## **Mapping Community Resources**

\*note that the information on these pages has been gathered from many different sources, including suggestions from you! We are not personally endorsing any particular provider or service.

If you have suggestions for agencies / contacts that you think should be included on this list, please email me! Lindsey\_williams@med.unc.edu

## Employment

Vocational Rehabilitation: Contact your local vocational rehabilitation (VR) office for more information on the types of services they can provide, but to receive short- or long-term job supports you will generally have to go through VR who can then refer you to another agency that provides those supports, such as ARC, TEACCH, Easter Seals, etc.

Resource	Services	Contact information
Arc of the Triangle	get referred through VR. Provide services for	DURHAM/ORANGE
(Durham, Wake, Orange)	children and adults with Intellectual and/or	1709 Legion Road   Suite 100
	developmental disabilities	Chapel Hill, NC 27517
		919-942-5119
		Raleigh, NC 27612
		919-832-2660
OE Enterprises	Employment services. Get referred through	Phone: (919) 732-8124
	VR.	
Community partnership Inc		Phone: 919-781-3616. ext. 250 or
		Email:
		nsmith@communitypartnerships.org
		Web: www.communitypartnerships.org
Easter Seals UCP	Provide services to help children and adults	Phone: (800) 662-7119
	with disabilities and their families. Primary	Email: <u>info@nc.eastersealsucp.com</u>
	services include: Autism Spectrum Disorder	
	Services (ABA intervention in the home,	
	community, schools and Autism Center in	
	Charlotte, Functional Behavior Assessment	
	and family training), Children's services,	
	Adult services, senior services, employment	
	and training, medical rehab, and camping and	
	recreation.	
Worksource East / Magnolia	live at Magnolia Place while you get	Phone: 919-731-7956
Place (in Goldsboro)	vocational training residential, vocational	11010. 717 751 7750
r lace (in Goldsboro)	programs (are these only for residents, or	
	open to more?) Vocational training includes	
	automotive service, brick masonry, light	
	construction/carpentry, childcare,	
	housekeeping/janitorial, food service,	
	lawncare, printing, welding.	
Extraordinary Ventures	their mission Statement is that everyone is	Phone: 919-967-110
(Chapel Hill)	employable. They offer a variety of services	1 1010. 717-707-110
	such as laundry services, office solutions,	
	hosting events.	
Deplity Ministries (Durberry)	•	http://www.roolityministricsing.cm/
Reality Ministries (Durham)	they have day and evening programs, and a	http://www.realityministriesinc.org/
	small program Phoneed Reality Works that	

Life Experiences, Inc (Cary).		aims to help people find employment. They also sell cards, candles, and soaps that their folks make. A nonpropfit that operates five small pusinesses with the purpose of providing meaningful work and employment for ndividuals with varying disabilities,	Phone 919-467-1973 or visit lifeexperiences.org	
		particularly intellectual disability.		
Transportation				
Resource		Services	Contact information	
GoTransit Program		provide accessible transportation for individuals with disabilities.	For local information on GoRaleigh, GoTriangle, GoDurham, GoCary, and the Town of Chapel Hill: contact the GoTransit regional information center by calling 919.485.RIDE (7433) or go to https://gotransitnc.org/-contact-us/c-tran	
EZ Rider		accessible transportation in Chapel Hill.	For an application, contact 919.969.4920	
Raleigh bus transit		\$2.50 one way tickets for riders with disabilities.	<u>https://www.raleighnc.gov/home-</u> /content/PWksTransit/Articles/- AccessibleRaleighTransportation.html	
Bus Riding 101		free class (free) on how to use the transportation system, Through Orange county transportation	try <u>youthride@octa.net</u> or the administrative office at (714) 560 6282	
Orange-Chapel Hill	Middav	\$1 for ages 6-17; Free for individuals with	http://www.orangecountync.gov/-	
Connector (OPT)	j	disabilities or those with Medicaid or	departments/planning and -	
· · · · · · · · · · · · · · · · · · ·		Medicare cards;	inspections/orange public -	
			transportation/index.php	
Residential Options				
Resource	Services		Contact information	
		es, retirement community, and apartment am in Chapel Hill.	Phone: 919.942.7391	
Autism Services,	they have a	variety of housing options and, for people	Phone :919.255.9029	
Inc	receiving C.	AP/Innovation Waiver, can provide in-		
	home suppo	orts. Operate in the Research Triangle area.		
Residential	group, semi	-independent group, and supervised	http://www.rsswake.org/	
Support Services (Raleigh)	apartment living services.		or 919.787.1214	
"A closer look at housing choices: A housing	https://www.arcnc.org/images/housing-resource- guide-2015.pdf This document includes an appendix of public housing agencies in NC (including public housing, section 8, and home ownership), and housing counseling agencies in NC. It also includes a glossary		https://www.arcnc.org/images/-housing- resource-guide-2015.pdf	

