



Our Mission

The Arc fosters respect and access for individuals with intellectual and developmental disabilities and their families, giving them the power to achieve a full and satisfying life.

Contents:

- Fun for ALL Abilities
- Arc Support Groups/Monthly Meetings
- Arc Annual Events
- Inclusion Training and Resources
- Family Fun Activities and Events:
 - Lego Club
 - Sibshops, Support for Siblings
- Organized Sports & Recreation
- Day Camps
- Overnight Camps
- Peer Groups for Self-Advocates/Adults
- Social Groups
- State and National Parks
- County and Local Parks & Recreation

2019 Recreation Guide

Recreational opportunities help individuals develop confidence, independence, new skills, and friendships.



The Arc of Snohomish County
2500 Hewitt Ave. Suite 300, Everett, WA 98201
T: 425.258.2459 F: 425.252.8232 www.arcsno.org



Fun For ALL Abilities

This booklet is designed to help you explore your community and find recreational opportunities and activities to suit your child's interests. Many programs will offer accommodations and inclusive opportunities when asked.



Ask to visit ahead of time and work together with program staff to address any concerns you may have.

Working together can make the program successful for your child.

Inclusive OR Specialized?

When planning to enroll your child in a camp or activity, a consideration is whether to look for an inclusive setting (children with and without special needs participating together), or find a specialized experience (exclusively for children with special needs).

Benefits of Sending your Child to an Inclusive Camp/Recreational Activity:

- Gives your child a sense of community belonging;
- Provides an opportunity for growth and a stimulating environment;
- Honors everyone's unique abilities;
- Builds collaboration and interdependence;
- Enhances self-esteem;
- Is often more affordable than specialized programs;
- Allows for siblings to attend together.

Benefits of Sending your Child to a Specialized Camp/Recreational Activity:

- Geared to your child's special needs;
- Provides opportunities to socialize with peers who have similar challenges or disabilities;
- Opportunity to network with other families;
- Most activities and rules will be appropriate for your child.

Plan for Success:

- Consider your child's interests and abilities;
- Look for camps or organizations open to family participation, ideas or suggestions;
- Present your child in a positive light;
- Visit the program/activity location prior to the first day of camp or class;
- Work with your child on gaining appropriate skills;
- Ensure s/he has the necessary equipment, clothing and personal supplies;
- Ask if there's anything you can do to help your child and the staff have a great experience;
- **Register early.**





Arc Resources and Monthly Support Groups

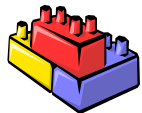
Mothers Network - 1st Saturday of the month for moms who have children with developmental disabilities.

Fathers Network - 4th Thursday of the month for dads who have children with developmental disabilities.

Connecting Families - 2nd Monday of the month for parents/providers of people with developmental disabilities.

SASSIE (Snohomish Autism Spectrum Support Information & Education) - 4th Monday of the month for parents/providers of people with autism/related disorders.

I.C.A.N. (Independence Community & Advocacy Now, Woman's Self-Advocacy) - 3rd Monday of the month for women who are self-advocates ages 16 & up.



LEGO Club - 2nd Sunday of the month, inclusive fun for all ages and abilities. *(parents must attend with children)*

Padres Unidos (support group in Spanish) – 3rd Friday of the month for parents who have children with developmental disabilities.

People First - 4th Tuesday of the month, for people with intellectual and developmental disabilities, focused on educating ourselves and others, advocating for our rights, and having fun!

Jameson Hope Lending Library (at The Arc) – Books and DVD's on advocacy, education, inclusion and more.

