flourishing families 2016
925+
Resources for Families with Special Needs

Happy Homes
- Supporting and Caring for Siblings
- DIY Sensory Play Spaces

Published by San Diego Family
North County Gymnastics and the Gymnay Kids
Classes are designed to help children 15 months and up, including those with high-functioning disabilities, experience gymnastics in a fun and positive environment. Class ratio is no more than five kids per instructor.
17022 Camino San Bernardo
SD, 92127
858-451-0204
www.gymnaykids.com

PACT (Positive Action Community Theatre)
Theater and dance programs designed to empower kids with special needs through performance.
Dance North County
535 Encinitas Blvd. #101
Encinitas, CA 92024
760-815-8512
www.pacthouse.org

Poway Youth Basketball League, Challenged Division
Challenged athletes program for youths with intellectual disabilities. All games will be played in Meadowbrook Middle School's gym.
12320 Meadowbrook Ln.
Poway, CA 92064
PO Box 502183, SD, 92150
www.pycl.com

RE Spectrum Community
Soccer and recreational activities for San Diego area children with Autism Spectrum Disorders. Committed to building community relationships for those with ASD.
www.respectrum.org

Rise and Shine Christian Choral Program
The San Diego Chorister Guild’s free program for children with developmental or cognitive disabilities 8-18 is open to all children regardless of family church affiliation. Sponsored by the Guild and the Clairemont Lutheran Church, the choir requires parents attend while children learn basic musicianship and vocal training. Group meets at 1 p.m. on Sundays.
Clairemont Lutheran Church
4721 Clairemont Mesa Blvd.

San Diego Chill Hockey League
Low-priced, amateur ice hockey league for boys and girls 7-12 with disabilities who are physically able to play, but unable to participate in a typical organized league. Ice, equipment, coaching and mentoring provided.
UTC Ice Sports Center
4545 La Jolla Village Dr.
SD, 92122
www.sandiegochill.org

San Diego Civic Youth Ballet
Everybody has the opportunity to dance at SD CYB, as they embrace and celebrate the diversity of their students. Ballet for Me! is a classical ballet program specifically designed for children ages 6 to 10 with unique physical needs. Join them in the heart of Balboa Park for class and discover the excellence and creativity that ballet can inspire in every student.
1650 El Prado, #209
Casa del Prado Building, Balboa Park, SD, 92101
619-233-3060
www.sdycb.org

San Diego Down Syndrome
Partners with local resources to provide unique recreational activities for families of children with Down Syndrome.
1736 Tavern Rd.
Alpine, CA 91901
619-208-7152
www.sandiegodowns syndrome.org

San Diego Park and Recreation Dept.
Therapeutic recreation services. Full range of amazing and inclusive camps and recreational programs for children and adults with special needs.
619-525-8247
kfenick@sandiego.gov
jmrichards@sandiego.gov

San Diego Soccer Club’s TOPSoccer Program
Any player, ages 4 and up, who possesses a physical or mental disability which limits their ability to perform at the level of play they have chosen to participate is eligible for this community-based soccer program.
Westview High School Stadium
13500 Camino Del Sur
SD, 92129
sdstop.soccer@gmail.com
www.sandiegosoccerclub.org

Sensory Friendly Films
Bimonthly films with lowered sound and more light for kids with sensory needs.
AMC Mission Valley
640 Camino Del Rio N.
SD, 92108
AMC Palm Promenade
770 Denney Rd.
SD, 92154

Sensory Story Time at the San Diego Central Library
Children ages 4-11 who have difficulty in large groups, are on the Autism Spectrum, or experience sensory overload are welcome to this interactive program on the third Saturday of the month. Books, songs, movement and therapeutic activities will provide children with new skills and encourage peer interaction. Call to register as space is limited.
330 Park Blvd.
SD, 92101
619-236-5800
www.sdpl.bwcshosting.com/cal/main/showEventList.rdf?sessionId=D35D1072E7284D07AABCD24C3A0884DC

Sing, Move and Play Music Academy
Offers 1:1 piano and group keyboard lessons from certified instructors for children 3-adult. Music can help physical, emotional, intellectual and social development. Try Harmony Road group instruction (18 months to 1 year): an exciting, comprehensive early childhood music program, designed to help children discover the world of music through motivating materials and activities which develop the whole child.
17197 Patina St., SD, 92127
858-449-3606
www.singmoveandplay.com
throughout San Diego County by pairing up teams from Include Autism with local youth baseball players. Promotes a fun, athletic experience for all involved. Held at Twin Trails Park in Rancho Peñasquitos.
PO Box 720072
SD, 92172
858-603-9835
www.includeautism.org

InnerDancer Performing Arts
Peer and friendship centered social interaction and dance development program for all abilities engaging the individual with all abilities first, rather than attempting to fit students into a one-size-fits-all repertoire. Weekly classes and inclusive performance opportunities.
PO Box 373
Del Mar, CA, 92014
602-502-2743
www.innderdancers.org

Jet Blue: Blue Horizons for Autism
Partnering with Autism Space, local organizations, Jet Blue has produced a video,"I Can Fly" Social Story-book, and yearly family events to help those with Autism/ASD confront the fears and anxiety that can be associated with flying. Dedicated line and web link for travelers with disabilities.
800-538-2583
www.jetblue.com/travel-special-needs

Juan Carlos Organization Zumba For All
Lisbeth Garces and her team provide inclusive Zumba in various locations around San Diego. Calendar of weekly events.
619-971-3904
www.jcorg.org

Kids Included Together (KIT) (See listing under Inclusion)

KidVentures
Provides a safe, fun and nurturing environment for San Diego families. Facilities offer the ideal setting for children with special needs. Staff works with educators, occupational therapists and child psychologists to provide a welcoming place to learn and play.

Murray Callan Swim School
Inclusive swim classes based on the individual needs of each child.
1012 Law St.
SD, 92109
858-273-7946
www.murraycallanswimschool.com

The New Children's Museum
Offering a safe, interactive and engaging environment in which children of all ages and abilities can participate in hands-on art-making experiences and other sensory activities.
200 West Island Ave.
SD, 92101
619-233-8792
thinkplaycreate.org