



**Year-Round Respite Guide 2018-2019**  
**Specialized Programs for Individuals with Intellectual and Developmental Disabilities**  
**and/or Special Health Care Needs**

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This resource is provided as informational only. We do not endorse any services listed. Please use your own discretion when utilizing services from any listed providers and contact organizations directly for more information.

<sup>†</sup>Provider has program approval to provide respite within the applicable Home and Community Based Services (HCBS)-Support Living Services and HCBS-Children's Extensive Support Medicaid waivers.

### Ascendigo

Website: <http://ascendigo.org/>

Phone: (970) 927 - 3143

Email: [asingiser@ascendigo.org](mailto:asingiser@ascendigo.org)

Saturday Adventure Program: Our weekend program runs throughout the school year, offering a variety of outdoor and indoor activities throughout the Roaring Fork Valley. The program is designed for individuals on the autism spectrum, ages 6+. For more information or registration contact Conlan McGough at [cmcgough@ascendigo.org](mailto:cmcgough@ascendigo.org) or 970-927-3143 - Dates: Please visit the website for dates and times.

Winter Adventures: Ascendigo's Winter Adventures Programs take place at Aspen Snowmass. Enjoy skiing and snowboarding at one of the world's premier family-friendly resorts; includes private lessons with a skiing professional who specializes in teaching those across the autism spectrum. Dates: Please visit the website for more dates and times.

Cost: Varies by program- check website or email for more information; scholarships available

### Adams Camp – Pathfinder, Explorer, Trailblazer & Pioneer

Website: <http://www.adamscamp.org>

Phone: (303) 563 – 8290

Email: [adventure@adamscamp.org](mailto:adventure@adamscamp.org)

2019 Spring & Fall Camp

Spring Downtown Denver Weekend (ages 16 and up): April 20-21, 2019

Spring Road Trip, Manitou Springs (ages 18 and up): May 3-5, 2019

Fall Road Trip, destination TBD (ages 18 and up): September 6-8, 2019

Fall Weekend (ages 16 and up): October 25-27, 2019

Cost: Varies by program- check website or email for more information; scholarships available

### Adaptive Adventures

Web site: <http://adaptiveadventures.org/program/alpine-skiing-and-snowboarding>

Phone Number: (303) 679-2770

STARS Camp: A sports camp for youth with physical disabilities who want to learn how to ski or snowboard. STARS Camps are also great for those who have skied or snowboarded before and would like to advance their skills. Private and group lessons will be provided in fun and exciting environments. Call for specific dates and pricing.

All Mountain Camps: The goal is to provide a fun, social environment for intermediate and above adaptive skiers and riders to improve their skills and meet some new friends in the process. Call for specific dates and pricing.

### Angels of Colorado

Website: <http://www.angelsofcolorado.com/>

Phone: 720-747-8228

Email: [frontoffice@angelsofcolorado.com](mailto:frontoffice@angelsofcolorado.com)

Angels of Colorado provides:

- Parents night out one Saturday a month
- Little Angels Respite Program Fridays 8am-2pm ages 3-6
- In Home Respite Care, Community Connector, Adult Day Program, & Transportation
- After school care, Respite Overnights, Summer/Fall/Winter respite day camps, & emergency respite services.

Angels of Colorado Center Hours: Monday-Friday 8am-8pm & Saturdays 2pm- 8pm

Location: 1276 S. Chambers Rd Aurora, Colorado 80017

Ages served: 3 – 30 years in center. Infants and adults/seniors served in home care.

Costs: vary based on program/accept waivers and private pay

Spanish speaking providers – 90% of staff at AOC are Spanish speaking.

### Aspen Camp

Website: <http://www.aspencamp.org/wintercamp>

Contact: 1-970-315-0513

Email: [office@aspencamp.org](mailto:office@aspencamp.org)

Winter Camp for Deaf youth (hearing siblings welcome)

Date: TBD      Ages 10-17, Cost: \$599 - Scholarships and payment plans may be available.

Additional Information: Mission: building self-esteem through deafhood. In addition to skiing/snowboarding instruction, participants will enjoy bonfires, snowball fights, trips to hot springs, costume days, games, homework time, and the chance to make great friends!