Achieve with us.®

Arc Annual Events – 2019

ARC IN THE PARK PICNIC

Come meet Arc staff and enjoy music, games and fun. Lunch Provided. Open to all. FREE

July 13, 2019
Noon - 2 pm

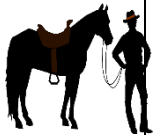


Forest Park Picnic Shelter
802 E Mukilteo Blvd, Everett

M-BAR-C RANCH

Wagon ride and horseback riding, lunch, adventure and more! Space is limited. FREE Registration Required

August 3, 2019
10 am - 2 pm



M-Bar-C Ranch
Forgotten Children's Fund
Freeland, WA

TBD OCTOBER HARVEST FESTIVAL

Petting farm, story trail, and hay maze in the barn, plus wagon rides to the pumpkin patch. Nominal fee.

The Farm at Swan's Trail
7301 Rivershore Drive
Snohomish, WA

REGISTRATION/INFO:
THE ARC 425-258-2459

Parent to Parent Coordinators:

Lynnea Rimando, Ext. 106
Lynnea@arcsno.org

Alaina Kube, Ext. 111
Alaina@arcsno.org

www.arcsno.org

For current topics, schedules and locations:
(425) 258-2459 or www.arcsno.org

Inclusion Training and Resources

KIT (Kids Included Together) Training – Nationally recognized training which includes four modules: Introduction to Inclusion, Respectful Accommodations, Supporting Positive Behavior and Partnering with Families.

For more information about community trainings contact:
Megan Edmonds, 425-388-7320, Megan.Edmonds@snoco.org

Additional information regarding community inclusion can be found at www.snohomishcountywa.gov/dd

www.includingsamuel.com
www.disabilityisnatural.com
www.liveinclusive.org

www.inclusion.com
www.kitonline.org
<http://kidstogether.org/>

Family Fun Activities and Events

Adaptive Aquatics (Lynnwood) - Lynnwood Recreation Center offers an Adapted Swim Lesson Program for children and adults with special needs. **425 670-5732**

<http://www.ci.lynnwood.wa.us/PlayLynnwood/RecCenter/Aquatics/SwimLessons/AdaptedAquatics.htm>

Animal Farm at Forest Park (Everett) – FREE petting farm during summer months. **425-257-8300**

<http://www.snohomish.org/explore/detail/forest-park-animal-farm>

Aquaexcel (Everett/Mukilteo/Whidbey Island) – Provides adaptive swimming, aquatic therapy, rehabilitation and recreation opportunities for children and adults in local swimming pools.

360-969-9178 www.aquaexcel.org

Art as a Way (Freeland) – Enriching the lives of people with and without disabilities through participatory art. Classes for kids of all ages. **(360) 730-1135** www.wayartstudio.com

Bellevue Youth Theater (Bellevue) - Blends the wisdom of children with the youthful enthusiasm of seniors. People with disabilities, families and seniors are encouraged to participate. www.bytf.org

Boys and Girls Club of America - www.bgca.org

Boy Scouts Mount Baker Council - www.mtbakerbsa.org

Campfire Snohomish County – Clubs, camps and school break activities. **425-258-5437**

<http://www.campfireusasnohomish.org/>

C.A.S.T for Kids Program - Provides a morning of fishing on a boat at no cost. For kids 5-17 with disabilities, and their siblings when space allows. Various locations.

(425) 251-3202 www.castforkids.org



Challenge Air (Paine Field, Everett) - Self-esteem and confidence building through the experience of flight.

Annual event. www.challengeair.com



Cinema under the Stars (Everett) – Outdoor movies throughout the Summer; free. Located at Silver Lake's Thornton A. Sullivan Park.

www.everettwa.gov/805/cinema-under-the-stars

Creative Dance Center (N. Seattle) – Multi-sensory learning and brain-dance principles taught to all ages. **206-363-7281**

<http://creativedance.org>

Day Out With Thomas (Snoqualmie) – July, tickets available beginning in March. Advance purchase is recommended. Includes a 25 minute round trip with a full size Thomas the Tank Engine, activities and food vendors for a day of fun. **(425) 888-3030 ext 7202** www.trainmuseum.org

