

# OPPORTUNITIES FOR SOCIAL, RECREATION AND LIFELONG LEARNING Especially in Allegheny County

RESOURCES COMPILED BY ALLEGHENY COUNTY  
DEPARTMENT OF HUMAN SERVICES (AC DHS)  
OFFICE OF DEVELOPMENTAL SUPPORTS (ODS)

FIND DOCUMENT ON THE ODS WEBPAGE  
[WWW.ALLEGHENYCOUNTY.US/DHS/ODS](http://WWW.ALLEGHENYCOUNTY.US/DHS/ODS)



FEBRUARY 2022

Office of  
Developmental Supports  
Key Communicator  
Announcement



**ODS** is committed to sharing resources and information with all including individuals with intellectual disability, individuals with autism, their families, people that support them, helping professionals, and the community. One way is through the ODS webpage where you'll find resource lists and helpful documents; community outreach; and through announcements to our Key Communicator email list. Information, resources, and event notifications are received through these emails. To be added to the list, call 412-253-1251 or email

[mevrard@alleghenycounty.us](mailto:mevrard@alleghenycounty.us)



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## WELCOME

- ❖ This listing is a representation of opportunities
- ❖ Inclusion does not imply endorsement
- ❖ Some will have eligibility requirements
- ❖ Some will have fees or costs
- ❖ To suggest changes or additions contact ODS at 412-253-1251
- ❖ As you read through, think about opportunities for Community Participation Supports for those receiving that waiver service.

## CONSIDER

- ❖ While at times, activities designed for persons with disabilities may be preferred, don't limit your search to specially designed or service provider agency offerings.
- ❖ Locating the activities that best fits will require some investigating and trying things out.
- ❖ What activities are fun and engaging? Is there an interest in lifelong learning?
- ❖ Having Charting the LifeCourse (CtLC) Framework inform your planning and using the CtLC Tools, including those for Exploring and Planning, can be very valuable. Visit [www.alleghenycounty.us/Human-Services/Programs-Services/Disabilities/Intellectual-Disability-Autism.aspx](http://www.alleghenycounty.us/Human-Services/Programs-Services/Disabilities/Intellectual-Disability-Autism.aspx) and click on *Charting the LifeCourse (CtLC) Framework and Tools*. Also, [www.lifecoursetools.com/](http://www.lifecoursetools.com/)

## ASK

- ❖ Have COVID-19 responses effected the activity?
- ❖ Call ahead or do an internet search to be sure that the activity and physical site will meet needs.
- ❖ Consider needed accommodations—can they be met, even if not typically available?
- ❖ Are noise cancelling headphones or sunglasses needed and available?
- ❖ Restrooms...Available – accessible - family room – gender neutral – adult changing table?
- ❖ Is there somewhere to take a break if needed?
- ❖ Where is the closest accessible parking?

## SENSORY AND ACCESSIBILITY

Some organizations offer days/performances that are especially planned for people needing sensory accommodations.

- ❖ Sensory Inclusion Initiative/Sensory Friendly events at the Pittsburgh Cultural Trust. [https://trustarts.org/accessibility/sensory\\_friendly?org=1](https://trustarts.org/accessibility/sensory_friendly?org=1) 412-456-6666
- ❖ Carnegie Science Center accessibility <https://carnegiesciencecenter.org/visit/accessibility/> 412-237-1641
- ❖ The Tull Family Theater in Sewickley...accessibility for patrons with limited hearing or vision, who have mobility challenges, and who have low vision. Offers sensory friendly screenings. [www.thetullfamilytheater.org/](http://www.thetullfamilytheater.org/) 412-0259-8542
- ❖ Kennywood Park is a Certified Autism Center by the International Board of Credentialing and Continuing Education Standards. [www.kennywood.com/](http://www.kennywood.com/) 412-461-0500
- ❖ Little Lake Theater in Washington County [www.littlelake.org/sensory-friendly-performances](http://www.littlelake.org/sensory-friendly-performances) 724-745-6300
- ❖ Learn more about local events
  - Pittsburgh Center for Autistic Advocacy <https://autisticpgh.org/>
  - Autism Connection of PA <https://autismofpa.org/>
  - ASERT <https://paautism.org/events/>