Intellectual and Developmental	of housing terms. ARC may provide some home-based services for individuals with Innovations waiver.	
Disabilities."		
Website for bed	Bed availability database on the below website posts	http://173.254.28.63/~iddnexts-
availability	statewide database of group homes, IFCs, and	/home/housing/housing-vacancies/
	supported apartments. It appears that parents can post	
	there too so it operates sort of like craigslist posting	
	for finding housing/roommates so be careful; not sure	
	what (if any) screening is done before posts are made.	
	http://173.254.28.63/~iddnexts/home/housing/housing-	
	vacancies/	

### Activities of daily living (Self-care, chores, etc.)

Resource	Services	Contact information
Places like ARC etc.	must go through MCO	
Innovations waiver can be used to		
help pay for these services		
Pathways for People (Wake, Durham,	the website says they offer in-home	Phone: (919) 462-1663
Orange, Person and Chatham)	skill building, day supports, personal	Website:
	care, respite, consult, community	http://www.pathwaysforpeople.org/
	guide & networking. Private pay also	
	accepted.	

### Physical Health

Triangle area dentists known to work with folks with DD: <u>http://www.gcffamilysupportservices.org/wp-content/uploads/2015/07/Dentists-updated-7-15.pdf</u>

#### Mental Health

If you are receiving or have received services thorough TEACCH, Autism Society of NC, or Carolina Institute for Developmental Disabilities they may have some recommendations for therapists and psychiatrists experienced with ASD in your area, but in general you'd get local referrals via MCOs (Alliance, Cardinal Innovations Healthcare Solutions) or your insurance company; sometimes a referral from a health care provider is required for insurance to cover these visits.

Legal and Benefits		
Resource	Services	Contact information
Disability Rights, North		Phone: 919-856-2195
Carolina		TTY: 888-268-5535
		Email: info@disabilityrightsnc.org (leave
		your name and phone number)
Social Security Office		Social Security Disability and SSI Hotline: 1-
		800-772-1213
Legal Aid of North	Not specific to IDD, but can help you	Website: http://www.legalaidnc.org/-
Carolina	understand your rights around various topics	Pages/default.aspx
	(e.g., tenant rights)	
Benefits Enrollment	helps low-income seniors and persons with	Website:
Center- Duke	disabilities find and enroll in all the benefits	https://sites.duke.edu/blogcfm/about/
University Division of	program for which they are eligible.	
Community Health		

