

2023 Community Resources and Opportunities

These events are not affiliated with your student's school district and are subject to change - Please review all age areas, some of these opportunities overlap and may be available to various age groups

Early Childhood Students

- YMCA-young athletes Special Olympics Programs (run year round in 7 sessions) ages 2-7 There is a member and non-member price.
- Woodbury Recreation: The Miracle League: Youth 3-18, baseball league on Mondays/Wednesdays [Access Link Here](#)
- Madison's Place Adaptive Playground, Woodbury, MN
- Accessible playground (FENCED IN) Normandy Park Education Center, 2482 County Road F East, White Bear Lake, MN 55110
- Accessible playground (FENCED IN) Beaver Lake Education Center 1060 Sterling St. N. Maplewood MN 55119
- Chuck E Cheese Sensory Sensitive Sundays: [Access Link Here](#)

Free Park Events (Roseville) themes activities, recreation fun, crafts, refreshments, bounce castle & puppets

- [Discover Your Parks](#)
- [Puppet Wagon](#)

Tamarack Nature Center:

[Tamarack Free Programs and Events](#)
[Tamarack Discovery Hollow - Free](#)

WBL Community Options for Early Childhood:

[Access Resources Here](#)

Elementary Students

Adapted Sports:

- [Courage Kenny](#)
- Pacer- Summer Reaction Sports and Camps [Access Resource Here](#)
- Darby's Dancers (Woodbury) : [Access Link Here](#)

Summer Camps:

- Mounds View Community Ed classes and camps: [Access Link Here](#)
- Forest Lake Community Ed (Athletics, Art, Dance, Lego)[Access Resource Here](#)
- [Summer Camps - Access Resource Here](#)
- [Mt Olive Trolling Acres Summer Camp](#)
- West Metro Learning Connections (Autism camps)[Access Resource Here](#)
- [Camp Opportunities](#)
- Camp Avanti (OT)[Camp Avanti](#)
- In the Company of Kids - Performing Arts Camp [Performing Arts Camp](#)
- Adapted Theater: [IN The Company of Kids Performing/Creative Arts Center Theater Dance School](#)
- Spring Lake Park Community Ed (Music, Theater, Sports, Invention Camps)
 - [SLP Community Ed Opportunities](#)
- Kids Camps for kids with special needs-[Camps for Kids with Special/Exceptional Needs](#)
- [Camp Franklin](#): Wide range of academic, recreational, and social skills programs for students entering grades K-12 with autism spectrum disorder and individual learning needs.

Activities:

- Minneapolis Institute of Art
[Access Link Here](#) (Free Open Studios and Events)
- Family Fun Twin Cities
[Access Link Here](#)

Middle/Secondary Students

Farmers will take part in experiences at 21 Roots Farm. Each day will consist of time in the garden where farmers will plant, water, weed, and harvest depending on the growing season. Farmers will become acquainted with all of the animals that call 21 Roots Farm home and will learn specifics about caring for them. [Access Information on 21 Roots Farm Here](#)

Camp True Friends -[Camp True Friends](#)

Tech Club for Teens: PACER

ArtShop: Artshop provides opportunities for children and adults with cognitive, developmental, emotional and physical disabilities to participate in the creative process and develop as artists.

Fun Times is a social program that connects teens and young adults with and without disabilities. The program began in 2004 at the request of a high school student who developed it in collaboration with PACER Center.

Dancemania - Singing, Dancing, Acting Intensive: Age: 13+

Location: North Minneapolis (Warehouse District)

Website: <https://lundstrum.org/summer-classes-and-intensives>

Highland Friendship Club: Serves: Individuals with Disabilities

Website: <https://www.highlandfriendshipclub.org/>

SwimPossible in Minnetonka provides safe, calming and fun lessons that are customized for students who need a gentle approach to learning how to swim. Their method incorporates current swim techniques and elements of water therapy to help students quiet their minds and feel how their bodies move in the water. SwimPossible does not focus on diagnoses or labels. They teach swimming to students of all ages who are not served successfully by traditional lessons, including those with Autism Spectrum Disorder, Anxiety, ADHD, Down's Syndrome, and other sensory and learning differences.

University of Minnesota Social Skills and other therapy services: The University of Minnesota Autism and Neurodevelopment Clinic offers several evidence-based treatment groups throughout the year, including groups to address social skills, making and keeping friends, anxiety, and transitioning to adulthood.

School of Rock - music programs. One week camps, and once a week program.

Humane Society - Volunteer - must be 16 or older. Summer Program - apply on-line.
Volunteer 3 times a week for three hours..