## POSSIBLE FINANCIAL ASSISTANCE / DISCOUNTS

- ❖ Will caregivers / supporters be charged?
- ❖ Scholarships or sliding scales may apply for fees.
- ❖ Allegheny County Music Festival Fund (ACMFF) Children and adolescents receiving services through DHS, a DHS-contracted provider, or Allegheny County Juvenile Probation are eligible to apply. Requests must be made by a social service professional. Requests have included dance lessons, computers and age-appropriate software, developmental toys, graduation expenses, summer camp tuition, registration fees for recreational activities. [www.alleghenycounty.us/Human-Services/ACMFF/](http://www.alleghenycounty.us/Human-Services/ACMFF/)
- ❖ ACHIEVA Charitable Residual Account, provides supplemental supports and services for children and adults with disabilities and a demonstrated need. <http://achievafamilytrust.org/charitable-residual-account/> 412-995-5000 x565
- ❖ Cecil and David Rosenthal Memorial Fund The money will be awarded to people only and not organizations. The Funds may be used for items, programs and/or supports to assist people with IDD who live in any Pennsylvania county served by Achieva Support services. Funds may also be awarded for direct support professionals (DSP) if it directly helps people with IDD with person-

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centered residential support, competitive-integrated employment, and meaningful community participation (e.g., receiving training, rewarding exceptional DSPs, etc.).

- ❖ If the individual has Home and Community Based Services funding, such as an Office of Developmental Programs waiver that funding may be of assistance.
- ❖ Allegheny Regional Asset District RADical Days is an annual event celebrating the assets with free admission, musical and dance performances and family activities offered by arts and culture organizations, parks and recreation, and sports and regional attractions that are funded by RAD. [www.radworkshere.org](http://www.radworkshere.org)
- ❖ High school plays, musicals, concerts, and sports events can be affordable for many. There may also be special offers. For instance,
  - A Gold Card for any resident of the Baldwin-Whitehall School District who is 62 years of age or older. It entitles the holder to attend school-sponsored activities free of charge. The activities include regular season athletic events and musical and drama productions. There are some exceptions. [www.bwschools.net/our-communities/gold-card](http://www.bwschools.net/our-communities/gold-card)
  - The Mt. Lebanon School District offers Gold Card membership to residents 62 years of age or older. Some benefits are free general admission to home athletic event, free general admission to one performance of a dramatic or musical production and discounted tuition on Adult Education Courses offered by Mt. Lebanon School District. There are some exceptions. [www.mtlsd.org/community/gold-card](http://www.mtlsd.org/community/gold-card)
- ❖ Free Museums & Attractions. “Get a taste of Pittsburgh's culture by taking a day to visit one of the city's free historical museums, sky observatories or well-known, local attractions.” [www.visitpittsburgh.com/things-to-do/free-things-to-do/free-museums-attractions/](http://www.visitpittsburgh.com/things-to-do/free-things-to-do/free-museums-attractions/)
- ❖ Just outside of Allegheny County:
  - Arts on the Allegheny Free Concerts, Kittanning, PA 16201, <http://artsontheallegheny.org/>
  - Westmoreland County Art Museum, free admission for all, <https://thewestmoreland.org/> 724-837-1500
- ❖ Discounts may be available for Pa ACCESS, EBT or WIC participants. This includes Carnegie Museums. Call or visit their websites for confirmation and information. Also investigate:
  - With An EBT / ACCESS Card: PA Museums For Free with EBT Card
  - <https://foodstampsebt.com/pennsylvania-museums-for-free-with-ebt-card/>
  - The Pennsylvania Historical & Museum Commission (PHMC), visit a Museum through Museums for All <https://www.phmc.pa.gov/Museums/Pages/Museums-For-All-.aspx>

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- <https://carnegiemuseums.org/join-support/membership/access-for-all/>
- Get Perks with Your ACCESS Card <https://isacpittsburgh.org/access-card-perks/#:~:text=Children%20under%202%20attend%20for%20free.&text=Any%20PA%20ACCESS%20card%20holder,3%20are%20admitted%20for%20free>
- ❖ **Other discounts:** Are AAA member, senior, Port Authority of Allegheny County Monthly Bus Pass or Connect Card holders, military, teacher or health plan member discounts available?