Edmonds Center for the Arts/ECA (Edmonds) - Diverse and exciting arts experiences for all-ages and all abilities. *Arts for Everyone*– ECA’s \$2 ticket program for low-income students, families and older adults.
<https://www.edmondscenterforthearts.org/>

Edmonds Theater (Edmonds) - First Sunday matinee is presented with English captions on-screen.
<http://theedmondstheater.com/home.php>

Elevated Sportz, Ultimate Trampoline Park & Events Center (Bothell) – “Uplift!” sessions are offered monthly for children/adults with special needs and their families.
425-949-4488 www.elevatedsportz.com

Everett Public Library (Everett) – www.epls.org

MoPOP (formerly Experience Music Project (EMP)) (Seattle) – ADA accessible exhibits, free wheelchair rental. Paid Caregiver receives free admission. <http://www.mopop.org/>

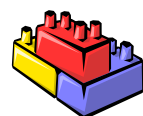
Footloose Sailing Association (Seattle, Leschi Marina) – Introduces sailing to people of all ages. Spring and Summer. “Leave your disability at the dock.” **206-382-2680**
www.footloosedisabledsailing.org

Friendship Adventures (King/Snohomish Counties) – Wide variety of inclusive activities, experiences and travel.
425-444-3132 www.friendshipadventures.org

Girl Scouts of Western Washington – **800-767-6845**
www.girlscoutsww.org

Imagine Children’s Museum (Everett) – “Free Admission Night”, free admission the 3rd Friday night of every month, 5:30-9 pm. SensoryTime, Every 3rd Sunday from 9-11 am. Registration required. **425-258-1006** www.imaginecm.org

Kidsbowlfree.com (Everett) - Registered kids receive 2 FREE GAMES of bowling every day All Summer Long!
<http://www.kidsbowlfree.com>



Lego Club (Everett) – Inclusive Lego building fun for all ages and abilities. 2nd Sunday of the month, 1-3 pm. Free. The Arc Office, 2500 Hewitt Ave. Suite 300 **425-258-2459** www.arcsno.org

Macaroni Kid (Snohomish County) Search for inclusive, kid friendly community events. <https://marysville.macaronikid.com/>

Mari’s Place (Everett) – Provides inclusive tutoring, music, dance & art lessons for kids ages 3-19. **425-257-1027**
<http://www.marisplacearts.org/>

Movies in the Park (Snohomish) – Free outdoor movies during select summer evenings. Willis Tucker Park.
www.snohomishcountywa.gov/1098/Movies-in-the-Park

Music in the Park; Children’s series (Everett) – Thornton A. Sullivan Park at Silver Lake next to the playground. Free admission!
<http://www.snohomish.org/explore/detail/everetts-music-in-the-parks-childrens-series>

The Museum of Flight (S. Seattle) – Offers accessible exhibits and the “Connections Program” which offers FREE admission for students age 5-18, plus one adult to accompany them.
<http://www.museumofflight.org>

NorthwestTrek Wildlife Park (Eatonville) – The entire park is ADA accessible and wheelchairs can be secured to Trams for park tours. **360-832-6117** <http://www.nwtrek.org/>

The Outback Kangaroo Farm (Arlington) – Visit kangaroos on select days of the week. Spring, Summer, Early Fall.
360-403-7474 www.outbackkangarooroom.com/



Pacific Science Center (Seattle) – One caregiver accompanying a guest with a disability receives complimentary general admission. General exhibits and theaters are wheelchair accessible. Free early access to exhibits on the second Saturday of each month for all families affected by autism spectrum disorder.
<http://www.pacificsciencecenter.org/Visit/accessibility>

Pacific Science Center Access Family Membership program offers a discounted family membership to families that receive any type of state assistance (food stamps, Medicaid, etc.) Cost is \$19 a year for two adults and up to six children. Please contact the Membership office for additional information. **206-443-2924**

Regal Summer Movie Express – Summer movie festival offering G & PG movies at various locations. Tickets are \$1 per person.
www.regalmovies.com/Movies/Summer-Movie-Express

