs (IFP) with options to add nutrition and functional skill goals. They offer one-on-one personal training, in addition to small group classes. Sectioned workout stations are equipped with visual cues to focus on building core, upper body and lower body strength. A tailored “fun” station follows each workout station. There is even a separate workout area for moms and dads to use while waiting.

ASD Fitness Center is located at 307 Racebrook Road in Orange.

For more information, call 203-553-9508 or visit [www.asdfitnesscenter.com](http://www.asdfitnesscenter.com).

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## Yoga at Therapy Works in Old Lyme

Our instructor is an Occupational Therapist with training in sensory integration and self-regulatory challenges. They will use yoga and sensory techniques to address such issues as anxiety, attention, behavior issues and physical challenges. Individuals will leave this class in a calmer, more peaceful state and have tools to use at home and school. They offer 2 yoga classes:

- For Adults Of All Abilities and/or Special Needs
- Afterschool Yoga for Children of All abilities and/or Special Needs

If you have questions, or would like to register: Please call Stephanie @ 860-434-5524

Therapy Works, 19 Halls Rd, Suite 204, Old Lyme, CT 06371



[www.soct.org](http://www.soct.org)

**Special Olympics Connecticut (SOCT)** has provided year-round sports training and athletic competition for children 8 and up with intellectual disabilities. SOCT serves 14,815 athletes and partners throughout the state through local, regional and state programs. To find a program near you or for general information about getting someone involved with Special Olympics go to [www.soct.org](http://www.soct.org) or you can contact Sue Mohr at (203) 230-1201 ext. 239 or [susanm@soct.org](mailto:susanm@soct.org)

Special Olympics Local Programs are run by volunteers in the community so transportation to and from practice is the responsibility of the athlete as well as any special chaperoning needs. Any one that accompanies athletes to our events and or volunteers with our local programs must complete our volunteer background process. The local program can assist you with that process should you decide to volunteer.

Also visit this site: <http://www.soct.org/sports-and-fitness-programs/special-olympics-unified-sports-school-programs-administered-ciac-connecticut-interscholastic-athletic-conference> to learn more about our school based program. If this is something you would like to see in your child's school, please contact them and they would be glad to help.

If you have any questions, please contact:

Sue Mohr - Manager, Sports and Competition  
**Special Olympics Connecticut**  
2666 State Street Suite 1, Hamden, CT 06517  
Office 203.230.1201x239 Fax 203.230.1202 Mobile 860.638.7141  
[susanm@soct.org](mailto:susanm@soct.org) [www.soct.org](http://www.soct.org) [www.playunified.org](http://www.playunified.org)

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## **FREE Fitness Classes sponsored by BEyond FITness**

55 Laura Street New Haven, CT 06512

Phone: 203-285-5393

Email: [info@beyondfitnessct.com](mailto:info@beyondfitnessct.com)

[www.beyondfitnessct.com](http://www.beyondfitnessct.com)

### **Zumba® Kids & Zumba® Kids Jr. classes**

Join our team of licensed Zumba® Kids Instructors ready to party with your precious little ones to age-appropriate music and moves. The program is geared for children ages 4-11 years old. Parents/guardians may also join the fun at no charge. Feel free to share away. Classes are offered free for families every other month. (No registration or call ahead needed).

**Dates:** Tuesdays, Sept. 1, 8, 15, 22, 29

Tuesdays, November 3, 10, 17, 24

**Time:** 5:30 pm to 6:00 pm.

**Cost:** Free

### **FREE Zumba® Classes for Adults**

Appreciation Tuesday! Come enjoy a FREE Zumba® class every Tuesday. What better way to help you get started and a healthier you. Bring a friend and feel free to inspire and motivate others by sharing. No Registration or call ahead needed.

**Dates:** Every Tuesday

**Time:** 6:15 pm to 7:00 pm.

**Cost:** Free

BEyond FITness is dedicated to providing a unique experience in your daily workout, as we strive to help you reach your fitness goals with pure fun, love and dance. We provide classes which are not only effective, but also affordable. We offer a variety of exciting, challenging and invigorating classes for all ages, levels and fitness abilities. Come join a class today and see for yourself.

Feel free to "Like" us on Facebook for a complete schedule, free classes and events.

[www.facebook.com/beyondfitnessct](http://www.facebook.com/beyondfitnessct)

## Events at Camp Harkness

301 Great Neck Road, Waterford, CT 06385

### Yoga Dance for All

- **When:** 6pm Sundays, September 6, 13, 20, 27
- **Where:** Beach at Camp Harkness, 301 Great Neck Road, Waterford, CT 06385.
- **Cost:** Free for campers, pass holders and individuals who receive services from DDS. \$5 suggested donation for community friends.
- Please bring water, a towel and/or mat, and wear comfortable clothing
- For questions or information, call 860-443-7818

### Weekly Fitness Night

- **When:** Tuesdays at 5:45-7pm, June 2nd–September
- **Where:** Sensory Garden at Camp Harkness, 301 Great Neck Road, Waterford, CT 06385
- **Cost:** Free
- Includes: Stretching, walking, nutrition discussion, healthy snacks and recipes
- Please wear walking shoes and bring a bottle of water.
- For questions or information, call 860-443-7818

### Yoga for All

- **When:** 5-6pm Thursdays  
September 3, 10, 17, 24. October 1, 8
- **Where:** Sensory Garden at Camp Harkness, 301 Great Neck Road, Waterford, CT 06385
- **Cost:** Free for campers, pass holders and individuals who receive services from DDS. \$5 suggested donation for community friends.
- Please bring water, a towel and/or mat, and wear comfortable clothing. Bug spray is also recommended.
- For questions or information, call 860-443-7818

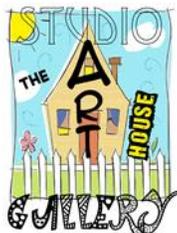
Check out page 2 for information on the Summer Evening at Camp Harkness!

There's also the Camp Harkness talent show (p. 16), as well as a visit by the First Company Governor's Horse Guards (p. 3) which are open to the public.

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# New Programs Starting Up

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## Creative Social Group

New @ The Art House in **Norwich**

## “HeART 2 HeART”

New @ The Art House in **Norwich**

A ‘Mom and Me’ Style Art Class for ages 6 – 12 is starting on Saturdays in October!

Children and caregivers will work together to create super cool and creative projects and paintings!

\$5/class, or \$20/month - You must sign up in advance for the classes.

Call or Text 860-772-8032 to sign up for the classes!

Please sign up in advance- space is limited.

All activities unless otherwise noted will be held at The Art House: 88 Sherman St, Norwich, CT 06360.

[www.theartouseofnorwich.com](http://www.theartouseofnorwich.com)

Contact Carrie if you are interested in having an event or program at the ArtHouse!

[theartouse88@gmail.com](mailto:theartouse88@gmail.com)

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## Great News...



## **3** <sup>NEW</sup> **Unified Sports® Fitness Clubs** starting up in our area.

The Special Olympics Connecticut Unified Sports Fitness Club brings together people **with and without** intellectual disabilities, and provides opportunities for regular physical activity to enhance fitness and inspire friendships among participants. (**Your entire family could participate together**) It focuses on participation rather than competition. Each **Club participant receives an individual tracking device**, (MOVband wrist-worn activity monitor) which is used to monitor individual and club progress towards earning individual and club **rewards**. The club offers fitness activities (including walking) as well as **nutrition and wellness resources** for all members.