	ssists with Medical Advocacy	Phone: (919) 742-5525
(Project)		
tŀ A ir <u>h</u> Y	or more information, you will have to go nrough your assigned MCO (e.g., Cardinal, .lliance), but here is a starting point for more nformation: <u>ttps://www2.ncdhhs.gov/ncinnovations/</u> You can also ask your assigned MCO about ualification for home and community based ervices waivers.	https://www2.ncdhhs.gov/ncinnovations/
Day programs for adults		
Resource	Services	Contact information
Reality Ministries (Durham)	One day a week, 10-3. Folks with age 14 and up. There is a fee but are scholarships available. They have some evening and fun week activities (e.g., talent show).	th DD <u>Realityministriesinc@gmail.com</u> or t there 919-688-7776 also
Transitions day program by . Miracle (Raleigh)	A Small focus on IDLs, vocational, leisu coping	re, Phone: 919-900-4422
Creative Living	program in Raleigh run by Autis Society of NC.	Sm Phone: 919.854.6161
Financial/Estate Planning		
Resource	Services	Contact information
Arc of the Triangle	Representative Payee program assist qualifying adults with money manage Must qualify for services, call for m	gement. Wake: 919-832-5446
ABLE accounts	You can open it online; you don't ne go through a financial planner. You if you meet disability requirements f or SSDI and you can self-certify tha qualify. Allows an individual to hav to more money (up to a limited amo than what is allowed under the Med stipulations and still keep benefits. V sort of like a separate savings accou	qualifywww.ablenrc.orgor call 888-672-for SSI7503.t youe accessunt)icaidWorks
Financial planner with a focu "Special Care Planning": Sea Goodwin.		fter that. <u>www.seangodwin.net</u> or 919.719.3849.
Durham lawyers who focus of folks with DD, estate plannin trusts, elder law and related to Anthony Nicholson and Larr	ng and topics:	Phone: 919-493-0584

Lawyer in Raleigh focusing on special needs and estate/trust:		141 Parklake Avenue Suite 120, Phone: 919-447-0600	
Michelle Rogers Humph Lifeplan Trust	res Information on special needs trusts a similar topics.	and email <u>lifeplan1@lifeplantrust.org</u> and/or <u>information@lifeplantrust.org</u> ; call 888-301-0799 (their website appears to be down)	
Not a service, but do peo about the tax relief for ta: w/ a disability (or caregiv someone with a disability https://www.benefits.gov /benefit-details/945	xpayers vers of	https://www.benefits.gov/- benefits/benefit-details/945	
Postsecondary or continu	ing education		
Resource	Services	Contact information	
Durham Tech Adult Basic Education First Step	classes for adults with DD and beginning readers. Focus on reading, math, language, and computer literacy. Courses are free and self-paced	Contact: Kathye Perry or Betty Lyons 919-536- 7218 x 3104 or Betty Lyons, 919-536-7218 x 3103	
	Durham tech also has general continuing education classes in a variety of areas like using Office (computer programs), various trades/vocational areas, and personal enrichment classes like gardening, health and wellness, sewing		
	See NC Postsecondary options for students		
Lindley College (Cary)	with IDD handout from transition fair day program for HS grads with developmental and/or ID. Focuses on 4 areas of wellness, relationships, community service, career exposure.	http://lindleycollege.com/	
Goodwill Community Foundation's GCF Learn Free program	free online programs on a variety of things such as using email, Microsoft word, Pinterest, graphic design, food and cooking, health and safety, <u>money management</u> , etsy, dropbox, online safety and more	https://www.gcflearnfree.org/info/aboutus/who- we-are	
Wake Tech Adult Basic Education (ABE) program	designed for adult students with ID or who need continued support in functional academics. Classes can focus on various career pathways (examples of classes offered in the past include landscaping, housekeeping, pet retail, hospitality and tourism). There are also more academically based classes (e.g., math, reading, writing), technology, and life skills.	Call Julia Tennant at 919.334.1545 for more info or attend an informational session on the first Wednesday of each month (4:30pm at the Beltline Center: 3200 Bush Street, Raleigh)	

Your local VR may be able to help pay for continuing education if the individual is a client and it is deemed that such education would be beneficial for job development. Contact your local Vocational Rehabilitation counselor and inquire for more info.