Sailing Heritage Society (Lake Union/Lake Washington) – Provides therapeutic sails for children and their families to help ease the physical and emotional burden of serious illnesses, welcoming people with a wide range of emotional, mental or physical challenges on sailing trips. **206-381-6919**
www.sailingheritage.org/index.html

Seattle Aquarium (Seattle) – Exhibits are wheelchair accessible. Individuals with disabilities receive \$2 off admissions. Caregivers receive free admission.
<http://www.seattleaquarium.org/accessibility>

Seattle Children’s Museum (Seattle) – All exhibits are wheelchair accessible. Free daily admission with WA State DSHS Services Card. Opens early on the first Saturday of every month for kids with autism and their families for a \$3 admission fee (please pre-purchase tickets). Donation only hour from 4-5pm on weekdays. Discounted admission for WA EBT card; \$1 off per person in the family. <http://thechildrensmuseum.org/visit>

Seattle Children’s Theater (Seattle) – Offers select sensory friendly performances. <http://www.sct.org/>

Seattle Symphony, Sensory Friendly Concerts (Seattle) – Select Saturdays and Sundays, 10am to noon.
<http://www.seattlesymphony.org/families-learning>

Sensory Friendly Films (Alderwood/Woodinville) – AMC Alderwood Mall 16 & Woodinville 12 offer sensory friendly films monthly. **888-262-4386**
www.amctheatres.com/programs/sensory-friendly-films

Sensory Jump at Pump It Up! (Lynnwood/Kirkland) – Indoor, bouncy-house fun, once a month, especially for children with disabilities, and their siblings. Nominal fee. **425-774-2297**
www.pumpitupparty.com/lynnwood-wa

Snohomish County Music Project (Everett) – Music lessons for youth and adults taught by board certified music therapists who can accommodate to different learning styles and adapt to behavioral, social or cognitive challenges. **425-258-1605**
<http://scmusicproject.org/>





Sibshops at Arc of Snohomish County
(Everett)

Special events for siblings of children with disabilities. Welcoming place to share joys, concerns and solutions, and develop a better understanding of their sibling's disability. Crafts, games, and special events.

Hosted by The Arc. **425-258-2459**

www.arcsno.org

Sibshops at Kindering

(Bothell)

Action packed workshops for typically developing siblings of children with special needs, ages 6-11. Held one Friday each month, 4-7pm at Kindering Bothell. Registration required.

425-653-4306 sibshops@kindering.org

Sibshops at Seattle Children's Hospital
(Seattle)

Monthly get-together featuring activities, games and celebrations for siblings of children with special or developmental needs. Registration required: **206-987-4133**

<http://www.seattlechildrens.org/classes-community/classes-events/sibshops/>

Snohomish County Parks & Recreation Specialized and Inclusive Recreation – Offers a variety of monthly activities for people of all abilities.

snohomishcountywa.gov/826/Specialized-Recreation

Sno-Isle Library System (County Wide) – www.sno-isle.org

Sounds of Summer Concert Series (Marysville) – Located at Jennings Park. This is a FREE event open to all.

marysvillewa.gov/index.aspx?NID=517

Swim Center at Forest Park (Everett) – Discounted for people with disabilities and free for (1) caregiver. **425-257-8312**

everettwa.gov/738/Swim-Center

Warm Beach Summer Swim Lessons (Stanwood) – Private summer swim lessons for people with special needs, ages 3 through adult. **360-652-7575 or 800-288-6724**

www.warmbeach.com/programs/special-needs-programs

Wild and Scenic Institute (King/Snohomish County) – Offers variety of programming for children with disabilities from rafting, hiking, skiing and more.