If you are interested in joining one please contact:

- **Meriden**
  - Michelle Pych 203-886-8585 [mpych@msn.com](mailto:mpych@msn.com)
- **Old Saybrook**
  - Kim Wollschleager 860-374-5003 (c) 860-227-7342 [Abby811@att.net](mailto:Abby811@att.net)
- **Norwich**
  - Sherry L. Mason 860-822-1153 [smason2@snet.net](mailto:smason2@snet.net)
- **New Haven**
  - I am excited to say that we **do not** have to start from scratch a Unified Sports Fitness Club in the Greater **New Haven Area**. Because there **2** existing groups that are both accepting new members in the area!!!!
    - The first group meets in Milford at 6:00 on Thursday (occasionally meeting on Wednesdays instead) It is a large healthy group with 23 Active members! They have a lot of fun while they are growing stronger (in Friendships and Muscles)
    - The second group meets in Hamden at the CT Special Olympics office then commutes to the Cheshire Trail on Tuesdays at 1:00 to go for a hike! This group is small but mighty and often has 6 to 7 regular walkers. If you can get to the office they will carpool you to the trail!
  - If you are interested in joining either of these New Haven Area groups contact the Coordinator for Unified Sports Fitness clubs for CT Special Olympics: **Don Conklin at 203-230-1201 ext. 262** or e-mail him at [donc@soct.org](mailto:donc@soct.org)
  - If neither of these groups would work for you please let me know. If there is enough interest I would be glad to help start a 3<sup>rd</sup> group in New Haven

You can also learn a little more by going on [www.soct.org/sports-and-fitness-programs/unified-sports-fitness-clubs/](http://www.soct.org/sports-and-fitness-programs/unified-sports-fitness-clubs/)

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## Physically Challenged Bowling Group

There is a new program starting up in Groton for individuals with unique abilities who require more time and assistance to bowl. This program is being designed for individuals who require a smaller/non-rushed program. It will be ideal for individuals with physical challenges, requiring them to use a ramp due to unsteady gait, or other adaptive equipment (walkers, braces, or wheelchair).

**When:** The program is projected to start as early as September 2015 at Spare Time bowling alley in **Groton**, CT. Date and time will be determined once interest and availability of the program's participants are determined.

If you want to join, or if you have any questions, contact Pam Okerblom at 860-859-5482 or [Pamela.Okerblom@ct.gov](mailto:Pamela.Okerblom@ct.gov)

# The Arts & Music

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## Muse Norwich

### *A gallery of art and inspiration*

Due to some updates and repairs that need to be made to our gallery. We are delaying the next art opening until January 2016 when we will come back stronger and better than before. If you are one of the talented artists, who has shown their work in Norwich, please contact Kerry (at 860-859-5419) to schedule a time to pick up your artwork.

Date of January show is yet to be determined but we are looking forward to January!

If you are interested in being one of the Artisans from the DDS community to display your work in the show: Contact Kerry at 860-859-5419

The Muse Art Gallery is Located in Campbell Building Lobby, 401 W. Thames Street, **Norwich**, CT

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## Muse – Wallingford – Art Gallery opening

### *A gallery of art and inspiration*

Wednesday September 30<sup>th</sup> from 10:00am – 1:00pm

The Muse Art Gallery is Located at: 35 Thorpe Ave, 3rd Floor, Wallingford, CT

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## Family Drum Circles

*Brought to you by the Infinity Music Therapy Services*

**Date:** First Friday of each month

**Time:** 7:00pm – 7:45pm

**Location:** 1678 Meriden-Waterbury Turnpike, Southington, CT

**Cost:** \$5.00/person, \$3.00/children ages 2-5, under 2 Free

To Register: Reservations appreciated, drop-ins welcome, Call (860) 518-5557 or email [info@infinitymusictherapy.com](mailto:info@infinitymusictherapy.com)

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# Autism Theatre Initiative

## Making Theatre Accessible to Individuals with Autism

### **What makes it autism-friendly?**

Each show is performed in a friendly, supportive environment for an audience of families and friends with children or adults who are diagnosed with an autism spectrum disorder or other sensitivity issues. Slight adjustments to the production are made, including the reduction of any jarring sounds or strobe lights focused

into the audience. Plus, in the theatre lobby there are quiet and activity areas, staffed with autism specialists, for those who need to leave their seats during the performance.

Downloadable social narratives (in Word format), with pictures of the theatres and productions, are available several months in advance of the performances. These are designed to personalize the experience for each attendee with autism spectrum disorders. TDF also produced a video social narrative that describes how best to navigate Times Square.

To Sign up to get notification about tickets for our Autism-Friendly performances go to:

**<https://secure2.tdf.org/event/atf.html>**

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### **The History of The Autism Theatre Initiative**

On October 2, 2011, TDF Accessibility Program launched the Autism Theatre Initiative (ATI) which makes theatre accessible to children and adults on the autism spectrum, as well as their families. The first autism-friendly performance of a Broadway show was Disney's landmark musical *The Lion King*.

This performance was so successful that Autism Theatre Initiative has presented many autism-friendly performances of Broadway including *Mary Poppins*, *Spider-Man*, *Wicked*, *Matilda*, *Aladdin* and more. TDF's autism-friendly performance of *The Curious Incident of the Dog in the Night-Time* was the first autism-friendly performance of a non-musical in Broadway history. TDF's Autism Theatre Initiative also consults with theatres and presenting houses across the country as part of their National Advisory Partnerships. Previous advisory partnerships have included The Old Globe, Hartford Stage, The Hobby Center, Big Apple Circus, Pittsburgh Ballet, and more.

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### **ATI's Broadway Shows for the 2015-2016 Season**

***The Lion King* September 27, 2015 at 1pm**

***Wicked* February 7, 2016 at 1pm**

***Aladdin* March 6, 2016 at 1pm**

**Additional Shows May Be Announced Soon**

# Respite Weekend & Camps

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List of camps in and around CT: DDS does not maintain a list since there are two very good lists already in existence.

- **CTFSN (Connecticut Family Support Network)** has many resources including: Specialty Camps, Inclusive Camps both in CT and out of State. Check them out.  
<http://www.ctfsn.org/#!resources/c1e0x>
  - **SERC (State Education Resource Center)** has a directory of summer camps and resources at  
<http://ctserc.org/docs/Summer%20Camps%202015%20directory%20-%20FINAL.pdf?2fa6f942252db2ec6c621fe255459617=a385ffd7c66733ba59a83c00c9659d97>
- 



## Respite Weekends

73 Times Farm Road  
Andover, CT 06232  
860-742-2267



This monthly, weekend program caters to campers' ages 8 to 25 with both physical and developmental needs. The respite weekend offers a small retreat for campers to engage in activities including arts and crafts, baking, nature walks, team building, games, and more! Respite weekends focus on independence and socialization while allowing families the comfort of knowing their child will be well cared for in a safe and nurturing environment. This program provides 24-hour nursing care along with trained and knowledgeable staff. This program runs once a month from Friday to Sunday with meals and housing included at Channel 3 Kids Camp in Andover, CT. Visit [channel3kidscamp.org](http://channel3kidscamp.org) for more information or call Alycia Williams at 860.742.2267.

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## Weekends in the Country

Weekends in the Country are offered from September to May. These action-packed, theme-based weekends are developed by our creative team and filled with fun and friendship. Campers arrive on Friday evening and return home Sunday afternoon. Sixteen uniquely themed weekends are conducted through the year with an extended Vacation Week held at year's end between Christmas and New Year's. Every Weekend in the Country sees campers enjoying the same variety, camaraderie and opportunities for learning provided by summer camp only in an intimate, joyful two-day span.

[www.Horizonsct.org](http://www.Horizonsct.org) 127 Babcock Hill Rd, South Windham, CT 06266 Phone number: (860) 456-1032

# Vacations and Trips

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## The Guided Tour

7900 Old York Rd, Elkins Park, PA, Ste. 111-B  
(215) 782-1370 • Fax: (215) 635-2637  
Visit us on the web at: [www.guidedtour.com](http://www.guidedtour.com) or  
Email: [gtour400@aol.com](mailto:gtour400@aol.com)

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## DisabledTravelers.com

A resource dedicated to accessible travel information. This new site will provide you with information on businesses from around the world that specialize in disability travel.

<http://www.disabledtravelers.com/>

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## Disabled Travelers Guide

See this guide for information on the accessibility of cruise lines, rental cars, buses, trains, airlines and hotels.

[www.disabledtravelersguide.com](http://www.disabledtravelersguide.com)

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## Travel Guides

Everything you want to know or need for traveling worldwide with individuals with disabilities.

<http://www.travelguides.org/index.html>

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## Autism on the Seas

1-800-516-5247

Cruises for Families, Adults, and Group Homes living with Autism, and/or Developmental Disabilities

[www.AutismontheSeas.com](http://www.AutismontheSeas.com)

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## ASD Vacations LLC

*An affiliate of Travel Planners International*  
Alan Day, **Special Needs Family Vacation expert**

Alan can help you plan the perfect vacation for families with individuals with special challenges.