# Respite

Resource	Services	Contact information
ARC	can be available to those who have Medicaid but not	DURHAM/ORANGE
	innovations waiver. Can include overnight, weekend,	1709 Legion Road   Suite 100
	emergency, continuous for up to 10 consecutive days	Chapel Hill, NC 27517
		919-942-5119
		Raleigh, NC 27612
		919-832-2660
Durham Voucher	can give money to a caregiver that is being hired and	DURHAM/ORANGE
Respite Program(ARC)	scheduled by the family, that lives outside of the	1709 Legion Road   Suite 100
	home to ensure household members are getting a few	Chapel Hill, NC 27517
	hours break each month.	919-942-5119
		Raleigh, NC 27612
		919-832-2660
		<i>y</i> 1 <i>y</i> 002 2000
Other/Multiple Services		
Resource	Services	Contact information
Arc of the Triangle's	Individuals services can include community living and	call 919-942-5119 x 122 to get more
Individual Services	supports to help with shopping, banking, other	info; Durham, Orange, Wake.
program	community activities, daily living skills like hygiene,	-
	housekeeping, etc; assistance with attending classes	
	related to leisure or continuing ed, volunteering;	
	transportation that supports these goals. But looks like	
	they may be phasing out the in-home and personal care	
	supports. (Has a wait list)	
ARC of the Triangle	Community guide/community navigator- Community	For more information, please contact
	Guide Services provide support to individuals in	Stephanie Smith at 919-316-9937 or
	developing social networks and connections within	ssmith@arctriangle.org
	local communities to promote self-determination,	
	increase independence, etc. <u>Individual must have</u>	
	Medicaid to receive Community Guide Services and be	
	in Cardinal Innovations catchment area. Community	
	Guide can assist with locating non-Medicaid	
	community supports in a variety of need areas,	
	locating options for renting, assisting with purchasing	
	furnishings for personal residences, help connect with	
	advocacy resources, and explaining guardianship and	
	alternatives.	
Hope Community	Saturday and Sunday programs for young adults with	http://gethope.net/special-
Church		
Church	special needs at their Apex and Raleigh locations; they	needs/#tab-1-0-support
	also have other programs such as connecting students	
	who have siblings with special needs	

NC Sibs	for siblings of people with IDD; funding from NC Council on Developmental Disabilities and run by First in Families.	http://ncsibs.org/ Phone (919) 251-8368
Voices Together (Durham)	Music Therapy. They provide In-school program and Community Program. Services aim at helping the development of language skills and the identification and expression of emotions and social engagement.	Phone: 919-942-2714 Email: <u>info@voicestogether.net</u>
Rhythm and Rehab (Durham)	Music Therapy. Center-based services are provided in Raleigh and Durham. They also provide contract services in other organization in Triangle area.	Phone: (919) 961-2605 Visit: rhythmandrehab@nc.rr.com
Abilitations Children's Therapy (Raleigh)	Provide therapy for children age birth to 21.	Phone: (919) 844-6611
First in families	you can sign up to be a member of a Time Bank at <u>http://www.fifnc.org/programs/-timebank.html</u> . If you are a member of the time bank you offer your time to help other members with things (transportation, grocery shopping, pet sitting, whatever your time and talent allow) and then you can put in requests in turn. Currently operates in Wake, Durham, Orange, Chatham, and Person counties.	http://www.fifnc.org/programs/- timebank.html.
Future planning: Arc's Center for Future Planning	help plan for future; info, webinar trainings, resources to download, can make referrals. they also have a handout on choosing a lawyer to help plan for the future	Email: <u>Futureplanning@thearc.org</u> or Gerri Smith (Arc of NC) <u>gsmith@arcnc.org</u> or 1-800-662- 8706
Disability Rights NC	provide advocacy and legal services. Free.	Website: http://disabilityrightsnc.org/ Phone: 877-235-4210 (Voice toll- free); 888-268-5535 (TTY)
Voting(N.C. Bipartisan State Board of Elections & Ethics Enforcement)	ncsbe.gov/ (did you know you don't have to give a reason for absentee voting? You just have to plan ahead!)	ncsbe.gov/ General Email: <u>elections.sboe@ncsbe.gov</u> Phone: (919) 733-7173 or (866) 522- 4723
List of churches in Wake County area that have been known to provide services, classes, and/or programs for individuals with special needs		http://www.gcffamilys- upportservices.org/wp-content/- uploads/2015/07/Church- Information.pdf
Community Partnership Inc	Community Guide services are short-term, temporary (up to 6 months) and phase out as you achieve your goals. Services are also provided as needed: participants can enter, exit, and re-enter the program as their needs change. Community Guide services listed on website: IEP advocacy and parent education, self-advocacy Locating financial assistance Locating after-school programs Transition to adulthood.	Phone: 919-781-3616. ext. 250 or email: <u>nsmith@communitypa-</u> <u>rtnerships.org</u> or visit: www.communitypartnerships.org