206-459-7334 <http://wildandscenic.org>

Woodland Park Zoo (Seattle) – Discounted admission for people with disabilities and free admission for (1) caregiver. Free ADA accessible parking with visible pass. www.zoo.org

YMCA (County Wide) - Many YMCA's offer inclusive and/or adapted activities, including organized sports and swimming. Please contact your local YMCA for information.

www.ymca-snococo.org

Organized Sports & Recreation

All Aboard (Everett) - Provides recreational, social, and educational activities for adults with special needs to help them develop an active, positive, and inclusive lifestyle. Age 18 and older. <http://www.allaboardwa.org/>

Challenger Baseball – Local multi-age teams set up according to abilities. Games are played as tee ball, coach pitch, player pitch or a combination of the three.
littleleague.org/learn/about/divisions/challenger.htm

Courageous Connections (Serving Snohomish, King & Skagit Counties) - Brings humans and horses together to empower participants with challenges towards achieving their individual goals. People with physical, cognitive, or emotional challenges, as well as the elderly. **425-260-7340 or 425-232-3246** <https://www.courageous-connections.org>

Highland Community Center (Bellevue) - Provides programs that give people with disabilities opportunities for recreation, socialization and learning. The center offers a wide array of recreation, sports, fitness, cultural arts and social programs.
http://www.bellevuewa.gov/highland_center.htm#adaptive

Miracle League (Monroe YMCA) - Baseball, Bowling and Basketball adapted for all individuals needing help in order to participate. Buddies are provided for participants so parents can watch, cheer and talk with other parents. For event schedule Contact: Adaptive Program Coordinator **360 804 2165**

Northshore Wranglers – Offers year-round, weekly and ongoing specialized and inclusive activities and support for individuals of all ages with intellectual and developmental disabilities, their family and caregivers.
www.northshorewranglers.org

Outdoors For All Foundation – Year-round adaptive outdoor events: cycling, swimming, hiking, kayaking, skiing and rock climbing, as well as community excursions.
206-838-6030 www.outdoorsforall.org

Professional Association of Therapeutic Horsemanship International – Members assist children and adults with physical, mental and emotional challenges to find strength and independence through the power of horses.
www.pathintl.org

Seattle Adaptive Sports (Seattle) – Dedicated to providing athletic and recreational activities to physically challenged individuals. <http://www.seattleadaptivesports.com/>

Shadow Seals Swimming (Kirkland/Shoreline/Renton) - Provides swimmers with a disability the competitive team environment, culture, coaching, training and opportunities to achieve athletic and personal success.
<http://www.shadowsealsswimming.org>

SOAR – Social Opportunities and Recreation (Snohomish County) - Recreational programs providing people with varying ages, abilities, and backgrounds an opportunity to come together and share common interests. **425-388-6614**
<http://snohomishcountywa.gov/826/Social-Opportunities-And-Recreation-SOAR>

Special Olympics/Unified Sports – Offers a variety of inclusive and specialized team-based sports throughout the year.
<http://www.specialolympicswashington.org/>

US Youth Soccer – Soccer activities for all abilities, ages 4 and up, with a focus on exercise and participation.
www.usyouthsoccer.org

Day Camps

Camp Fire USA Day Camp

(King/Kitsap counties) – Serves children 5 -12 with mild to moderate disabilities. Before registering, call the Day Camp Program Manager to discuss creating a successful experience for your child.

206-461-8550 <http://campfireseattle.org>



Camp Killoqua Day Camp (Stanwood) - Both inclusive and specialized camps for children 7 -14 with mild to moderate learning/developmental disabilities. Games, songs, crafts, swimming, boating. **425-258-5437** www.campfiresnoco.org

Camp Patterson Day Camp for Adults (Everett) – For adults 18+ with disabilities. Activities include boating, swimming, sports, games and field trips.