### Aurora Recreation Therapeutic Programs

Website: [https://www.auroragov.org/things\\_to\\_do/recreation\\_sports\\_programs/therapeutic\\_recreation/](https://www.auroragov.org/things_to_do/recreation_sports_programs/therapeutic_recreation/)

Phone: (303) 326-8410

Email: [bbolks@auroragov.org](mailto:bbolks@auroragov.org)

Ages: 13 and up

Programs and Activities - Aurora Recreation Therapeutic Programs offer two types of opportunities for individuals with disabilities.

- The TR program is solely for individuals with developmental/physical disabilities.
- Inclusion services are offered to assist you in determining your leisure interests and abilities for participation in our general recreation activities.
- Check website for programs and costs.

### **Breckenridge Outdoor Education Center (BOEC)**

Website: [www.boec.org](http://www.boec.org)

Phone Number: (970) 453-6422 (Toll Free Number: 800-383-2632)

Email: [boec@boec.org](mailto:boec@boec.org)

Don't miss out this winter! BOEC is offering a five-day retreat in partnership with the Brain Injury Alliance of Colorado (BIAC). Activities include skiing, snowboarding, snowshoeing, and tubing. This program is designed for adults living with a brain injury. The program is based out of our accessible Scott Griffith Lodge, and include meals and plenty of time to relax and enjoy the beautiful mountain scenery. Adaptive ski and snowboard lessons will be run through the adaptive ski program at the BOEC. The retreat is open to all levels. For more information or to sign-up, please email or call Linda at: [Linda@biacolorado.org](mailto:Linda@biacolorado.org) or 303-562-0401.

Additional Information: The mission of BOEC is to expand the potential of people of all abilities through meaningful, educational, and inspiring outdoor experiences. BOEC offers an [Adaptive Ski and Ride School](#) and [Wilderness Programs](#). BOEC features a residential lodge, climbing wall, high ropes course, rafts, canoes, and sea kayaks.

### **Colorado Acts – Shining Stars**

Website: [www.coloradoacts.org](http://www.coloradoacts.org)

Phone: 303-456-6772

Email: [coloradoacts@yahoo.org](mailto:coloradoacts@yahoo.org)

Shining Stars is a drama camp experience for children with special needs and provides students the opportunity to expand their communication and social skills. Ages: 4-18. Costs: See website for dates/more details.

### **Colorado Lions Camp**

Website: [www.coloradolionscamp.org](http://www.coloradolionscamp.org)

Phone: (719) 687-7435

Email: [coloradoacts@yahoo.org](mailto:coloradoacts@yahoo.org)

RESPITE CAMP DATES 2018/2019: October 26-28, 2018, December 7-9, 2018, February 8-10, 2019, April 5-7, 2019

Additional Information: Each respite camp is limited to 20 campers. There are outdoor activities, crafts, cooking, self-esteem building, etc. Campers arrive Friday between 6:00-7:00pm and are picked up by 11:00am on Sunday.

Cost: \$200/weekend \*\*Camp can bill Medicaid directly\*\*

### **Elevate 365 - Continuum of Colorado**

Website: <https://www.continuumcolo.org/elevate-365/>

Phone: 303-214-3370

Elevate 365 is a recreational, social and educational program that offers a variety of integrated activities to individuals three years of age and older. Our dedicated, caring, and trained staff facilitate all activities. Activities include: dances, Fun Friday, Special Olympics team sports.

Cost: Private pay and waiver funding accepted

### **Denver Parks and Recreation – Adaptive Recreation**

Website: <http://www.denvergov.org/content/denvergov/en/denver-parks-and-recreation/activities-programs/adaptive-recreation.html>

Phone Number: (720) 865- 0820 Email: [adaptive.recreation@denvergov.org](mailto:adaptive.recreation@denvergov.org)

Saturday Challengers: Activities include a variety of sports, dancing, drama classes, adaptive water skiing, hiking, camping and more!

Special Olympics: Special Olympics is to provide quality, year-round sports training in a variety of Olympic-type sports for children and adults with developmental disabilities.

September-November: Bowling, Volleyball, and flag football

Cost: Prices vary, call for additional information

Additional Information: Denver Parks & Recreation (DPR) offers therapeutic programs for people with disabilities at any age. Through numerous leisure activities, Certified Therapeutic Recreation Specialists and other DPR team members create opportunities to improve quality of life, foster independence and boost self-esteem.