Tel: (203) 750-0000

E-mail: [AlanDay@ASDVacations.com](mailto:AlanDay@ASDVacations.com)

Web: [www.ASDVacations.com](http://www.ASDVacations.com)

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## TSA Helpline for Travelers with Disabilities

Travelers may call TSA Cares toll free at 1-855-787-2227 prior to traveling with questions about screening policies, procedures and what to expect at the security checkpoint.

<http://www.tsa.gov/press/releases/2011/1222.shtm>

[http://www.tsa.gov/travelers/airtravel/disabilityandmedicalneeds/tsa\\_cares.shtm](http://www.tsa.gov/travelers/airtravel/disabilityandmedicalneeds/tsa_cares.shtm)

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## Wings for Autism

Families with children on the autism spectrum or with developmental disabilities are able to take a test run through the airport boarding process.

<http://www.charlesrivercenter.org/index.cfm?pid=14828>

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## **Sprout**

270 West 96<sup>th</sup> Street  
New York, NY 10025  
Toll free: 888-222-9575  
[www.GoSprout.org](http://www.GoSprout.org)

Have you heard about our innovative and insightful film programs, including our 13<sup>th</sup> Annual [Sprout Film Festival](http://gosprout.org/film-festival/) (<http://gosprout.org/film-festival/>) and our newly redesigned [sproutflix](http://sproutflix.org) ([sproutflix.org](http://sproutflix.org)) film distribution service?

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## **Adventures Beyond Compare**

Planned and staffed day and multi-day events and vacations for individuals with special needs.

144 Vanderbilt Road  
Bristol Connecticut 06010  
Tel: 860-402-2462  
[www.adventuresbeyondcompare.com](http://www.adventuresbeyondcompare.com)

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## **Trips R Us**

508-405-0999  
[mike@tripsrus.org](mailto:mike@tripsrus.org)  
Trips R Us  
42 Eden St  
Framingham, MA 01702

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## **The National Parks and Federal Recreation Lands Pass or Access Pass**

Free pass to national parks for individuals with disabilities

Access Pass information - <http://store.usgs.gov/pass/access.html>  
Access Pass Application - [http://store.usgs.gov/pass/access\\_pass\\_application.pdf](http://store.usgs.gov/pass/access_pass_application.pdf)

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# Support and Self Advocacy Groups

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## What is Self-Advocacy and how did it get started?

The self-advocacy movement began in Oregon when a group of people with disabilities went to a conference that was held for them. They were not happy because it was run by professionals. They got together and began to plan a conference run completely by people with disabilities. The first conference was held in October 1974. That was 41 years ago! The name of the conference was “**People First**” because everyone wanted to be known as a person first, instead of being labeled by their disability. After the conference, small self-advocacy groups were started all over the world.

Self-Advocacy is speaking up for yourself by letting others people know how you feel about issues that affect your life. Self-Advocacy groups help you work together to speak up for what you want.

DDS is honored to have 3 Self-Advocate Coordinators on staff.

Their good work is in many areas. They start and visit Self Advocacy groups around the region, attend Self Advocacy meetings, train self-advocates to be I.P. buddies, teach healthy relationship classes, talk to schools and colleges, help with travel training for individuals, educate the DDS staff on the issues for Self Advocates, write letters to our legislators and newspapers and much more. Contact the Self Advocate Coordinator near you to find out how you can get involved!

The DDS South Region Self Advocate coordinators:

Carol Grabbe – Wallingford 203-294-5119 [carol.grabbe@ct.gov](mailto:carol.grabbe@ct.gov)

Genna Lewis – New Haven 203-974-4232 [genna.lewis@ct.gov](mailto:genna.lewis@ct.gov)

Latasha Linwood – Norwich 860-859-5512 [latasha.linwood@ct.gov](mailto:latasha.linwood@ct.gov)



This group is open to families with children diagnosed with autism or other disabilities.

It will provide an opportunity to meet with other families in your area who have similar challenges and concerns. Families will be able to share ideas and information to gain more knowledge and access more support. Educational and resource materials will also be available.

**When:** Every 3rd Thursday of the month from 6:30-8:00p.m.

**Location:** ASRC, 101 North Plains Industrial Rd. Suite 1, Wallingford

**Please RSVP:** Deborah Pagano at [dpagano@ctfsn.org](mailto:dpagano@ctfsn.org) 203-430-0242 or Sara Reed at [sara@autismconnecticut.org](mailto:sara@autismconnecticut.org) 203-265-7717

This networking opportunity is a collaborative effort and will be facilitated by Autism Services & Resources Connecticut, (ASRC) and the Connecticut Family Support Network, (CTFSN)

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For more information go to the CTFSN website at [www.ctfsn.org](http://www.ctfsn.org)

**What we do:** The Connecticut Family support network is committed to helping families of individuals with disabilities and special health care needs, and the professionals who work with them, find information, resources, and support to improve their lives.

**ALL OF OUR SERVICES ARE FREE!**

**How we help:**

We connect **one-to-one** with parents via telephone, email, and Facebook. We provide information, emotional support, advocacy and guidance.

We hold **workshops and trainings** across the state for parents and professionals on the wide variety of topics including special education, transition, recreation and communication.

We work to **empower** families to become affective and successful advocates, we encourage individuals with disabilities to become successful self-advocates.

We offer more than **20 support groups** per month. These groups provide parent-to-parent connections, access to resources and guest speakers.

We **share current information** on disabilities issues and resources via email, our website and Facebook, so parents can remain updated on how to continue to keep themselves informed.

We **collaborate** with local and state agencies, community groups and other non-profit organizations to provide access to resources and support.

**CTFSN Support Group Schedule**

*For more information, go to the CTFSN website at [www.ctfsn.org](http://www.ctfsn.org)*

**Southeast Region:** April Dipollina, Regional Coordinator 860-271-4371 [adipollina@lmhosp.org](mailto:adipollina@lmhosp.org)

L&M Hospital **Parent Support Group** in **New London** meets on the first Wednesday of the month at 6:00pm in conference room 3. L&M Hospital, Montauk Ave, New London (unless there is a special event that month). Please be sure to check our Calendar page for the latest meeting information).

**South Central Region:** Deborah Pagano, Regional Coordinator 203-430-0242 [dpagano@ctfsn.org](mailto:dpagano@ctfsn.org)

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## A “Parent Partnership” for children with special needs

*Parent Partnership is a meeting for families of children with special needs.*

- Parents meet to share ideas, concerns and information related to providing the best support and environment for their children.

### Support & Self Advocacy

- Parents can choose to be as active as they like.
- Speakers, training and resource and educational materials will be provided.

**Morning Parent Partnership** meets on the first and third Tuesday of the month from 9:30-11:00am at the Women & Family Life Center, 96 Fair St., **Guilford**. Free childcare is provided.

You do not need to have attended prior to join us at any of the meetings.

For more information or to register please email or call:

Kathy Fadel at [Kidsteps-FCC@sarah-inc.org](mailto:Kidsteps-FCC@sarah-inc.org) or 203-453-7592, x108

Deborah Pagano at [dpagano@ctfsn.org](mailto:dpagano@ctfsn.org) or 203-430-0242



*“Parent Partnership” is facilitated by Deborah Pagano of the Connecticut Family Support Network (CTFSN) and organized by the Connecticut Family Support Network (CTFSN) in collaboration with KIDSTEPS, Family and Children’s Center a division of Sarah, Inc.*



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## Parent’s (with ID) Group

Support Group for **Parents with Intellectual Disabilities**

All are welcome. Kids are welcome.