425-257-8369 <https://everettwa.gov/720/Camp-Patterson>

Camp Patterson Day Camp for Kids (Everett) - An inclusive camp for kids/young adults 5 - 21, where campers play, exercise and learn through games, sing-alongs, crafts, canoeing and swimming. **425-257-8369** <https://everettwa.gov/720/Camp-Patterson>

Little Bit Therapeutic Riding Center, Inclusive Summer Camps (Redmond) – Adaptive horsemanship activities and games on and off horses, for many ages and abilities. **425-882-1554** <http://www.littlebit.org/programs/summer-camp.html>

Outdoors for All – Year-round day camps during school breaks and summer, designed to build camper’s social development, self-confidence and motor skills. “Challenge by choice” approach allows for a wide variety of abilities, fitness levels and fun.

206-838-6030 www.outdoorsforall.org

Providence Children’s Center/Camp Prov (Everett) - Morning and afternoon sessions during the summer, for children with special needs and their siblings, ages 2-10. Circle time, gross motor time, swimming, snack, crafts and more! **425-258-7311** <http://washington.providence.org/hospitals/regional-medical-center/services/womens-and-childrens-health/childrens-center/>

Theater of Possibility (TOP) Summer Day Camps (NE Seattle) - For youth with autism spectrum and other ability differences. Two-week, half-day summer camp for ages 8-13. Partial scholarships and pay-what-you-can available. TOP is a DSHS respite care provider.

<http://www.laurenmarshall.com/TheaterOfPossibility.htm>

UW Autism Center Summer Day Camp (Seattle) – Designed for ages 6-12 with Asperger’s disorder and related disabilities, siblings and peers to develop friendships and learn important social interaction skills. Activities and field trips around the Seattle area. **206-221-5235**, email apex@uw.edu <http://depts.washington.edu/uwautism/index.php>

Warm Beach Special Friend’s Day Camp (Stanwood) - Campers ages 15-adult are paired with “buddies” who offer assistance to the camper. Swimming, golf, crafts, skits and more. **360-652-7575 or 800-288-6724** www.warmbeach.com/programs/special-needs-programs



Overnight Camps

Camp Beausite NW – (Chimacum) – Week long overnight summer camps for people ages 6-65+ with special needs.

<https://campbeausitenw.org/>

Camp Discovery – Free for children 7-16 with epilepsy, and their siblings. Staffed by trained volunteers and two nurses.

206-574-4551 www.epilepsynw.org

Camp Killoqua Resident Camp (Stanwood) – Inclusive camps for campers 7-21 with mild to moderate learning and developmental disabilities. Please contact before registering.

425-258 5437 www.campfiresnoco.org

Camp Korey (Mt. Vernon) - Camp Korey's mission is to honor the courage, strength, and determination of children living with serious and life-altering medical conditions and their families; and to provide them with a safe, friendly, medically sound environment in which to simply have fun and be kids.

<http://campkorey.org/>

Camp Stand By Me (Gig Harbor) – Summer week-long overnight camps and year-round weekend respite camps offered by Easter Seals of Washington, for ages 7-35.

206-281-5700 or 253-884-2722

<http://www.easterseals.com/washington>



Kiwanis Camp Casey

(Whidbey Island) - A week long summer camp for children ages 6-17 who have physical disabilities.

Transportation to and from Camp is provided from the North Seattle area. Camp is free of charge!!

206-713-7515

<http://www.campcasey.org/>



Lions Camp Horizon (Blaine) – Camps run from Sunday to Thursday and accept a wide range of special needs conditions and generally try to accommodate all campers who can benefit from the range of activities.

360-371-0531

email campdirector@lionscamphorizon.org

<http://www.lionscamphorizon.org/>

Stanley Stamm Summer Camp (Mt. Rainier) – Free camp including medical support for Seattle Children's Hospital patients ages 6-14 with current illnesses.

206-987-CAMP (2267).
<http://www.seattlechildrens.org/clinics-programs/stanley-stamm-summer-camp/>

Warm Beach Special Friends Overnight Camp (Stanwood) – Overnight camp for prior Warm Beach Day Campers. Application process.