- ✓ STAY CONNECTED
- ✓ PARTICIPATING IN YOUR LOCAL COMMUNITY
- ✓ LOCAL FREE AND LOW-COST EXAMPLES

Stay connected through mailings and email lists... know your community... take advantage of discounts and 'freebies'... connect through volunteering ...

Food festivals, bingos, fairs, craft shows, flea markets...

Some craft stores, florists and home improvement stores offer classes or projects...

**Parks** may offer leisure, recreation and learning opportunities

- ❖ Find state parks [www.dcnr.pa.gov/StateParks/FindAPark/Pages/default.aspx](http://www.dcnr.pa.gov/StateParks/FindAPark/Pages/default.aspx)
- ❖ Search county parks near you
- ❖ Explore local parks <https://maps.dcnr.pa.gov/localparks/>
- ❖ Search your neighborhood parks

Swimming is available at many parks

Search Allegheny County Public Pools and for Pittsburgh pool information:

<http://iheartpgh.com/2013/06/27/guide-to-pittsburgh-public-pools-hours-cost-locations-rules/>

Also search spray park or waterpark.

Contact local high schools to ask if they have public/community swim times.

**Local school** plays, concerts, continuing education classes and sports. Details included under POSSIBLE FINANCIAL ASSISTANCE / DISCOUNTS

**Fish for free days**

[www.fishandboat.com/Fish/FishingRegulations/Pages/FishForFreeDay.aspx](http://www.fishandboat.com/Fish/FishingRegulations/Pages/FishForFreeDay.aspx)

**Gardening**

Your own home, backyard, or porch. Container gardening – house plants – herbs...

Community gardens

- ❖ Grow Pittsburgh. Includes a garden map [www.growpittsburgh.org/garden-and-farm-resources/community-gardens/](http://www.growpittsburgh.org/garden-and-farm-resources/community-gardens/)

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- ❖ Western Pennsylvania Conservancy <https://waterlandlife.org/community-flower-gardens/community-vegetable-gardens/>

**Faith-based organization** events include concerts, fairs, flea markets and craft shows and holiday events. Also, tours, neighborhood get togethers and programs for youth.

- ❖ Check local papers and faith-based organization bulletins for occasional offerings like free concerts or dinners.
- ❖ Rodef Shalom Biblical Botanical Garden is free, accessible and, at designated times, open to the public. Throughout the summer events and programs such as garden party concerts and tours are offered. Can schedule a tour for 8 or more. [www.rodefshalombiblicalgarden.org/](http://www.rodefshalombiblicalgarden.org/) 412-621-6566
- ❖ ELPC (East Liberty Presbyterian Church) <http://cathedralofhope.org/> 412-441-3800
- ❖ Roots of Faith Sharpsburg Neighborhood Table events <https://faithfoxchapel.org/rof/> 412-799-0111
- ❖ The Bible Chapel [www.biblechapel.org/special-needs](http://www.biblechapel.org/special-needs) 724-941-8990
- ❖ Grace Community Church Cranberry Township, Special Needs Ministry, and respite times for all <https://mygcc.org/kids/special-needs/> 724-779-7997
- ❖ Beulah Presbyterian Church [www.beulahpresby.org/](http://www.beulahpresby.org/) 412-242-4570 Exceptional Friends Ministry [www.beulahpresby.org/special-needs](http://www.beulahpresby.org/special-needs) : social group, activities, choir, bell choir, Bible Study
- ❖ Church of the Ascension [www.ascensionpittsburgh.org/special-needs-ministry-fall-launch/](http://www.ascensionpittsburgh.org/special-needs-ministry-fall-launch/) 412-621-4361

The mission of the Collaborative on Faith and Disability is to support people with disabilities, their families, and those who support them by providing national and international leadership in the areas of research, education, service, and dissemination related to disability, religion, and inclusive supports.