	Locating social activities how to navigate the disability services system. Linking to non-Medicaid resources	
Community Partnerships Inc	crisis (food, medical care), or with immediate behavioral or advocacy concerns – helps connect you	Phone: 919-781-3616. ext. 250 or email: <u>nsmith@communitypa-</u> <u>rtnerships.org</u> or visit: www.communitypartnerships.org
enablingdevices.com	communication aids, sensory products, timers, a variety of devices. But I have found many of these devices for much cheaper on Amazon or other websites	Phone: 800.832.8697
Links to more links		
Resource		
	ms, noted with types of individuals they	
accept; many are specific to https://www2.ncdhhs.gov/c	•	
https://www2.https://www2.https://	<u>msr/data/mmmst.pdf</u>	
https://thepowerofthedream intellectual-disabilities/ Find services/groups by co	n.org/resources/developmental- unty:	
http://www.gcffamilysuppo	ortservices.org/	
Safety		
Resource	Services	Contact information
Project Lifesaver	I know they do this in Durham but need to find	
	link; wake county link:	
	http://www.wakegov.com/sheriff/services-	
	/Pages/lifesaver.aspx	
Book: Great book for expla	aining	
behaviors that may get you	in	
trouble legally, broken dow	<i>i</i> n in	
very concrete terms: <u>5 is A</u>	<u>gainst</u>	
the Law. Written by someo	ne	
with ASD specifically for o	others	
on the spectrum.		
Technology: Simply Home	They are all companies that make technology that	t Simply Home
Simply Safe, and Night Ov	vl can help support safe independent living. For example, Simply Home has options to simplify	Email: <u>info@simply-home.cor</u> (828) 684-8441 Corporate

ones that may be cheaper.

example, Simply Home has options to simplify (828) 684-8441 Corporate contacting others in an emergency, medication Office dispensers that have alarms on them to remind (877) 684-3581 Toll Free you to take meds. Night Owl has a variety of Simply Safe security systems including factory reconditioned Phone: 888-957-4675

			Night Owl
			Phone: 866-390-1303
Safelink cell phone/text	You ca	an apply to receive a free phone; e	ligibility
	varies	from state to state and is based on	L Contraction of the second
	partici	pation on state or federal support	programs,
	or by r	neeting the income poverty guide	lines from
	the fed	leral government. To apply for a f	ree phone
	go to <u>k</u>	https://www.safelinkwireless.com/	<u>'-</u>
	<u>Enroll</u>	ment/Safelink/en-	
	/NewP	ublic/index.html?promocode=CD	D0057
Kidpower.org	you ca	n join their free online library and	access
	videos	, online books, etc that explain ho	w to be
	safe in	various situations. The website for	or the
	local c	hapter, located in Holly Springs, i	S
	<u>https://</u>	/www.kidpower.org/what-we-	
	do/loca	ations/north-carolina/ They have	e a variety
	of prog	grams for kids, adults, teens, and p	programs
	for exc	ceptional kids/adults where you pr	actice
	what to	o do in emergencies	
Community liaison at your local most police stations have a community liaison. In		iaison. In	
police station	the tria	angle area, we've heard of the con	nmunity
	liaison	coming out to homes to explain v	when to
	call po	lice, what to do in an emergency,	etc., and
	answe	r other questions folks might have	about the
	police.		
Groups for parents			
Resource	Serv	vices	Contact information
Cary Therapeutic Rec	art a	and recreational therapy,	http://www.carolinaparent.com/CP/Special-
	disa	bility support and advocacy	Needs-Resources/
IDD NextStep	see	this link for information on	http://173.254.28.63/~iddnexts-/home/next-
	supp	port group in Raleigh and in	step-meetings/ or you can email
	Hol	ly Springs. (typically meet once	dave@IDDNextStep.org
	per	month).	
Autism Society of North C	arolina, offe	r parent support groups to	
local/county Autism Societ	y fam	ilies; contact organizations	
chapters, and TEACCH		vidually to see about	
	reco	mmendations or available	
	opti	ons.	
<b>Recreational/Social</b>			
Resource	Services		Contact information
Camps: Camp Royall	Camp Royall i	s local and ASD specific; they	
	have both over	rnight and day camps for	