**When:** 1<sup>st</sup> Tuesday of every month

**Time:** 5:00pm – 7:00pm with Pot luck dinner

**Location:** The Campbell Building at 401 West Thames Street, **Norwich**, CT 06360 (Room 339)

**For more information:** contact Amy at 860-859-5474 or Rhonda at 860-859-5578

## Rainbow Support Group

For LGBTQ\* people with ID  
(Consumer, Staff and Family are welcome to attend)

**When:** 2nd Sunday of each Month (except May-North Hampton Pride and July- closed)

**Time:** 1 – 2:30pm

**Cost:** Free!

**Where:** New Haven Pride Center  
84 Orange St., **New Haven**, CT

For information email:

[Rainbowdisability@gmail.com](mailto:Rainbowdisability@gmail.com)



## Creative Housing Workgroup

*Concerned about Housing or Residential Supports for someone with a disability? Come and join us.*

We are a group of proactive parents, caregivers and self-advocates who are working together to find Solutions, Supports and create Residential Options.

We meet the second Thursday of the month at the Acton Library in **Old Saybrook** from 6 -8 pm.

**Can't get to a meeting?** Ask to join our e-mail group.

**For more information contact:** April Dipollina: [adipollina@lmhosp.org](mailto:adipollina@lmhosp.org) 860-271-4371

Or Lauralyn Lewis: [lauralynlewis@sbcglobal.net](mailto:lauralynlewis@sbcglobal.net)

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### **Support Group for Fathers of Children with Special Needs**

Social/support group for fathers of children with special needs meets once a month at a local eating establishment usually around the **New Haven, Hamden, or North Haven** area. Monthly gatherings provide an opportunity for Dads to share their thoughts and ideas about their children in order to benefit themselves and others within the group. This group is very informal and relaxed.

Call for meeting time and location: 203-974-7265 or email [ted.pappas@yale.edu](mailto:ted.pappas@yale.edu)

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### **Shoreline Parent Chat Support Group**

Women and Family Life Center  
96 Fair St **Guilford**, CT

Tuesdays 9:30-10:30am

Free childcare provided.

Kathy Fadel at [kidsteps-FCC@sarah-inc.org](mailto:kidsteps-FCC@sarah-inc.org) 203-453-7592 Ext. 2  
Deborah Pagano [dpagano@ctfsn.org](mailto:dpagano@ctfsn.org) 203-430-0242

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### **Special Parents, Special Kids of Milford, CT**

Woodruff Family YMCA in **Milford**

Third Tuesday of the month at 6:30pm

Childcare provided and light supper for adults

[spskofmilfordct@gmail.com](mailto:spskofmilfordct@gmail.com)

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### **The Dad Connection**

Family Centered Services of CT 235 Nicoll St., **New Haven**, CT

Mondays 3-5pm

Juan 203-624-2600 Ext. 224 or Galit 203-624-2600 Ext. 207

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### **Challenge to Victory Support Group**

1175 State St. Suite 217, **New Haven**, CT

Fridays 6:30-7:30pm

Activities provided to pre-registered children and a light supper provided

203-889-2872

## **Shoreline Open Playgroup**

SARAH

Rotates between 1 Commercial St in **Branford** and 1620 Boston Post Rd. in **Westbrook**

Every Saturday 9:30-11:30

Children participate in activities with volunteer student mentors and parents socialize and make connections.

Deborah Pagano [dpagano@ctfsn.org](mailto:dpagano@ctfsn.org) 203-430-0242

Kathy Fadel [kidsteps-fcc@sarah-inc.org](mailto:kidsteps-fcc@sarah-inc.org) 203-453-7592 Ext. 2

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## **Round -2 Just When you thought you were finished**

(grandparents and relatives raising family members children)

Milford YMCA 631 Orange Ave. **Milford** CT 06460

Second Tuesday of each month 6:30-8:30pm

Co-chairs Maryellen Schoonmaker 203-701-8411 or [mellens1228@optonline.net](mailto:mellens1228@optonline.net)

And Christine Surel 203-306-5254 or [christine.surel@ct.gov](mailto:christine.surel@ct.gov)

Childcare is provided and there is a lounge for teens. There is no fee for this but you need to register.

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## **Grandparents on the Move**

Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month. Call to register

East Rock Global Studies Magnet School, 133 Nash Street, **New Haven**, CT 06511

(203) 946-7444

Louis Campbell 203-946-7443

[Louis.Campbell@new-haven.k12.ct.us](mailto:Louis.Campbell@new-haven.k12.ct.us)

## [West Haven Family Support Group](#)

The West Haven Parent Support Group meets the second Monday of each month at City Hall in the basement, 355 Main Street, **West Haven**, CT from 6:00 PM TO 8:00 PM. For more information contact Karen Muro, [karenmmuro@aol.com](mailto:karenmmuro@aol.com) or 203-937-3565

**Remember child care is available, but you MUST call and let us know that you will be using this service.**

The Local System of Care, Parent Support Group is for parents, guardians, care givers, family members and friends of children with various special needs.

**Remaining 2015 meeting dates:** September 14, October 12, November 9

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## [West Haven Autism Support Group](#)

**West Haven** Johnson Community Center, 201 Noble Street Upper Floor

First Wednesday of each month 6:00-8:00pm

Open to any family with a child on the spectrum

Co- chairs: Angela Potter, [potter\\_a@subway.com](mailto:potter_a@subway.com), Catherine Edwards

Childcare provided at no fee

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## [The Power of Voices](#)

*Self-advocacy group*

They meet once a month on the 3rd Thursday at 5pm.

526 Whalley Avenue, **New Haven**, CT

We have a Special Olympics team that competes in Bowling, Athletics, Track and Field, and Basketball.

For Information on how to join contact Corinne Jackson at: (203) 389-2970 ext. 12

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## [Join CT KASA!](#)

**KASA** (Kids As Self Advocates) is a national, grassroots project created by young people with disabilities for young people with disabilities. **CT KASA** is open to anyone with a disability ages 13-26.

### [WHAT CT KASA CAN DO FOR YOU](#)

**CT KASA** participants learn how to advocate for themselves and take control over their own lives.

**CT KASA** helps this happen by teaching young people about their rights and how to change the systems that affect their lives.

### [CT KASA ACTIVITIES WILL INCLUDE:](#)

- Monthly meetings (available via face to face, webinar or conference call)
- Working on a personal development plan
- Representing the voice of young people with disabilities at public events
- Group youth leadership projects

Interested?

There will be an informational conference call about **CT KASA** for young people and their parents in March 2015. Kick off meeting will be in April 2015. Details are forthcoming.

**For more information contact:**

PATH Parent to Parent/Family Voices of Connecticut  
800-399-PATH (CT only) 203-234-9554 [info@pathct.org](mailto:info@pathct.org) www.pathct.org  
P.O. Box 117, **Northford**, Connecticut 06472

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### **H.O.P.E. Helping Our People Excel**

Support group for families with children with any special needs including behavioral, mental, ID, physical, etc.

Meets at the **Meriden** Public Library in the Griffin room. They meet once per month, on a Tuesday. Refreshments are served, and children are welcome to play in the child activity area.

For more information contact Sandra Jackson at 203-715-0430 or [Hope.Sandra2014@gmail.com](mailto:Hope.Sandra2014@gmail.com) or Lydia at 860-919-5882

Other support groups in Meriden include a Spanish-speaking group similar to the one above called INSPIRATION. For information on INSPIRATION, contact Sandra Jackson at 203-715-0430 or [Hope.Sandra2014@gmail.com](mailto:Hope.Sandra2014@gmail.com) or Lydia at 860-919-5882

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### **Parent Support Group Lower Naugatuck Valley**

Parent Child Resource Center  
30 Elizabeth St., 3<sup>rd</sup> Floor, **Derby**, CT

Tuesdays 5-7:30pm

For info:

Natine Haley 203-345-1836 (before 5pm) [msj32361@yahoo.com](mailto:msj32361@yahoo.com)

Lori Parise 203- 954-0543 Ext. 181 or [lparise@lnvpcrc.org](mailto:lparise@lnvpcrc.org)

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### **North Star Support Group**

31 Hill Street, **Ansonia**, CT

For more information, contact Cathy Adamczyk at 203-735-6098 or 203-751-2417

<http://www.northstarsupportgroup.com> [cathy@northstarsupportgroup.com](mailto:cathy@northstarsupportgroup.com)

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## **Parent Support Group For Parents and Family Members**

**Guilford** Community Center, 32 Church Street

Third Thursday 7:00pm

For Parents and family members of a child with autism.