<https://faithanddisability.org/>

### Community Centers/YMCA/YWCA

Some examples: Family Centers of Allegheny County

<https://familycenters.alleghenycounty.us/> and The Kingsley Association has provided a variety of programs to neighborhood residents

[www.kingsleyassociation.org/](http://www.kingsleyassociation.org/) 412-661-8751 and The Wilkins School Community

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Center ...educational, recreational, and cultural programs <https://wsccpgh.org/>  
412-244-8458

- ❖ YMCAs offer activities and programming both for the community at large and developed for individuals with disability [www.countyoffice.org/pa-allegheny-county-ymca/](http://www.countyoffice.org/pa-allegheny-county-ymca/)
- ❖ YWCA offers programs, services, and resources [www.ywcapgh.org/](http://www.ywcapgh.org/)

**Car cruises** some include live music and/or food trucks

- ❖ <https://carmacruisefinder.com/pennsylvania-car-shows/events/category/pennsylvania-car-shows/southwestern-pa-car-shows/>
- ❖ [www.alleghenycounty.us/special-events/summer-car-cruises.aspx](http://www.alleghenycounty.us/special-events/summer-car-cruises.aspx)

## Farmer's Market

Some offer entertainment

Some accept SNAP, WIC, or Senior Farmer's Market Vouchers\*

- ❖ [www.visitpa.com/experience/farmers-markets](http://www.visitpa.com/experience/farmers-markets)
- ❖ <https://goodfoodpittsburgh.com/the-ultimate-guide-to-pittsburgh-farmers-markets-2021/>
- ❖ <https://patch.com/pennsylvania/pittsburgh/alleggheny-county-farmers-markets-check-out-2021-guide>
- ❖ Also, do an internet search for those near you

\* [www.alleghenycounty.us/Human-Services/Programs-Services/Basic-Needs/Food-Assistance.aspx](http://www.alleghenycounty.us/Human-Services/Programs-Services/Basic-Needs/Food-Assistance.aspx)  
and [www.alleghenycounty.us/Health-Department/Health-Services/Women,-Infants-and-Children/Participating-Farmers-Markets.aspx](http://www.alleghenycounty.us/Health-Department/Health-Services/Women,-Infants-and-Children/Participating-Farmers-Markets.aspx)

## Community Service and Volunteering

Faith based organizations

Kiwanis and Kiwanis Aktion Club, supporting individuals with disabilities to participate in community volunteer service and provide leadership opportunities.  
[www.kiwanis.org/](http://www.kiwanis.org/) [www.aktionclub.org/](http://www.aktionclub.org/)

Team Friends Through a monthly activity with a learning and/or philanthropic community service component, these life skills and public service projects create a bond for those with ID. [www.teamfriends.org/](http://www.teamfriends.org/)

For volunteer opportunities consider libraries, faith-based organizations and neighborhood efforts/agencies (i.e. Meals on Wheels), animal shelters, pet rescues, food pantries, nursing homes. Call United Way 2-1-1 and/or visit these sites  
[www.volunteermatch.org/search/orgs.jsp?r=region&aff=&categories=23&l=Pennsylvania%2C+USA&k=Health](http://www.volunteermatch.org/search/orgs.jsp?r=region&aff=&categories=23&l=Pennsylvania%2C+USA&k=Health)  
[www.dli.pa.gov/Individuals/pennserve/Pages/Volunteering-and-Community-Service-in-the-Commonwealth.aspx](http://www.dli.pa.gov/Individuals/pennserve/Pages/Volunteering-and-Community-Service-in-the-Commonwealth.aspx)

**Libraries** are a wealth of information and opportunities for leisure, recreation, learning and fun for all. Many virtual activities are available.

