

# Social Rec Opportunities!

Available through November 30, 2023



The following programs invite you to participate:



Please reach out to the organization or program you choose for your social rec opportunity.  
You do NOT need to contact your service coordinator.

- **ACEing Autism:** [aceingautism.org](http://aceingautism.org)
- **Barrio Logan Yoga:** Jackie Bugarin at 562-209-6941 or [barriologanyoga@gmail.com](mailto:barriologanyoga@gmail.com)
- **Best Buddies Int'l:** Abby Simpson at 415-340-2672 or [abigailsimpson@bestbuddies.org](mailto:abigailsimpson@bestbuddies.org)
- **Best S.T.E.P. Forward:** Jackie Riddell at 442-322-9419 or [www.beststepforward.org](http://www.beststepforward.org)
- **Generations:** Marcie Laws at 858-208-3678 or [generationsafterschool@gmail.com](mailto:generationsafterschool@gmail.com)
- **YMCA Family Day Camp at Camp SURF:** Shelby Gomez at 619-385-8839 or [sagomez@ymcasd.org](mailto:sagomez@ymcasd.org)



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



[www.dds.ca.gov](http://www.dds.ca.gov)

# Social Rec Opportunities Descriptions

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**ACEing Autism** is on a mission for children with autism to grow, develop and benefit from social connections and fitness through affordable tennis programming. Our tennis program uses a 9-step curriculum that is flexible and can be modified based on each child's skill level. ACEing Autism 6-week clinics are generally held in the spring and fall/winter in more than 120 communities nationwide serving thousands of families. Clinics are led by skilled Program Directors and ACEing Autism volunteers who are trained on the curriculum and autism. Parents consistently give high satisfaction scores for ACEing Autism programs. Child development is measured with the support of UCLA CART. Reach out to us to become involved!

● [aceingautism.org](http://aceingautism.org)



**Barrio Logan Yoga-Mindfulness Group** is a new yoga social group for kids ages 6-17 years who also reside in Barrio Logan or surrounding areas. This is a free yoga group where we will be learning and practicing yoga, mindfulness, and meditation using evidenced-based research and one free yoga mat will be provided to each child. Locted at Grant Hill Park from 11am-12pm on the first Saturday of every month.

● Jackie Bugarin at 562-209-6941 or [barriologanyoga@gmail.com](mailto:barriologanyoga@gmail.com)



**Best Buddies Friendship programs** build one-to-one friendships between people with and without intellectual and developmental disabilities (IDD), offering social interactions while improving the quality of life and level of inclusion for a population that is often isolated and excluded. Through their participation, people with IDD form meaningful connections with their peers, gain self-confidence and self-esteem, and share interests, experiences, and activities that many other individuals enjoy. Best Buddies programs are offered in schools beginning as early as Elementary School through College, as well as a community-based Adult matching program.

● Abby Simpson at 415-340-2672 or [abigailsimpson@bestbuddies.org](mailto:abigailsimpson@bestbuddies.org), [www.bestbuddies.org](http://www.bestbuddies.org)



**Best S.T.E.P. Forward (Sports, Theater, Expression, and Perseverance)** provides a safe space for all walks of life. We provide adaptive soccer and baseball for youth and adults with special needs, age groups four and up. Inclusive dance, soapbox racing, puppet classes, cooking farm-to-table and painting classes for ages four and up. Our social outings unite families and friends to explore Imperial County and neighboring communities. Club Nights are our social group for 18 and up, a night amongst friends with music, food, and dancing at our BSF Gym and chaperoned by our BSF team. We serve Imperial County families out of our two locations: 260 East Main St., El Centro, CA., and 210 N. Railroad Avenue, Calipatria, CA.

● Jackie Riddell at 442-322-9419 or [www.beststepforward.org](http://www.beststepforward.org)



**Generations Afterschool Program**, located in Ramona, will provide after school enrichment activities and childcare to I/DD children living in Ramona. In addition, we will offer reduced fees and full scholarships for summer camps and monthly fees at the program facility, based on the financial needs of the family. Generations will also offer transportation services to and from the after school program site and to some school-based therapy services. We will also generate a newsletter for Special Needs families, providing information about services, events and other valuable resources to assist families with meeting their child's needs.

● Marcie Laws at 858-208-3678 or [generationsafterschool@gmail.com](mailto:generationsafterschool@gmail.com), [www.generationsramona.com](http://www.generationsramona.com)



With support from the Social Rec grant, the **YMCA of San Diego County** will implement three approaches to improve accessibility of integrated social and recreational programs. This summer, our first approach will be to add transportation to our Teens in Motion and Camp I Can camps at Toby Wells YMCA, so that SDRC client participants in those camps can go on fun trips into the community. In the fall, we will host an Inclusion Retreat training event to enhance the knowledge and skills of YMCA leaders and staff in supporting SDRC clients in our various programs. Also in the fall, we will invite SDRC families to participate in Family Camp activities at our incredible Camp SURF facility in Imperial Beach. We look forward to inviting SDRC families into more fun programs as we continue vrending more of the great social and recreational activities available at the YMCA!

● Shelby Gomez at 619-385-8839 or [sagomez@ymcasd.org](mailto:sagomez@ymcasd.org), [www.ymcasd.org](http://www.ymcasd.org)