800-228-6724 or 360-652-7575
www.WarmBeach.com/programs/special-needs-programs

Peer Groups for Self-Advocates/Adults

Delphi Young Adults (Puget Sound area locations) – A transition support program for young adults ages 18-28 with Autism, ADHD, and Learning Disabilities.
<https://delphiyoungadults.com/>

Eagle Wings Ministries (Marysville) - Events for adults with developmental disabilities throughout the year, as well as issues Eagle ID Cards for qualified individuals (discounts).
360-658-6093 www.eaglewingsministries.org

Independence Community & Advocacy Now (I C.A.N.) Women's Self-Advocacy Group (Everett) – Monthly meeting for women, ages 16 and up. Friendship and fun. Sponsored by the Arc. **425-258-2459 x103** Corinna@arcsno.org

Miracles and Memories Academy (Monroe) - A day and weekend respite program for special needs individuals that is inclusive and encompassing. A program that supports the whole family and client with wrap around services and social events.
(360) 805-8858 <https://miraclesandmemoriesacademy.org/>

Museum of Special Art (MOSA) (Bothell) – The Museum of Special Art (MOSA) is a nonprofit corporation developed to meet the current needs of children and adults with disabilities by providing access to the visual arts, educational opportunities, career development, art internships and work opportunities for artists with disabilities. www.museumofspecialart.org

Quilceda Community Services, Willow Place (Marysville) – Offering specialized, ability appropriate recreation programs for adults with intellectual and developmental disabilities.
(360) 653-2324 www.quilcedacommunityservices.org

SCH Alyssa Burnett Adult Life Center (Bothell) – Offering day programs for adults with developmental disabilities. Classes include cooking, life skills, art, music, fitness and more.
(425) 488-6173
www.seattlechildrens.org/contact/alyssa-burnett-adult-life-center/

Shoreline Special Recreation Program (Shoreline) – Offering adult day programs, weekend trips, and special events for individuals with developmental disabilities. **(206) 801-2600**
<http://www.shorelinewa.gov/government/departments/parks-recreation-cultural-services/recreation-programs/specialized-recreation>

Sixth Day Dance Company (Everett) – Inclusive modern dance classes for all abilities. **425-409-9504** www.sixthdaydance.org

Village Community Services (Arlington) – Residential, vocational, music/art and recreation services for all ages. **360-653-7752** www.villagecommunitysvcs.org

Volunteers of America Western Washington Accessible Recreation Opportunities – Create affordable, accessible vacations and recreation opportunities with flexible pre-packaged and custom-designed itineraries. **425-259-3191**
<http://www.voaww.org/aro>



Social Groups

Aspiring Youth (Puget Sound area locations) – Offering social groups, camps and coaching for children ages 8-18 with Autism, ADHD and Learning Disabilities. <https://aspiringyouth.net/>

Evergreen Neurodevelopmental Center, LLC (Lynnwood)
Nicole Bain, Ph.D, Licensed Psychologist – Social groups, neurocognitive assessments, parent support groups, and summer day camps. **425-753-5001** NicoleBainPHd@gmail.com

FEAT of Washington, Families for Effective Autism Treatment (Bellevue) – Rising Star Academy. High quality early childhood intervention for all learners ages 3-8. Provides intensive Applied Behavior Analysis (ABA) services in a classroom environment, with a focus on social and school-readiness skills. Half day and full day options are available. **425-502-5801**, www.featwa.org/our-services/

Lakeside Center for Autism Summer Social Groups (Issaquah) *PEAK* (Play and Educational Activities for Kids) An opportunity for children with disabilities to receive specific, individualized social, emotional, and academic support during the summer months.

STAR (Summer Training and Athletic Readiness) A gross motor & social interaction group designed to promote and increase participation in athletic group activities.

<http://lakesideautism.com/summer-social-group/>

Lynnwood Speech & Associates (Lynnwood) - A pediatric speech-language therapy clinic offering Social Skills Groups, Individual Therapy and Evaluations.