- ❖ Find a local PA library  
[https://powerlibrary.org/about/find-a-pa-library/#.YgaZud\\_MLEg](https://powerlibrary.org/about/find-a-pa-library/#.YgaZud_MLEg)
- ❖ Find local public libraries  
[www.statelibrary.pa.gov/Libraries/Pages/Public-Libraries.aspx](http://www.statelibrary.pa.gov/Libraries/Pages/Public-Libraries.aspx)
- ❖ Allegheny County Library Association  
<https://aclalibraries.org/>
- ❖ Carnegie Libraries  
[www.carnegielibrary.org/](http://www.carnegielibrary.org/)
- ❖ Also, do an internet search for those near you
- ❖ Ask about free Experience Kits: Be a Tourist in Your Own City! or Admission passes with free admission to local venues
- ❖ Library offerings can include crafts, game times, movies, computer classes, fitness and nutrition, art, music, yoga, bingo, reading times and gardening.
- ❖ The Andrew Carnegie Free Library & Music Hall is home to one of the last remaining Grand Army of the Republic Posts left in the country! The Capt. Thomas Espy Post No. 153 was chartered in 1879 and moved into the library in 1906. <https://carnegiecarnegie.org/civil-war-room/>

## GO OUTSIDE AND PLAY

There are many outdoor spaces near you! Search these key words: trail, park, state park, heritage trail, arboretum, conservation area, nature area, municipal park, botanic garden, passage, county park, community park, nature center\*

- ❖ The Pittsburgh Botanic Garden, information (including about accessible paths), events and programs at <http://pittsburghbotanicgarden.org/> , 412-444-4464
- ❖ Venture Outdoors [www.ventureoutdoors.org/](http://www.ventureoutdoors.org/) , 412-255-0564 Offers public, custom, and youth trips year-round that introduce people to the benefits of outdoor recreation. Venture Outdoors Again is a series of beginner-friendly, outdoor programs available to participants ages 50 and up for free. ... includes introductory programs on ...biking and kayaking, nature walks with local medical professionals...
- ❖ Allegheny County Park Trails  
<https://alleghenycounty.us/parks/activities/trails.aspx>
- ❖ Pittsburgh Area Trails [www.traillink.com/city/pittsburgh-pa-trails/](http://www.traillink.com/city/pittsburgh-pa-trails/)
- ❖ For additional trail information search trails in your community, Western PA or PA
- ❖ The Spillway Recreation Area Beach is ADA accessible. Friends for Youghiogheny River Lake purchased beach wheelchairs. Call 1-814-395-3242

## CALENDARS, WEBSITES, DISTRIBUTION LISTS

- ❖ Be familiar with the community, the organizations within it, and how they communicate their activities.
- ❖ Website? Public calendar? Email or US mail list?
- ❖ When searching online for specially designed activities and programs consider key words like adaptive, inclusive, disability friendly or the specific activity followed by the community.

Just a few examples:

ASERT #ASDNext, [www.paautism.org/transitionagecommunication](http://www.paautism.org/transitionagecommunication)

ASERT, [www.paautism.org/events](http://www.paautism.org/events)

Recreation Alliance of North Pittsburgh, [www.Cranberry4FUN.com](http://www.Cranberry4FUN.com)

Down Syndrome Association and community events, <https://dsapgh.org/events/>

Libraries, to explore library events: [www.carnegielibrary.org/events/](http://www.carnegielibrary.org/events/)

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

The webpage for your city, neighborhood, borough.

Visit Pittsburgh: [www.visitpittsburgh.com/things-to-do/free-things-to-do/](http://www.visitpittsburgh.com/things-to-do/free-things-to-do/)

Explore: <http://pittsburghpa.gov/dcp/programs/monuments/index.html>

Parks: <http://allegHENYcounty.us/parks/index.aspx>

Patch calendars for your area: <https://patch.com/>

Pittsburgh Parent [www.pittsburghparent.com/Things-To-Do/](http://www.pittsburghparent.com/Things-To-Do/)

Pittsburgh Citiparks: <http://pittsburghpa.gov/citiparks/>

PlayPittsburgh: <http://playpittsburgh.com/>

Listings of activities and a newsletter: [www.kidsburgh.org/](http://www.kidsburgh.org/)

Search Events in your community, for instance *Events Pittsburgh* or *Events Allegheny County*

Bookstores, for instance Barnes and Noble

## ACTIVITIES

These activities are specially designed and inclusive programs  
Offerings, locations, and costs vary

### ART

Studio Forget-Me-Not! Provides art services to individuals with special abilities.