Maureen Belden 203-458-2410 or ASCONN at [info@asconn.org](mailto:info@asconn.org)

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## **Rompiendo Barreras (Breaking Barriers)**

*Spanish-speaking support group*

Savin Rock School, 50 Park Street, **West Haven**

Last Thursday of each month 6:30-8:30pm

Open to any family with special needs children-primary language of parents-primary language of parents- Spanish

Co- Chairs: Rosalyn Diaz 203-931-6850 and Ms. Melissa Martinez-Baez

Childcare provided. No fee

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## **Social Skills Group**

Cornell Scott-Hill Health Center 400 Columbus Avenue, **New Haven**, CT

A group for adolescents age 13 – 16 (they will also accommodate 10-12 year olds)

This group is geared toward children with special needs including mild intellectual disabilities, Down's syndrome, and children on the autism spectrum.

- Topics will include:
  - Expressing emotions
  - Communication skills
  - Good Manners
  - Cooperation

For more information, please ask your child's clinician or contact

Andrea Dellacorte, MSW Clinical Social Worker at 203-503-3055, [adellacorte@hillhealthcenter.com](mailto:adellacorte@hillhealthcenter.com)

# Parks and Recreation Programs

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Many towns offer recreation programs operated by the town or city and subsidized by tax dollars. They often have scholarships available so no one will be excluded due to finances. Please note that this is not a complete list of Recreation Programs in our area. It is simply a list of town programs I am aware of that have adaptive program. Please check with your town to find out what they offer and if your town does not have what you are looking for... **let them know**. They will not develop a program if they do not know there is a need. Remember to also check out other local towns in your area, they often welcome non-residents in their programs.

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## Middletown Recreation Division

100 Riverview Center #140, **Middletown**, CT 06457 [\(860\) 638-4500](tel:8606384500)

Middletown Recreation Division offers a diversified Inclusion Program for participants with Special Needs age 8 – 21. For older individuals, Middletown Recreation Division recognizes the value of including people with all levels of ability as a means of strengthening our community and providing a recreational choice. We provide opportunities for people with and without disabilities to experience recreation together. For specific information concerning policy and programming, please call our office at 860.638.4500. Please provide ten days notification to provide significant support.

<http://www.cityofmiddletown.com/content/117/123/159/>

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## Groton Parks and Recreation

[www.groton-ct.gov/depts/parksrec/](http://www.groton-ct.gov/depts/parksrec/)

All are welcome to register; Both **Groton** Residents and non-Residents alike.

Groton has a wonderful varied program that includes:

- Special Olympics Year Round
- Adaptive Swimming,
- Adaptive Rowing
- Adaptive Kayaking
- Adaptive Karate
- Special Recreation
- Cooking For Fun
- Painting
- And Camp Button A Special Needs Summer Camp (Groton Residents Only)

For more information, call Eileen Cicchese at 860-536-5691

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## [Branford Parks and Recreation](#)

46 Church Street, **Branford**, CT  
Phone 203-488-8304  
[recreation@brnford-ct.gov](mailto:recreation@brnford-ct.gov)

The Branford Parks and recreation Department truly has a program to suit everyone's needs, expanding its already extensive offering with the addition of the adaptive recreation program – Perfect Pals!

Perfect Pals is aimed at teens and young adults ages 13 and older who are interested in participating in recreational activities. They welcome residents and non-residents alike!

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## [Milford Recreation Department](#)

Milford Recreation / Parsons Complex  
70 West River St. **Milford**, CT  
203-783-3280

Milford Parks and Recreation Department has [Adaptive Programs](#) including:

- [Adaptive Ballet](#) They are now accepting registration for participation in the Adaptive Nutcracker for 2014! It is a wonderful, program to participate in or watch!
- [Adaptive Guitar Lessons](#)
- iCan Bike
- [Musical Theater](#)
- [Sing N Sign](#)

For more information on the Adaptive programs contact:

Deb Marchese, [marchesedebra@optonline.net](mailto:marchesedebra@optonline.net) or call 203-550-2520

You can look up the information at: <http://www.milfordrecreation.com/info/activities/>

**[Challenger Baseball](#)** for kids ages 7-21. This program is accepting registration now. **Every participant will receive a team Jersey and Hat. Games and practices will be on Saturdays.** If you would like to join the team, contact Rich Minnix at Milford Parks and Recreation at: **(203) 783-3280**

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## [Wallingford Parks and Recreation Department](#)

6 Fairfield Blvd, **Wallingford**, Ct 06492 • Phone (203) 294-2120

Carolyn Lavelle - Adaptive Recreation [wfdparksrec@comcast.net](mailto:wfdparksrec@comcast.net)

They offer a wonderful variety of Adaptive Recreation programs for all ages, year round including:

- All ages
  - Yoga
  - Adaptive swimming
  - Ice Skating
- Adults
  - Rec club 16 – adult
  - Bowling
- Kids
  - T.O.P.S. Soccer 6 – 11
  - Funny Muscles 6 – 10
  - Dance power 15 – 20
  - Mega Muscles 11 – 16
  - Teen Scene 13 – 18

And many more! They presently have 11 adaptive activities in their spring catalog. Check it out!

[www.town.wallingford.ct.us/Content/Parks\\_and\\_Recreation.asp](http://www.town.wallingford.ct.us/Content/Parks_and_Recreation.asp)

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## **West Haven** (and area towns):

**W.H.I.N.C. WEST HAVEN INTERAGENCY NETWORK FOR CHILDREN LOCAL SYSTEM OF CARE**  
(203- 937-3633) [www.whinc.org](http://www.whinc.org) and [www.wrapct.org](http://www.wrapct.org)

Check out their website. They host a variety of Support Groups including: Parent Support Group, Autism Family Support Group and a Spanish Support Group for families with Special Needs Children. Once you are an active member of the support group you and your family will be eligible to attend their many wonderful activities (Children with Special Needs Program monthly activities and summer program)

They do offer 2 programs that you don't have to be a member to participate... that is their karate and duckpin bowling programs. Registration for these two programs will be September 17 & 18 at the Johnson Community Center, 201 Noble Street, from 4:30 to 6:00. The cost is \$45.00 for each program.

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## **Norwich Recreation Department**

### **Social Recreation Group starting in Norwich**

On Monday Sept. 14<sup>th</sup> A group of interested families met with the Norwich Recreation's Program administrator Victoria Daniels, Representatives from DDS to openly discuss what programs and other recreational services would be most beneficial for them.

During this meeting a Group was formed of individuals/families who are going to work together to develop a variety of programs and activities to provide Social Recreational Opportunities in Norwich.

A second organizational meeting is scheduled for **Monday September 28<sup>th</sup> at 6:00pm** to meet with other families, brainstorm, plan and get to know each other while working together to start wonderful programs.

Please join us for our next planning / organizational meeting:

**Date:** Monday September 28, 2015

**Time:** 6:00

**Location:** Norwich Recreation Department Office

75 Mohegan Rd, **Norwich**, CT 06360

**For more information contact:**

**Jucenta Walker** [J81walker@gmail.com](mailto:J81walker@gmail.com) 860-389-8933

# Private Recreation Programs

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These are Recreation & Social programs that are privately owned and run by professionals hired by the company. These programs are paid for by the participants (some receive scholarships or grants). They offer a wide variety of programs and flexibility. Some even offer transportation for an additional cost. They are worth looking into.

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## [The ARC of New London County](#)

ARC of **New London County** has a wonderful Community Life (Recreation) program that is worth checking out. They plan a variety of activities each month including weekends for their members. Those often have: Dances, Bowling, Special Olympics and much, much more. They are also the only program in our area that offers Transportation to most of their events for a fee.

To find out how to become a member, go to: [www.thearcnlc.org](http://www.thearcnlc.org) or contact Denise Tift at: [dtift@thearcnlc.org](mailto:dtift@thearcnlc.org) or call 860-889-4435 x. 110

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[The ARC of Meriden-Wallingford](#) offers a variety of recreational programs.