<https://www.lynnwoodspeechandassociates.com/>

Lynnwood Speech & Language Services (Lynnwood) – Evaluations, therapy, parenting classes, and social groups to address friendship development and social thinking.

425-582-2473 lynnwoodspeechandlanguageservices.com

Pediatric Physical and Occupational Therapy Services – Summer Camps (Mountlake Terrace) **Offices of Rosemary White, OTR/L** - Our goal is for campers to have fun and to develop play skills in rich interactions with peers. Camps are four weeks long – three hours per day. Campers who are not currently clients in our practice require a one hour individual intake session prior to the start of camp. **206-367-5853**

https://www.rosemarywhitepediatricervices.com/summer_camps.html

Puget Sound Counseling and Autism Services, LLC (Lynnwood) **Glenna Clouse, M.Ed., LMHC** – Social groups, counseling, and consulting. **206-617-2131**
glennaclouse@gmail.com or www.psautism.com

Shine and Soar Social Skills Group (Arlington)
Lindsay Beard, LMHC, Child Mental Health Specialist – Social skills groups for respective age groups, K-14. Build peer relationships, improve focus and emotion regulation.
360-420-9488 <http://www.lindsaybeard.com/index.html>



State and National Parks

Accessible Outdoor Recreation Guide

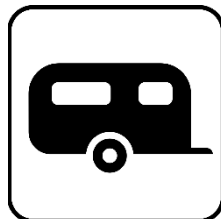
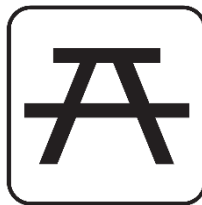
The state of Washington is a leader in providing accessible outdoor recreation. The accessible sites in the link below are managed by the Washington State Parks and Recreation Commission, the Washington Department of Natural Resources, the Washington Department of Fish and Wildlife, and the United States Department of Agriculture (USDA) Forest Service, and the Olympic National Park. www.parks.wa.gov/ada-rec/

Pass Program for Washington State Residents

Washington State Parks offers passes that reduce or waive camping, moorage and watercraft launch fees for limited income seniors, disabled veterans, foster parents and people with disabilities. Qualified individuals may apply for more than one type of pass, however only one pass may be used at a time. Valid only at Washington state parks. www.parks.wa.gov/205/Passes

National Parks Access Pass

Register for a free, lifetime pass, available to U.S. citizens or permanent residents of the United States who have a **permanent disability**; pass provides access to over 2,000 recreation sites managed by five Federal agencies. At many sites the Access Pass provides the [pass owner](#) a discount on [Expanded Amenity Fees](#) (such as camping, swimming, boat launching, and guided tours). <http://store.usgs.gov/pass/access.html>



County and Local Parks & Recreation

Opportunities for recreation and organized events abound. In addition to your own neighborhood and city parks and events, consider exploring outlying communities for events, day-trips and enrichment activities such as summer music concerts, free movies, Ranger-led beach walks, festivals and more.

Snohomish County Recreation and Leisure Resources

<http://snohomishcountywa.gov/DocumentCenter/View/5827>

Snohomish County Parks and Recreation

Communities throughout Snohomish County offer ongoing activities for individuals, youth and their families, many of which are FREE or low-cost.

www.snohomishcountywa.gov/200/Parks-Recreation

City Parks & Recreation Departments

Arlington	(360) 403-3448	www.arlingtonwa.gov
Edmonds	(425) 771-0230	www.edmondswa.gov
Everett	(425) 257-8300	www.everett.wa.gov
Lynnwood	(425) 670-5000	www.ci.lynnwood.wa.us
Marysville	(360) 363-8400	www.marysvillewa.gov
Mill Creek	(425) 745-1891	www.cityofmillcreek.com
Mountlake Terrace	(425) 776-9173	www.cityofmlt.com
Monroe	(360)-794-7400	www.monroewa.gov
Stanwood	(360) 629-2181	www.ci.stanwood.wa.us