[www.studioforgetmenot.org/](http://www.studioforgetmenot.org/) 724-674-8856

### BASEBALL

Miracle League baseball <http://mlswpa.org/>

### CHEERLEADING

The Shining Stars Cheerleading program is a special-needs division of the Rockstar Cheer Pittsburgh. Provides athletes from the ages 5-20 at all ability levels the opportunity to become a competitive cheerleader.

<http://pittsburghsuperstars.com/index.php?componentName=ClassScheduleDeluxe&scid=38030>, 412-443-0179

### CREATIVE ARTS

Center for Theater Arts Learn how to sing, dance and perform. ... student-centered education in the performing arts...young performers...all ages and all abilities.

<https://centerfortheaterarts.org/> 412-563-5080

Wesley Family Services Creative Arts Program Through the combination of art, dance/movement, drama, music, and digital storytelling, the expressive arts support the potential for positive developmental outcomes. Our Creative Arts Program includes children, youth, and adults, and invites the participation of families. <https://wfspa.org/service/creative-arts-program/> 412-342-2270

Open Up Pittsburgh Open Up's mission is to teach mindfulness tools and movement practices, centering people living with disabilities.

[www.facebook.com/openuppgh/](http://www.facebook.com/openuppgh/) [www.openuppittsburgh.com/](http://www.openuppittsburgh.com/)

## DANCE

Ideal Dance Special Needs Program The class offered is for students with Down Syndrome, Autism and other developmental disabilities.

<http://idealdancepittsburgh.com/special-needs-curriculum.html>, 412-782-3623

Pittsburgh Ballet Theatre Adaptive Dance themed around classic story ballets, our adaptive dance classes are designed for students with Autism Spectrum Disorders or other sensory sensitivities. [www.pbt.org/pbt-school/school-year-programs/adaptive-dance/](http://www.pbt.org/pbt-school/school-year-programs/adaptive-dance/), 412-454-9128

Yes, You Can Dance! Non-profit dedicated to transforming lives through the power of dance. [www.yesyoucandance.org/](http://www.yesyoucandance.org/), 412-999-3998

Academy of Dance by Lori includes a Special Needs Program

[www.academyofdancebylori.com/](http://www.academyofdancebylori.com/), 412-851-1422

Rhythm Works Interactive Dance Specialized Dance Classes for Varying Needs

[www.thomasdance.com](http://www.thomasdance.com) , 412-257-2000

## HOCKEY

Mighty Penguins, Mighty Penguins Sled Hockey operates therapeutic and competitive ice hockey programs for the benefit of physically disabled individuals in Pennsylvania and adjacent areas. (Cranberry) <http://penguinssledhockey.org/>

## HORSEBACK RIDING

Horses with Hope Mission: To apply the power of equine therapy to improve the physical, mental, emotional, and social quality of life... Therapeutic Riding (TR), Equine Assisted Learning (EAL) and Equine Assisted Psychotherapy (EAP). (Bethel Park) [www.horseswithhope.org/](http://www.horseswithhope.org/) , 412-932-6036

Elliott Acres Therapeutic Riding Center, Inc, A certified therapeutic riding center for those with physical, intellectual, and emotional disabilities. (Butler)

[www.elliottacrestherapyriding.org/](http://www.elliottacrestherapyriding.org/) 724-283-0947 or 724-991-2477

Orchardview Stables Horses Helping People...programs are developed specifically to each individual and their needs through Equine Assisted Activities and Therapies. (Wexford) <http://orchardviewstables.org/> , 757-376-9115 (mobile)

Horse 'N Soul...offer Therapeutic Horseback Riding for children & adults with disabilities. (Washington PA) [www.horsensoul.com/](http://www.horsensoul.com/) , 724-914-7300