Call 203-237-9975 or visit them on the web [www.arcmw.org](http://www.arcmw.org)

- Recreation program for its members. The program runs from March – October of each year with activities offered each week. Please contact Maritza Dell at 203-237-9975 ext. 377 or email us at [recreation@mwsinc.org](mailto:recreation@mwsinc.org) if you are interested in more information.
  - They also have a program called Opportunities for Older Adults. This is a program for older adults with developmental disabilities that have chosen to retire and wish to experience activities commonly valued by senior citizens. They offer something for everyone whether you are laid back or want to be on the go.
  - Individualized services is a versatile program that is designed by and for the individual based upon the individuals, needs, goals, hopes and dreams.
  - Individualized Services is a versatile program that is designed by and for the individuals
-



6 Lunar Drive  
Woodbridge, CT 06525  
Phone: 203-389-2970  
[www.marrakechinc.org](http://www.marrakechinc.org)

Contact Info:  
Denise Stevenson  
Senior Vice President of Program  
Support Services

(203) 389-2970, ext. 1105  
[dstevenson@marrakechinc.org](mailto:dstevenson@marrakechinc.org)

All towns are welcome, but we tend to attract people from **West Haven, New Haven, East Haven, Milford, Orange, Hamden, Trumbull, Shelton, and Bridgeport**. The "Oak Tree" events are located in the **Waterbury area**.

### **Evening Fun & Learning (Recreation Activities)**

Evening Fun & Learning (Recreation Activities) Marrakech is dedicated to providing opportunities for the people it serves to access recreational and fitness activities, to learn new hobbies or skills, to make friends and to participate fully in community life. To this end, Quality of Life Services staff coordinates a monthly calendar of events filled with fun and learning opportunities. (They have a ton of activities from Dances, Arts and Crafts, social events... it is truly unbelievable how many activities they have.) Social and recreational activities are open to all... Marrakech consumers and individuals not currently served by Marrakech may also sign up for activities. Nominal fees apply in order to defray the costs of each activity. Contact Denise Stevenson for specific activity locations.

### **Weekend Respite Services for Adults with Developmental Disabilities**

Marrakech, Inc. has opened its Island Lane Center in West Haven on Saturdays and Sundays as a respite resource to parents/guardians of adults with developmental disabilities. Our center is conveniently located, fully accessible and has many beautiful, functional features for a fun-filled community weekend. We offer weekends that are jam-packed with recreational, social and community activities provided by a knowledgeable, joyful staff and supervised by a recreation professional. Services will be available from 9:00 a.m. to 5:30 p.m. on Saturdays and Sundays.

If you are not sure if these programs are for you, contact Corinne below and see if you can do a trial period. She is also happy to meet with you before attending any events. Her office is at 450 Island Lane in West Haven.

For more information contact Corinne Jackson at [cjackson@marrakechinc.org](mailto:cjackson@marrakechinc.org) or call (203) 389-2970 ext. 1203.

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124 Washington St  
Middletown, CT 06457  
Phone: 860-342-0700  
Fax: 860-342-1492  
E-mail: admin@marc-cr.org

### **MARC: Community Resources—Leisure Program**

The only Adult Leisure Program of its kind in the area which provides recreational opportunities to over 100 adults (ages 21+) in Middlesex County from Cromwell to Old Saybrook. Programs are offered year-round, Tuesdays thru Saturdays at various times. Programs include: Saturday Morning Fun at MARC in collaboration with Middletown Parks and Recreation, Adult Leisure Program, Guardian Angels Program (Middletown chapter of People First of CT a self-advocacy group)

- Transportation provided to some events
- Fees are low and affordable
- Financial Assistance; no one is turned away due to inability to pay
- Quarterly recreation calendars
- Day, evening and weekend programs



**AUTISM**  
SERVICES & RESOURCES  
CONNECTICUT

101 North Plains Industrial Rd. Harvest Park, Building 1 A,  
Wallingford, CT 06492  
Phone: 203-265-7717

[www.autismconnecticut.org/recreation-and-social-programs](http://www.autismconnecticut.org/recreation-and-social-programs)

ASRC has a wonderful facility and offers many recreation / social groups specially designed to provide individuals with autism spectrum disorders the opportunity to participate in a variety of social activities throughout their community. The offer groups for: Teens (Guy group and Girls group) Young Adults group (co-ed), Young girls group, and ASRC Supported Social Group. For details on these programs contact [Emily@autismconnecticut.org](mailto:Emily@autismconnecticut.org). They also have Adult Game Night and many other activities and special events.

### **Groton Light House Program: Summer Friends**

860-445-7626  
Summer Friends  
Social Skills Programming  
The Light House, Groton

Summer Friends is designed for participants in middle and high school with Asperger's Syndrome and high functioning autism. (Students must be able to care for themselves and have independence in toileting and feeding)

Social skills that are focused on include, but are not limited to: conversation, perspective taking, problem-solving, reading social cues, and developing a social life in the community.

Summer Friends meets Monday-Friday from 2-5pm July 7<sup>th</sup> through August 8<sup>th</sup>.

For more information please contact Vita Rose at 860-445-7626 or by email: [vrose@lhcampus.com](mailto:vrose@lhcampus.com)

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246 Goose Lane, Suite 101  
Guilford, CT 06437  
(203) 458-4040

SARAH, Inc.'s Recreation and Leisure Connections provides social, leisure and athletic opportunities for people with varying abilities and needs. We help make connections with local community groups and plan activities so that people of all abilities can fully participate. These include: Special Olympics training and competition, art classes, movies, theater and more!

Recognizing the changing needs of families who care for their family members at home, SARAH, Inc. offers an "extended day" respite program. This program offers supervised social and leisure activities in a safe, comfortable environment after the normal school and work day.

Activities available from Recreation and Leisure Connections include, but are not limited to:

**Special Olympics Training & Competition**

**Life Skills and Leisure, Social Activities & Special Events**

Recreation and Leisure Connections also incorporates activities with local park and recreation departments, commercial ventures in recreation and leisure and fosters additional life skill learning opportunities. Participants enjoy: Concerts, Plays, Dances, Spectator Sports, Dining out, Day Trips, weekend Getaways.

Call 203-315-9163 or contact [cmones@sarah-inc.org](mailto:cmones@sarah-inc.org) to learn more and to sign up for our current recreation activities

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# Outdoor Recreation–Parks and Playgrounds

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## **Boundless Playgrounds**

What is a **Boundless Playground**? More than six million children in the United States have some type of disability that makes it hard or impossible for them to enjoy traditional playgrounds. Boundless Playgrounds projects benefit children with and without disabilities by providing opportunities for all children to play together side by side. There are over 30 boundless playgrounds around CT. For a full list go to: <http://placesforkidsct.com/boundless-playgrounds/>

Or: <http://www.accessibleplayground.net/playground-directory/?cn-s=&cn-cat=21>

Or: <http://www.bodiesplace.org/parks.php>

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You may want to check out the "[\*\*Air Line State Park Trail\*\*](#)" Especially if you have any individuals in your group with mobility challenges who would like to ride a bike or hike.

This beautiful park is 50 miles long traveling the route of the old Air line rail Line. It runs from **East Hampton Village to Thompson** with many access points. It is very flat and smooth; the trail is crushed stone and easily traveled with biking or using a wheel chair or stroller.

