



# Informing Families

## Today and Tomorrow

### GET CONNECTED



### FOR THE SUMMER

If you haven't had the time or opportunity to locate summer activities for your son or daughter, below are a list of options and avenues to explore.

Some require more planning than others, but not all. Don't rule out events that are for the whole community. There are lots activities and events that everyone can enjoy.

Sometimes, showing up helps open doors for others with similar accessibility and accommodation needs.

#### Community Centers and YMCA

Craft classes, yoga, cooking, music, swimming, arts, and special events are often low cost and easy to join.

#### Libraries

Not only do libraries host free events and story times, but they are a great resource for finding out what else is going on in the community.

#### Local Parks and Recreation

City and county recreation programs provide inclusive opportunities for children and adults of all abilities, as well as specialized programs. In addition to classes, community events such as *music in the park* are free and don't require advance sign up. Check your local paper or community notices for times and locations.

**Outdoors for All** (located in Seattle) Adaptive and therapeutic recreation for children and adults with disabilities. Visit: [outdoorsforall.org](http://outdoorsforall.org)

#### Service Organizations

Non-profit community groups, such as Elks Club, Lions Club, Kiwanis,

*“Summer can be an isolating time because we no longer have school to anchor us to the community. It can feel like we're all of a sudden left on our own and are solely responsible for the care of our (not so easy) children. It's so important for both parents and kids to stay connected over the summer. Check local community calendars for meetups and other social opportunities. They're out there!”*

Rachel Nemhauser  
Parent to Parent, The Arc of King Co.

Easter Seals, as well as many faith organizations, have programs and activities to benefit children and adults with disabilities.

#### Summer Camp

Center for Children with Special Needs has a statewide directory of camps, including tips for parents on what to expect and how to prepare. Visit: [cshcn.org/resources-contacts/summer-camp-directory](http://cshcn.org/resources-contacts/summer-camp-directory)

#### Trips, Inc.

All inclusive vacation packages for individuals age 16 and older. Visit: [tripsinc.com](http://tripsinc.com)



### Parent Groups

One of the best ways to find out what's available in your area is to connect with other parents and families.

Autism Society: [autismsocietyofwa.org](http://autismsocietyofwa.org)

Local Arcs: [arcwa.org/getsupport](http://arcwa.org/getsupport)

Fathers Network: [fathersnetwork.org](http://fathersnetwork.org)

Parent to Parent: [arcwa.org/getsupport](http://arcwa.org/getsupport)