Riding for the Handicapped of Western PA Inc. Confidence, pride and a great self-image: Goals for all of our RHWPA riders. (Wexford) [www.rhwpa.org/](http://www.rhwpa.org/) 724-443-4485 or 412-366-2220

In-Stride with Therapeutic Riding (Eighty Four, PA) [instride@hotmail.com](mailto:instride@hotmail.com), 412-302-5393

Glade Run (Zelienople) Therapeutic Riding Lessons and Equine Assisted Learning (EAL). [www.gladerunadventures.org](http://www.gladerunadventures.org) , 724-452-4453 ext. 1249

Storm Harbor Equestrian Center serves the entire community, encompassing more than six counties in the Pittsburgh area. Provides weekly Equine Assisted Activities (EAA) for people of all ages with cognitive, physical, emotional and social disabilities. [www.sru.edu/offices/storm-harbor-equestrian-center](http://www.sru.edu/offices/storm-harbor-equestrian-center) , 724-738-4010

## MUSIC

Band Together Pittsburgh, Creating music with people on the Autism Spectrum. Includes Autism Friendly Open Mic opportunities and music workshops. Also open to others with special needs. [www.bandtogetherpgh.org/](http://www.bandtogetherpgh.org/)

## ROWING / PADDLING

Dynamic Paddlers, Paddling with youth and adults of all abilities from around Southwestern Pennsylvania. [www.dynamicpaddlers.com/](http://www.dynamicpaddlers.com/) , 412-916-9960

## SOCIAL

Can encompass personal growth, learning and advocacy

The Friendship Circle allows children and young adults with special needs to enjoy the company of teenage and young adult volunteers in social activities.

[www.fcpgh.org](http://www.fcpgh.org) , 412-224-4440

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Community Social Club: Jewish Singles Social Network (JSSN) is a social group for persons with disabilities older than teens but not seniors.

<https://jrspgh.org/programs/community-social-club/#:~:text=The%20Jewish%20Singles%20Social%20Network,JRS%20provides%20the%20staff%20advisor.&text=The%20advisor%20attends%20planning%20meetings,are%20attended%20without%20staff%20support> , 412-422- 6720 ext. 228

Circle Of Friends events for teens - young adults with special needs

[www.yourdecades.com/circleoffriendsdances/index.html](http://www.yourdecades.com/circleoffriendsdances/index.html) , 412-951-8787

The Recreation Alliance of North Pittsburgh (RANP) is a conglomeration of more than a dozen local Parks & Recreation Departments partnering to provide community programs. RANP has a focus on special needs programs.

[www.Cranberry4FUN.com](http://www.Cranberry4FUN.com)

Best Buddies offers One-to-One Friendship {school age to citizen (adult) programs} and Leadership Development programs. Also includes the Best Buddies Ball, Friendship Walk and YMCA Night. [www.bestbuddies.org/pennsylvania/](http://www.bestbuddies.org/pennsylvania/) , 1-888-604-7376

JCC Pittsburgh inclusive and special needs programs <https://jccpgh.org/children-teens-family/special-needs/> , 412-521-8010 (Squirrel Hill) and 412-278-1975 (South Hills)

## SPORTS, FITNESS AND EXERCISE

Check out your local YMCA

Special Olympics Allegheny County. Year-round sports training and athletic competition in a variety of Olympic-type sports for children (aged 8 and older) and adults with intellectual disabilities. [www.so-ac.org](http://www.so-ac.org), 412-279-5450 (also can include Special Olympics Unified (inclusive) sports activities

Three Rivers Adaptive Sports, information, and events calendar at [www.traspa.org/](http://www.traspa.org/)

Eruption Athletics mission: to give more people the education, knowledge, methods, equipment, and programming... special Adaptive Exercise Program, Equipment, and Curriculum...[www.eruptionathletics.com](http://www.eruptionathletics.com), 1-215-620-5563



Pittsburgh Adaptive Sports Network a sports and fitness consortium dedicated to adaptive sports—sports for individuals with disabilities