various ages throughout the summer, and also during the year have overnight weekends as

well as weekends for entire families.

Other camps can be found here, listed by county as well as what groups they are for (general, ASD/DD specific, etc.). http://fsp.unc.edu/summer-camp

DD/sensory friendly days/discounts at museums, trampoline places, movie theatre, etc. Inquire at your favorite sites about if they offer discounts or have particular days/times set aside.		
УМСА	Youth development	https://www.ymcatriangle.org/
Special Olympics of NC Local libraries (sometimes offer fun classes like painting)		http://sonc.net/
Local Parks and Rec programs (city/town, and county systems)	<ul> <li>www.raleighnc.gov/parks or 919 966 2147</li> <li>Chapel Hill often has an ASD game night for teens and young adults.</li> <li>Link to various parks in Wake County and their programs: http://www.wakegov.com/p- arks/events/Pages/default.aspx</li> <li>For information on specialized recreation services through Raleigh Parks, contact 919.831.6640 or</li> <li>jenni.thompson@ci.raleigh.nc.us</li> </ul>	
The Coffeehouse	around Wake county, certain places host at least one Friday a month.	http://www.servingcup.org/the-coffeehouse/
Miracle League of the Triangle "Take Flight"	children and adults with a disability play baseball. Also have sites in Franklin County Clubs for teens and adults on the spectrum, in Cary	http://miracleleagueofthetriangle com/play/play_benefits/ call 919 602 9883 for info
Defy Gravity Trampoline Park special needs night (Durham)	http://www.defygravity.us/durham/Pricing (I think many other trampoline parks also have special needs nights where they limit the number of jumpers, and modify light/noise levels)	
Extraordinary Ventures	is an employment agency but they also do social activities and skills camps (e.g., basketball with social skills training; arts).	http://www.extraordinaryventures.org/ or 919.967.1100

Durham Museum of Life and Science Reality Ministries (Durham)	In 2017 April, they sponsored their first annual Autism Awareness event day, with early admission for families with an individual on the spectrum and additional ASD-friendly activities. They now have on hand some schedule systems and other supports that you can ask for at the front desk. they have day and evening programs, and a small program called Reality Works that aims to help people find employment. They also sell cards, candles, and soaps that their folks make. Most individuals involved in the day program do one day a week and there is a fee but there are also scholarships available. They also sponsor fun special events such as talent shows.	Phone: 919-220-5429 <u>http://www.realityministriesinc.org/</u>
Friendship Circle at the Chabad of Cary Jewish Center	a program for kids and teens with special needs; teen volunteers visit and accompanies the individual with the purpose of "involving them in a full range of Jewish and social experiences.	For more information email <u>Friendshipcircle@chabadofcary.org</u>
Horseback riding for individuals with disabilities	all ages and ability levels.	Bright Star Stables - located in Rougemont. Brightstarstables.org, 919.316.0747 Helping Horse- located in Durham. helpinghorse.org, 919.816.2103 Horse and Buddy- located in Apex: http://www.horseandbuddy.org/, (919) 367- 7740 NC Therapeutic Riding Center: located in Mebane, (919) 304-1009, http://www.netrcriders.org/
Abilities Dance	free dance classes for individuals with intellectual disabilities.	Email: abilitiesdancenc@gmail.com;
Abilities Indoor Soccer League	Hosted by Abilitations Children's Therapy & Wellness Center	Can follow the facebook to know their event: <u>https://www.facebook</u> <u>com/events/250004172123099/</u> Or call (919)844-6611 for more info
Able to Serve	day program for adults with developmental disabilities. serves both Wake and Johnston County residents	Call 919-779-5545
Bridge II Sports	offers a full range of sports to accommodate multiple disabilities	Phone: <u>866-880-2742</u> Email: <u>admin@bridge2sports.org</u> Website: www.bridge2sports.org
Capital Area Soccer League (CASL)	Soccer. collaborate with <u>North Carolina</u> <u>Football Club</u> (NCFC) and <u>Triangle Futbol</u> <u>Club Alliance</u> (TFCA)	Phone: (919) 834-3951
Consolidated Football Federation	Challenger Program – Pop Warner Football	Email: <u>admin@cff-popwarner.com</u>