### **Dylan's Down with the Art's camp**

Website: [www.downwiththearts.org](http://www.downwiththearts.org)

Phone: 303-886-5224 Email: [leslie@downwiththearts.org](mailto:leslie@downwiththearts.org)

November 17 - Canvas & Cupcakes at PACE Center in Parker \$30. Register: [leslie@downwiththearts.org](mailto:leslie@downwiththearts.org)

February 2 - Group Theater Outing to see Disney's Newsies at PACE Center - meet & greet with cast backstage. ASL performance for those with hearing impairments. Cost: \$ 30.00 (limited amount of tickets). Register: [leslie@downwiththearts.org](mailto:leslie@downwiththearts.org).

February 9 - Cake Decorating at PACE Center in Parker \$30. Register: [www.parkerarts.org](http://www.parkerarts.org)

March 9 - Spring Craft Class at PACE Center in Parker \$30. Register at [www.parkerarts.org](http://www.parkerarts.org)

### **Easter Seals Colorado**

Website: <http://www.easterseals.com/co/our-programs/>

Phone Number: (303) 233-1666 x237 Email: [nhanson@eastersealscolorado.org](mailto:nhanson@eastersealscolorado.org)

Discovery Club: A day for children to explore and learn in a friendly social setting. Kids will meet new friends and enjoy recreational activities such as sports, games, singing, drama, and more. 10am – 4pm, Ages: 6-18, Cost: \$40 annual registration fee, \$35 per person or \$60 for 2+ Children per session.

Discovery Club dates:

AURORA Dates: Oct. 27, Jan. 26, Feb. 23, Mar. 23, Apr. 27, and May 25.

BOULDER Dates: Nov. 10, Dec. 8, Jan. 12, Feb. 9, Mar. 9, Apr. 13 and May 11.

FORT COLLINS Dates: Oct. 27, Jan. 26, Feb. 23, Mar. 23, Apr. 27, and May 25.

HIGHLANDS RANCH Dates: Nov. 17, Dec. 15, Jan. 19, Feb. 16, Mar. 16, Apr. 20 & May 18.

NORTHGLENN Dates: Nov. 3, Dec. 1, Jan. 5, Feb. 2, Mar. 2, Apr. 6 and May 4.

Rocky Mountain Village Weekend Respite Program: During the non-summer season, camp provides approximately seven respite weekends. Campers come to Rocky Mountain Village to get away and relax while giving their families a short rest from care-giving. Prices vary, scholarships are available. Rocky Mountain Village Camp Phone Number: (303) 569-2333. Click [here](#) for more details.

### **Expand – Boulder County Program**

Website: [www.bouldercolorado.gov/parks-rec/expand-program-for-people-with-disabilities](http://www.bouldercolorado.gov/parks-rec/expand-program-for-people-with-disabilities)

Phone Number: (303) 413-7269 Email: [lasherc@bouldercolorado.gov](mailto:lasherc@bouldercolorado.gov) (Cory Lasher)

Ages: 8 and up (activity-specific age requirements apply)

After School, Weekend, and Overnight Programs available. Activities include a variety of sports, yoga, adventure activities such as rock climbing and hiking, overnight camping, art, writing, music, and social events.

Cost: Prices vary, call for additional information.

### **Program Supports:**

Autism, Blindness/Visual Impairments, Traumatic Brain Injury, Cerebral Palsy, Developmental Disabilities, Emotional/Behavioral Disorders, Epilepsy, Deafness/Hearing Impairments, Learning Disabilities, Multiple Sclerosis, Physical Disabilities such as Spinal Cord Injuries, Spina Bifida or Paralysis, Psychiatric Disabilities

### **Friendship Circle**

Website: <http://www.friendshipcirclecolorado.com/>

Phone: 303-792-7222

Email: [info@friendshipcirclecolorado.com](mailto:info@friendshipcirclecolorado.com)

Year-Round Program: From September-May

Special winter events include mini golf, ice skating, and a master chef cooking group.

Location: Lone Tree, Colorado

Ages served: 4-25 years of age

Cost: \$0-5 per child per event, most events are free! Check website for more details.

Description: The inspiration behind Friendship Circle is your child. Our diverse menu of programs is designed to present your family with the opportunity to form real friendships within a non-judgmental and supportive community that is dedicated to nurturing your child's social, physical and cognitive skills.