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

ACTIVECITIES Pittsburgh, Find adaptive sports programs, inclusive recreation & disability resources in Pittsburgh, <http://activecities.com/pittsburgh/adaptive-sports/>

Kids of STEEL free youth physical activity and nutrition program designed to instill lifelong, healthy habits in children. <http://kidsofsteel.org/>

### SWIMMING

YMCA and specially designed offerings), [www.ymcaofpittsburgh.org/](http://www.ymcaofpittsburgh.org/)

For example: Baierl Family YMCA, Sewickley, High Hopes Programs and Sewickley Valley YMCA Spectrum Swim Lessons

### THEATER / ACTING

**Pittsburgh CLO New Horizons** is a musical theater training program for children and adults with developmental and/or physical disabilities. It offers students the opportunity to take center stage in fun-filled acting, dance and vocal classes.

[www.pittsburghclo.org/education/new-horizons](http://www.pittsburghclo.org/education/new-horizons)

### YOGA/MINDFULNESS

Open Up Pittsburgh Open Up's mission is to teach mindfulness tools and movement practices, centering people living with disabilities.

[www.facebook.com/openuppgh/](http://www.facebook.com/openuppgh/)     [www.openuppittsburgh.com/](http://www.openuppittsburgh.com/)

## RECREATION, SOCIALIZATION, TRAVEL AND LIFELONG LEARNING OPPORTUNITIES.

The following are examples of specially designed programs offered by intellectual disability / autism waiver services provider and can be provided through waiver funding. Some do have self-pay offerings.

ID/A Waiver participants should work with their Supports Coordinator to learn more – this is a start to find possible services and providers.

- ❖ The HCSIS Services and Supports Directory (SSD) is a tool for individuals with ID/A, their families, and circle of support to locate services and service providers. Search for service providers or search for services and supports provided in an individual's community. [www.hcsis.state.pa.us/hcsis-ssd/ServicesSupportDirectory/ServicesSupportHome](http://www.hcsis.state.pa.us/hcsis-ssd/ServicesSupportDirectory/ServicesSupportHome)
- ❖ The Provider Alliance website has a search feature to locate ID/A service providers that may offer certain services or programs. [www.provideralliance.org/members/cat/members/](http://www.provideralliance.org/members/cat/members/)

CCAC (Community College of Allegheny County) Continuing Education for Special Needs Children, Youth & Adults

<https://www.ccac.edu/workforce/workforce-community-training/special-needs.php>, 412-237-6594

Exceptional Adventures, [www.exceptionaladventures.com/trips](http://www.exceptionaladventures.com/trips) , 412- 446-0713

Pa Connecting Communities (PACC), <http://paconnectingcommunities.org/> , 412-621-6151

The Woodlands Foundation, [www.woodlandsfoundation.org/](http://www.woodlandsfoundation.org/) , 724-935-6533

Glade Run <https://gladerun.org/> , 412-661-1827

Thank you for utilizing this resource list.

OPPORTUNITIES FOR  
SOCIAL, RECREATION AND LIFELONG LEARNING  
Especially in Allegheny County

RESOURCES COMPILED BY ALLEGHENY COUNTY  
DEPARTMENT OF HUMAN SERVICES (AC DHS)  
OFFICE OF DEVELOPMENTAL SUPPORTS (ODS)

- ❖ This listing is a representation of opportunities
  - ❖ Inclusion does not imply endorsement
  - ❖ Some will have eligibility requirements
  - ❖ Some will have fees or costs

This list can be found on the  
Allegheny County Department of Human Services (AC DHS)  
Office of Developmental Supports (ODS) webpage here  
[www.alleghenycounty.us/Human-Services/Programs-Services/Disabilities/Intellectual-Disability-Autism.aspx](http://www.alleghenycounty.us/Human-Services/Programs-Services/Disabilities/Intellectual-Disability-Autism.aspx)  
Under the *Social, Recreation and Lifelong Learning* bar

If you have questions or suggestions reach Mary Evrard at  
[mevrard@alleghenycounty.us](mailto:mevrard@alleghenycounty.us)