To get a better idea of what to expect or where to join up, check out the Airline State Park Trail video <http://www.depdata.ct.gov/video/mainpsa.asp?url=http://www.u10videos.com/DEP/Parks/AirLineTrailHighlights.wmv&name=Air>

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## **Camp Harkness**

Camp Harkness 301 Great Neck Rd, **Waterford** 06385

Camp Harkness is a Connecticut State Park and Camp designed for people with Special Challenges. The 102-acre park is accessible and is located on Long Island Sound Waterford, CT. There is so much to see and do including: Picnic Pavilions, Accessible Playscape, Cabins, tent sites, Gardening programs, and Special Events,

***And it is all free to pass holders and their families.***

***This is the time to reserve your cabins and campsites for this year!***

For information on all Camp Harkness has to offer and for a pass Application: go to the Camp Harkness website at <http://www.ct.gov/dds/cwp/view.asp?a=2653&q=393150>

Or Google: DDS Camp Harkness, If you do not have access to the internet please call Nancy Kogut for Pass Information: (860) 859- 5554

New this year: **Camp Harkness publishes a Newsletter.** It is full of news and interesting stories to keep you up to date on all that is happening at the park. To receive your own copy of the newsletter call Camp Harkness at 860-443-7818

## Accessible Trails

### Hiking and Cycling Trails

For maps and directions to wheelchair accessible trails near you, go to [www.traillink.com](http://www.traillink.com) and select "wheelchair accessible" under activities for information about these Connecticut trails:

- **Charter Oak Greenway** - **East Hartford**, 9.8 miles
- **Derby Greenway** - **Derby**, 1.7 miles
- **Farmington Canal Heritage Trail** – 40 miles from **New Haven to Massachusetts** state line
- **Farmington River Trail** - Tunxis Meade Park in **Farmington to Collinsville**, 8.5 miles
- **Housatonic Valley Trail** - **Monroe**, 4.2 miles
- **Middlebury Greenway** - **Middlebury**, 4.4 miles
- **Naugatuck River Greenway in Beacon Falls** - **Naugatuck**, .3 miles
- **Norwalk River Valley Trail** - **Norwalk**, 2 miles
- **Putnam River Trail** - **Putnam**, 2 miles
- **Quinebaug River Trail** - **Putnam to Danielson**, 4 miles
- **Ridgefield Rail Trail** - **Ridgefield to Branchville**, 2.3 miles
- **Saugatuck Universal Access Trail- Redding**, short, ends in a platform overlooking the reservoir
- **Stratton Brook State Park Trail** - Stratton Brook State Park to **Simsbury**, 2 miles
- **Sue Grossman Still River Greenway** - **Torrington to Winchester**, 2.9 miles
- **Windsor Locks Canal State Park Trail** - **Suffield to Windsor Locks**, 4.5 miles

### Accessible Waterfalls

**Kent Falls** - Lower sets of falls are fully viewable and impressive from roadside; paved path leads closer to base of falls; upper falls are out of sight. Located in **Kent**, CT.

**Mill Pond Falls** - Fully viewable from roadside and parking area. Located in **Newington**, CT.

Source:

[www.newenglandwaterfalls.com/accessible.php](http://www.newenglandwaterfalls.com/accessible.php)

### *Did you know a section of the Appalachian Trail is accessible?*

Located near **Falls Village**, CT, a one mile portion of the Appalachian Trail has been covered in packed gravel to allow easy pushing and preserve the beauty of the original trail. The area also features waterfalls and a historic ironworks.

### CT Trails Weekend

Held during the first weekend in June, the CT Trails Weekend includes over 250 events throughout the state. Accessibility is indicated for each event.

Check the CT Forest & Park Association website at: [www.ctwoodlands.org](http://www.ctwoodlands.org)

### Family Rambles

Guided family-friendly walks are held on the last weekend of every month at trails throughout Connecticut. Not all Family Rambles are accessible, contact before walk for accessibility information.

Sponsored by CT Forest & Park Association. [www.walkct.org](http://www.walkct.org)

## Adaptive Hiking Equipment

Try a hiking wheelchair or an all-terrain trike that makes rugged trails accessible to people of all ability levels at the Adaptive Recreation Fair sponsored by the Massachusetts DCR Universal Access program.

[www.mass.gov/eea/agencies/dcr/massparks/accessibility](http://www.mass.gov/eea/agencies/dcr/massparks/accessibility) or call 617-626-1294.

## Outdoor Recreation Websites:

[www.ctwoodlands.org](http://www.ctwoodlands.org)

[www.greenway.org/explore-by-state/ct](http://www.greenway.org/explore-by-state/ct)

[www.newenglandtrail.org](http://www.newenglandtrail.org)

[www.alloutadventures.org](http://www.alloutadventures.org)

[www.nepassage.org](http://www.nepassage.org)

[www.waypointadventure.org](http://www.waypointadventure.org)

[www.mass.gov/eea/agencies/dcr/massparks/accessibility](http://www.mass.gov/eea/agencies/dcr/massparks/accessibility)

[www.ct.gov/deep/stateparks](http://www.ct.gov/deep/stateparks)

[www.bikewalksimsbury.org/simsbury-ct-adaptive-cycling.php](http://www.bikewalksimsbury.org/simsbury-ct-adaptive-cycling.php)

[www.gaylord.org/why-gaylord/sports-association.aspx](http://www.gaylord.org/why-gaylord/sports-association.aspx)

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## State Parks

1. Connecticut is fortunate to have 107 State Parks and 32 State Forests comprising nearly 300,000 acres of beautiful recreation lands and open space for the use and enjoyment of the public. Most of these areas are available free-of-charge. Of these 139 areas, only twenty six (26) charge a parking fee from the third week in April through the Columbus Day Holiday. Of the twenty-six parking-charge parks, fifteen (15) charge for parking only on weekends and holidays with weekdays free and only eleven (11) charge during the entire week. We are fortunate that all areas of the state offer several no-cost, state-run recreation opportunities.

Please visit the DEEP's State Parks website at:

[http://www.ct.gov/deep/cwp/view.asp?a=2716&q=325086&deepNav\\_GID=1650](http://www.ct.gov/deep/cwp/view.asp?a=2716&q=325086&deepNav_GID=1650)

to locate state parks across the state which do not charge any parking or admission fee, and enjoy them.

(This is truly a great website with tons of information and ideas check out Letterboxing/Geocaching for an activity to do at the park) The State Parks Division issues **every public library in the state a State Park Library Pass which can be checked out**, similar to a book, and used for **free** visitation to any park or forest that charges a fee. This program is very popular. We invite your program leaders to pay a visit to your local library to take advantage of this offer.

2. Our agency also offers season passes that can be purchased for \$67. It allows an unlimited number of visits to all parks during the busy season.

3. Available for free, are the lifetime Charter Oak Pass for Connecticut residents age 65 or older and the Disabled Veteran Pass for citizens with a service connected disability. As long as the resident is in the vehicle, it can park free of charge. However, only the pass holder enjoys free admission to Gillette Castle, Dinosaur and Fort Trumbull State Parks.

Please visit the following page to learn about alternatives:

[http://www.ct.gov/deep/cwp/view.asp?a=2716&q=325090&deepNav\\_GID=1650#SeasonPass](http://www.ct.gov/deep/cwp/view.asp?a=2716&q=325090&deepNav_GID=1650#SeasonPass)

These are great resources!

### **Camp Harkness**

A specially designed Connecticut State Park providing accessible facilities including: picnic area and pavilion; ramped playground; beach access with boardwalk and all terrain wheelchairs that can go into the water; tent campground with accessible bathhouse.

Cabins are available to families when not being used for residential camping programs.

Camp Harkness is only available to people with special needs as well as their family and friends. To request a pass application, call 860-859-5554.

*Camp Harkness, 301 Great Neck Road,  
Waterford, CT 06385  
Camp Office: 860-443-7818*

### **Hammonasset Beach**

Hammonasset is CT's largest stretch of beach. The area includes trails, beach, and a nature center. Six of the campsites are designed to be used by those with disabilities. They are near accessible restrooms and have access to electricity.

*Reservations: 1-877-688-CAMP  
1288 Boston Post Road  
Madison, CT 06443*

Go to [www.ct.gov/deep/stateparks](http://www.ct.gov/deep/stateparks) to look up directions to any of the parks listed or to check accessibility information of any other parks in Connecticut.

### **Beach Wheelchairs**

Beach wheelchairs are available free of charge on a first come/first served basis at a few of the state's beaches to allow all visitors to experience the beach.

- Hammonasset Beach, **Madison**
- Rocky Neck State Park, **Niantic**
- Sherwood Island, **Westport**
- Silver Sands, **Milford**
- Squantz Pond State Park, **New Fairfield**

### **The Great Parks Pursuit**

Families are given free access to a different state park each week for five weeks. Outdoor activities include fishing, canoeing and more! Contact before each event for accessibility information. Registration required. [www.ct.gov/ncli](http://www.ct.gov/ncli)

### **Accessible Restrooms**

The majority of state parks in CT have accessible restrooms. The following parks have one large family restroom where a parent can assist their child if needed.