### **Garden Autism Services**

Website: [www.gardencolorado.org](http://www.gardencolorado.org)

Phone: 303-306-8259

Email: [info@gardencolorado.org](mailto:info@gardencolorado.org)

After School Program: Ages 8 – 21. Activities include swimming, bowling, hiking, rock climbing, basketball, golf, art therapy, music therapy, horticultural therapy, restaurants, libraries, cooking, volunteering, light rail and more!

iThrive Young Adult Day Program: Ages 17 and up. Offered year-round, participants cultivate vocational, social and daily living skills in a fun, active and supportive environment. Activities include cooking, bowling, sporting events, exercising, hiking and more.

Cost: Prices vary, email for additional information. Apply online [here](#).

### **Great Play – Cherry Creek**

Website: <https://www.greatplay.com/cherrycreek>

Phone Number: (303) 955-0287

Email: [info@cherrycreek.greatplay.com](mailto:info@cherrycreek.greatplay.com)

Rolling 4-week plan

- Only \$79 per 4-weeks! No long-term commitment! Cancel anytime!
- Includes one structured class per week plus open gym times and make-up classes
- 20% discount on sibling and/or 2<sup>nd</sup> class

8-week plan

- \$159 per 8-weeks, re-enroll as many times as you wish
- Includes one structured class per week plus open gym times and make-up classes
- 20% discount on sibling and/or 2<sup>nd</sup> class
- Keep your spot by re-enrolling at least 1 week before your last class
- See terms for details. Credit card, check or cash.

### **Highlands Ranch Community Association - Therapeutic Recreation Program**

Website: <http://hrcaonline.org/Classes-Camps-Activities/Therapeutic-Recreation>

Phone Number: (303) 471- 7043

Email: [summer.aden@hrcaonline.org](mailto:summer.aden@hrcaonline.org)

Fall/Winter/Spring offerings include: Hip Hop Dance Class, Special Needs Yoga, Bowling, Tumbling, Taekwondo and more! Visit website for additional fall/winter/spring offerings.

### **HILLS, Inc.**

Website: <http://dev.hills-inc.org/trips/>

Phone Number: (303) 875-9149

Email: [info@hills-inc.org](mailto:info@hills-inc.org)

Ages: 13 and up

Friday Fun Days: HILLS would like to announce our new Friday Craft Day! Once a month, you can show off your creative side and, most of all, have fun! The Program Director will guide participants through a fun, seasonal craft! Transportation and lunch will also be included. NO experience needed! Cost: \$85 Dates: Nov 18<sup>th</sup> , Dec 9<sup>th</sup>

New Year's Eve Celebration: Dec 31<sup>st</sup> – Jan 1<sup>st</sup> 4:00pm – 10:00am, Denver-area hotel. Before counting down to midnight, we will dance the night away, socialize with friends, and enjoy dinner and a movie. Don't want to stay up until midnight? No problem! We have an early and late sparkling cider toast! This is a fun and safe way to celebrate New Year's Eve! Cost: \$250

Additional Trip Dates and Prices vary. HILLS, Inc offers year-round trips for individuals with disabilities. They offer single day, weekend, and week-long trips. Call for information.

### **Kid's Town Parker**

Website: <http://www.kidstowncenters.com/learn-more.html>

Phone: 303-841-0200

Email: [kidstowncorparate@gmail.com](mailto:kidstowncorparate@gmail.com)

Information: hourly-based child care center

Cost: \$10 dollars per child after \$40 down payment

### **Megan's Place**

Website: [www.megansplacellc.org](http://www.megansplacellc.org)

Phone Number: (303) 881-4988

Ages: 3 – 18 years old

Cost: \$12/hour

Additional Information: Megan's Place offers care for individuals with disabilities. They offer after-school (3:30-10:00pm) and weekend care, field trips, and family activities. (Additional fees may apply depending upon the child's needs)

### **National Sports Center for the Disabled (NSCD)**

Website: <http://nscd.org/program/day-camps/>

Phone: (970)-726-1518

Cost: Dates and prices vary, call for additional information.

Winter & Spring Programs available: Canoeing, Kayaking, Rock Climbing, Skiing, Snowboarding, and Ski Biking day camps; Multi-day and overnight camps also available. See website for more details.

### **Night Lights**

Website: <https://nightlightskids.org/>

Phone: 720-339-7740

Email: [kristins@nightlightskids.com](mailto:kristins@nightlightskids.com)

Respite Evening Program: 2nd Friday each month at 2 locations, 6:30pm - 10:30pm. Each child is paired one-to-one with a trained, background - checked volunteer. Disability/Needs Served: Children with special needs and their typically developing siblings.