Museum Access for Kids	Field trips designed for school age students with disabilities	Webiste: http://camraleigh.org/about/accessibility/mu seum-access-for-kids/ For more information or to schedule a tour, contact melissa.roth@camraleigh.org or call 919.261.5917
Creativity in Motion	Dance class for children with special needs.	For more info, contact Jennifer Pegram: (919) 924-2659 jennifer@creativityinmotionllc.com Website: http://www.creativityinmotionllc.com/
Holly Springs School of Dance	Shining Stars dance class	Website: http://www.hollysprings- dance.com/Home.aspx Or call (919) 557-3270
Kids Together Playground(Cary)	For kids of all levels of physical and mental ability to enjoy play	Phone: 919.469.4061 or 919.460.4965 Website: http://www.kidstogethercary.org/index.htm
Macaroni Kids	Macaroni Kid publishes weekly, hyper-local e-newsletters and websites featuring events, activities, products and places for moms, kids and families.	Website: https://cary.macaronikid.com/
Marbles Kids Museum	Family Fun Nights. Provide daily programs, camps, parent-child classes.	Phone: 919.834.4040 Website: http://www.marbleskidsmuseum.org/visit
The Miracle League of the Triangle	Baseball	Phone: 919-238-0333 Website: http://miracleleagueofthetriangle.com/
My Favorite Cardio- Therapeutic Martial Arts	teaching Tae-Kwon-Do, self-defense, and Martial-Arts classes that are therapeutically targeted to children with Autism, Asperger's, ADD, ADHD, Tourette's and more.	Phone: 919 238 9755 / 585 370 9589
ParkGeek	information on local parks	Web: http://parkgeek.com/
The Route Fitness	Personalized fitness for those with special needs	Website: http://theroute.perryvaile.com/home
Sassafras All Children's Playground-Laurel Hills Park		Address: 3808 Edwards Mill Rd, Raleigh, NC 27612 Phone: (919) 420-2383
Sensory Friendly Movies – AMC Theaters	For people with Autism and other special needs and their families. available on the second and fourth Saturday (family- friendly) and Tuesday evenings (mature audiences) of every month.	Website: https://www.amctheatres.com/- programs/sensory-friendly-films
Studio Five Dance Company	High Five Buddies Dance Program: dance classes for children with special needs. It's free!	Phone: 919-577-9955 Visit: http://www.studiofivedancecompany.com/h igh-5-buddies.html

		http://www.studiofivedancecompany.com/h
		igh-5-buddies.html
ACCESS North Carolina	A Guide to Travel Site Accessibility	https://www.ncdhhs.gov/document/access-
		north-carolina-vacation-and-travel-guide-
		people-disabilities
Contemporary Art	Provide free field trips for school age students	Web: http://camraleigh.org/
Museum (CAM)	living with disabilities.	Phone: 919.261.5920
		Email: info@camraleigh.org
Raleigh Little Theatre	Provide classes.	Phone: 919-821-4579
		Website: http://raleighlittletheatre.org/