- American Legion State Forest, **Pleasant Valley**
- Black Rock State Park, **Thomaston**
- Hammonasset Beach State Park, **Madison**
- Housatonic Meadows State Park, **Cornwall Bridge**
- Kettletown State Park, **Southbury**
- Lake Waramaug State Park, **New Preston**
- Rocky Neck State Park, **Niantic**

### **Accessible Fishing Platforms**

- Bigelow Pond and Mashapaug Lake Boat Launch, Bigelow Hollow State Park, Union
- Connecticut River, Haddam Meadows State Park, **Haddam**
- Day Pond State Park, **Colchester**
- Devils Hopyard State Park, **East Haddam**
- Pataconk Lake, Cockaponset State Forest, **Haddam**
- Schreeder Pond - Chatfield Hollow State Park, **Killingworth**
- Squantz Pond State Park, **New Fairfield**
- Stratton Brook State Park, **Simsbury**
- Fort Trumbull State Park, **New London**

*For more accessible fishing sites, see the*

*Connecticut Angler's Guide on*  
[www.ct.gov/deep](http://www.ct.gov/deep).

# Did You Know? And Other Resources

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## See what is happening in a town near you!

Remember to check out the many events and programs in your area. Go to your **Local Library** to sign out passes to local attractions and Museums (Mystic Aquarium, Mystic Seaport, etc. each Library has different passes and deals available). Check out the **Parks and Recreation** departments, **Senior Centers** or **Adult Education programs** in your town and your neighboring towns to see what they have to offer. Give them a call and get to know them, and let them know what programs you would like to see.

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## **Mystic Seaport Special Needs Discount**

Special needs' visitors receive a 50% discount on admission: One additional adult attending to the special needs' visitor will also receive a discount of 50% on admission.

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**Amusement Parks** are doing their part to help everyone have fun. Did you know that many amusement parks have special passes available to allow individuals who cannot stand in long lines, bypass the lines thus being able to enjoy the parks?

<http://www.friendshipcircle.org/blog/2013/10/10/39-theme-parks-with-access-passes-for-special-needs/>

## **Lake Compounce Theme Park, Bristol CT**

Lake Compounce is an award winning park for this. They offer the SAM bracelet or stamp. Just stop by Guest Relations as you enter the park and get one. It makes park personnel aware that the individual has some special needs, so he/she and a companion may enter rides at an accelerated rate, bypassing long lines.

Lake Compounce Theme Park has been chosen as the "Business of the Year 2012" for Autism Day at the State Capitol.

## **Six Flags New England, Agawam, MA**

6 Flags offers 2 different special passes that allows individuals who cannot stand in lines to bypass the lines with one caregiver or friend. Stop at Guest Relations to get the passes.

- The first is the NVP for individuals with non-visible disabilities that prevent them from being able to stand in Long Lines this includes but is not limited to individuals with Autism.
- The Second is the Mobility Pass for individuals who are physically challenged.

## **Quassy Amusement Park, Middlebury, CT**

When I spoke with Quassy, they said they did not have such a program since their park was so small they never got long lines. So if a small park is what you are looking for... they may be what you are looking for.

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## **Transportation Information and Resources**

A new **Great New Transportation Website is launched... TRANSITNET** [www.transitnet.info](http://www.transitnet.info)

**The Arc Connecticut** brings you **TransitNet**; a website for people with disabilities, older adults, caregivers, and providers who want to learn more about what transportation options are available for them in Connecticut. The site is designed to be accessible and informative—providing transportation links, instructions on how to use those links, and contact information leading directly to individuals who can offer further assistance. Including information on: Mobility Managers, Travel training, Google Trip Planner, CT Transit, Community Choices, 2-1-1 Information and much more.

Go to [www.transitnet.info](http://www.transitnet.info)

Please take the short Survey to help them know how to improve transportation in our state!

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The Kennedy Center Travel Training is a nationally acclaimed program that teaches people with disabilities and seniors how to properly and safely use the local bus and rail system on a one-to-one basis throughout the state of CT. Since 1991, The Kennedy Center has successfully travel trained more than 3,000 people with cognitive, sensory, and physical disabilities, aged 16-95, to use local buses and trains to access the community. **There is no charge for travel training**, the program is grant funded by The Connecticut Department of Transportation.

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### **Mobility Managers**

A mobility manager is a resource person who offers information about transportation options available to people with disabilities, seniors, and veterans; identifies gaps in service; and helps implement new service where it is most needed. Mobility managers also provide ombudsman services to act as advocates and represent the interests and for individuals who have transportation mobility needs and issues. They do not provide transportation, but help create a “one-stop shop” where individuals can find solutions to their transportation challenges. If you’d like to use a mobility manger please PLAN AHEAD. If you need help getting from point A to B, it’s best to contact them a few days before you need to travel. Other services they promote have an application/interview process and may take more than a few days to finalize.

Connecticut currently has THREE mobility managers.

#### **Know How to Go - Mobility Resources for Southwest, CT:**

to go directly to the site <http://knowhowtogoct.org/>

#### **Contact info:**

Name: Margaret Mixon

Phone: 203.365.8522, ext. 263

E-mail: [MMixon@kennedyctr.org](mailto:MMixon@kennedyctr.org)

**TOWNS SERVED:** Ansonia, Bridgeport, Darien, Derby, Easton, Fairfield, Greenwich, Milford, Monroe, New Canaan, Norwalk, Seymour, Shelton, Stamford, Stratford, Trumbull, Weston, Westport, Wilton

#### **Eastern Connecticut Transportation Consortium, Inc. (ECTC):**

to go directly to the site <http://www.ectcinc.com/index.htm>

#### **Contact info:**

Name: Ginger Morse

Phone: 860.859.5792

E-mail: ectcmobility@yahoo.com

**TOWNS SERVED:** Ashford, Bozrah, Brooklyn, Canterbury, Chaplin, Colchester, Columbia, Coventry, Eastford, Franklin, Griswold, Groton, Hampton, Killingly, Lebanon, Ledyard, Lisbon, East Lyme, Lyme, Mansfield, Montville, New London, North Stonington, Norwich, Old Lyme, Plainfield, Pomfret, Preston, Putnam, Salem, Scotland, Sprague, Sterling, Stonington, Thompson, Union, Voluntown, Waterford, Willington, Windham, Woodstock

**Way To Go CT: Northern Central Connecticut**

to go directly to the site <http://www.waytogoct.org/>

**Contact info:**

Name: Danielle Herbert

Phone: 860.667.6207 ext. 17

E-mail: [dherbert@waytogoct.org](mailto:dherbert@waytogoct.org)

**TOWNS SERVED:** Andover, Avon, Berlin, Bloomfield, Bolton, Bristol, Burlington, Canton, East Granby, East Hartford, East Windsor, Ellington, Enfield, Farmington, Glastonbury, Granby, Hartford, Hebron, Manchester, Marlborough, New Britain, Newington, Plainville, Plymouth, Rocky Hill, Simsbury, Somers, Southington, South Windsor, Stafford, Suffield, Tolland, Vernon, West Hartford, Wethersfield, Windsor, Windsor Locks

**South Central MM (Greater New Haven & Middletown)**

A New Mobility Manager was just hired for this position. For more information go to the DOT's Mobility Manager Website.

<http://www.ct.gov/dot/cwp/view.asp?a=1386&q=553940>

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Another New website CTADA.com

We are excited to announce that the website CTADA.com is up and running. CTADA.com is the Connecticut's NEW central location for information on ADA paratransit services in Connecticut. At CTADA.com you:

- Can print out the state wide ADA paratransit application
- Can complete and send the application on-line
- Find contact information on the ADA paratransit providers in the state
- Find information on the eligibility criteria for ADA paratransit
- Watch the video: "Mobility, Choice, Independence"

Check it out: [www.ctada.com](http://www.ctada.com)

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**I would love to hear from you once you have read the Newsletter.**

**Please let me know:**

- Did you find it useful?
- Is there something that is missing that should be in there?
- Is there something that is incorrect and needs fixing?
- Do you know of an activity that I missed?
- Do you have any suggestions to improve this newsletter?
- Do you have a program you would like help advertising or getting started?

If you would like to respond to these questions or would like to be added to my E-mail list

Please contact me: Pamela Okerblom – Recreation Therapist

[Pamela.Okerblom@ct.gov](mailto:Pamela.Okerblom@ct.gov) or call 860-859-5482