Ages Served: 1 month - 12 years

Areas Served: Parker and Littleton

### **Parker Therapeutic Recreation Programs**

Website: [www.parkerrec.com/892/Therapeutic-Recreation](http://www.parkerrec.com/892/Therapeutic-Recreation)

Phone Number: (303) 841-0353

Email: [tbickel@parkeronline.org](mailto:tbickel@parkeronline.org) (Terry Bickel)

Offering year-round programs such as dances, game nights, and holiday-related experiences. See website for session dates and costs. Scholarships are available for eligible families.

### **The Rhythm Within**

Website: [www.therhythmwithin.net](http://www.therhythmwithin.net)

Phone Number: (303) 827-4218

Email: [jonah@therhythmwithin.com](mailto:jonah@therhythmwithin.com)

Cost: \$40/hour for Therapeutic Mentorship; Overnight and daily rates vary by case.

One to one Therapeutic Mentoring services provide focused support in various areas of need. Including: social skills, community navigation, Employment support (both with finding and keeping jobs), relationships, family dynamics, and more. Our average sessions are once per week at 2 hours per session. Session locations are all community based. Meals, walks, running errands together, library, gym, and other community locations. We do our work with clients IN the community. The very locations where they will be using the lessons they learn. Our sessions are designed to feel like "Hanging Out" and through those activities, we create educational opportunities that help to develop positive change.

### **Santa Fe Access Gallery**

Website: <http://accessgallery.org>

Phone Number: (303) 777-0797

Year-round workshops that engage the community by opening doors to creative and educational opportunities for people with disabilities to access the arts.

Location: 909 Santa Fe Drive, Denver CO 80204

Hours: Tuesday: 10am – 2pm, Wednesday & Thursday: 10am – 4:00pm, 1st Friday: 3-9pm, 3rd Friday: 3-8pm

Respite Saturday - Please call to schedule an appointment if outside of regular hours. Cost: Varies, but about \$3-4 per class (scholarships available)

### **South Suburban Parks and Recreation - S.T.A.R. Program**

Web site: [STAR Program Catalog](#)

Phone: 303-798-5131

Fall/Winter/Spring Therapeutic activities include: Dance, Creative Crafts, Music Therapy, Social Skills groups, Fun n' Fit, Aqua Exercise and more. Visit STAR Catalog for more details.

### **Wilderness on Wheels**

Website: [www.wildernessonwheels.org](http://www.wildernessonwheels.org)

Phone Number: 303-403-1110

Email: [wildernessonwheels@gmail.com](mailto:wildernessonwheels@gmail.com)

Ages: All Ages

Dates: Spring and summer dates coming soon. See website for more details. WOW offers camping, hiking, fishing, and more with the option to stay the night in cabins (for a small fee), tent sites, or huts (free, by donation only). Entire area is made wheelchair accessible.

### **YMCA Autism Respite Recreational Program**

Website: <https://www.denverymca.org/youth/respite-recreational-program>

The Respite Recreational Program is a program for children with sensory, developmental and social disabilities. Respite Program: For each three-hour session, children are each paired with a qualified staff/instructor. They start off in the pool, swimming for 45 minutes to 75 minutes, depending on the interest of each child. From there they have a snack and take advantage of the Child-watch facility, dance studio, gymnasium, outside fields, or playground. Kids can play with balls and large foam toys, improving their gross motor skills, and run and move, getting essential exercise. The program also encourages socialization through group play and instructor interaction. And because children are working one-on-one with an instructor, their time at the Y can be flexible, based on each child's needs and desires that day. (Continued on page 13)

The program is offered throughout the year through grant monies from the Colorado Respite Coalition and other organizations.

Dates: Vary through October 2018-April 2019.

Please see specific locations dates for each month and for registration information. Ages: 4-15 years old.

Locations:

Click [Here](#) for Littleton Program dates/contacts/costs:  
Family YMCA 11 W Dry Creek Ct. Littleton, CO 80120

Click [Here](#) for Aurora Program dates/contacts/costs:  
Aurora Family YMCA 27151 E Lakeview Dr Aurora, CO 80016

Click [Here](#) for Schlessman Family YMCA dates/contacts/costs:  
Schlessman Family YMCA 3901 E. Yale Ave., Denver, CO 80210