Minneapolis Institute of Arts-free programs. Family Sundays....Minneapolis Institute of Art

East Metro Miracle League (EMML) This league is designed specifically for children ages 3-18 with cognitive and/or physical challenges. It provides an opportunity to play baseball as a team member on an integrated team, on a specially designed field at the Bielenberg Sports Complex. Everyone hits, everyone gets on base, and everyone crosses home plate! EVERYONE has fun! If participation permits the teams/leagues will be separated by age. If not, the teams will be combined ages. Access Link Here

Allina - Discover Abilities: Discover Abilities Resource Guide | Courage Kenny Rehabilitation

St. Davids: Adventure - St. David's Center for Child and Family Development

A variety of opportunities at Como Zoo, including camps, volunteer opportunities, youth engagement program, internships, & jobs for children and teens
Como Zoo

Additional Opportunities and Resources:

Walker Art Center

Sensory Friendly Sunday is a monthly, free event for kids, teens, and adults with Autism Spectrum Disorder or sensory sensitivities and their families, offering the opportunity to make art together, explore the galleries, watch a short film, or just hang out in a different setting.

- Social Narrative: A Social Narrative for Visiting the Walker Art Center

Como Zoo: Join us from 9-10 a.m. during the listed dates for an inclusive experience at Como Park Zoo & Conservatory. Spend time exploring exhibits, and activities designed for individuals on the autism spectrum and their families. Sensory Friendly Mornings – Advanced Registration Required

Sensory Map: One-way Walking Path – Como Park Zoo and Conservatory is currently a one-way experience through the zoo and conservatory. Please review the path before your visit.

Saint Paul Public Library: SPPL, is a next Chapter Book Club affiliate. Next Chapter Book Club offers community-based book clubs for adolescents and adults with intellectual and developmental disabilities. Our members (including some who cannot read) love the way books transport them to different worlds where they meet interesting characters and learn about exciting new things. Taking that journey with a group of friends makes it even more delightful and fun. Access information for this event: [Here](https://sppl.org/next-chapter-book-club/) (https://sppl.org/next-chapter-book-club/)

Twin Cities PBS:

Join Twin Cities PBS every Second Saturday of the month at our studios in Lowertown St. Paul for fun and family friendly games and activities for all ages. Come play games, have snacks, and meet some of our PBS Kids characters! Each month we strive to create a welcoming, sensory friendly environment, including lower light and sound levels, smaller crowds, and less limiting structures. Details for these events, such as themes and times, change regularly so please contact us for more information and to RSVP for our sensory friendly hour at Second Saturdays. Cost is free, but space is limited and registration is required.

Find Events Sponsored by Twin Cities PBS

Valley Friendship Club: The Mission of the Valley Friendship Club is to promote and provide safe accessible social opportunities while fostering friendships. Most events are either free or have a minimal cost.

Adaptive Climbing – Midwest Climbing Academy: Academy Adaptive Climbing aims to create an inclusive climbing community for athletes with physical or cognitive disabilities in the Twin Cities and surrounding areas. Our programs offer a space that is supportive and consistent to help participants achieve their personal climbing goals regardless of disability. We value accessibility of climbing, community and challenging perspectives of what is possible for someone with a disability. ([Adaptive – The A](#))

Midwest Climbing Academy: 575 S.E. 9th St. #70, Minneapolis, MN 55414

St. David's Center: Adventure is a community-based therapeutic recreation program for teens and young adults ages 10 and older with special needs.

Adventure - St. David's Center for Child and Family Development

Wild Rumpus Sensory-Friendly Story Time: Sensory-Friendly Story Time will take place before the store opens to the general public. No music until after the store opens...except for the songs we'll sing together! Small fidget objects will be available for children to hold if they

choose. There will be a clear schedule for story time with visual cues. As with all of our story times, this is a no judgment zone! We all have unique needs and ways of expressing ourselves, and we at Wild Rumpus welcome and celebrate those differences. Cost: FREE

- Join us for sensory-friendly story time on the second Thursday of each month from 9:30-10AM! While all are welcome, this story time is especially meant for those with sensory sensitivities. For all others, please join us for Tail Time every Monday at 10:30AM. Wild Rumpus Bookstore: 2720 West 43rd St., Minneapolis, MN 55410

Pump It Up: Pump It Up ~ of Plymouth is proud to offer our community Special Needs Sensory Night, a safe, fun, sensory-friendly playtime exclusively for kids with special needs and their families. Bring the whole family and have a great time bouncing, sliding, making new friends and playing together in a safe and controlled environment. During Sensory Night our facility is reserved exclusively for special needs children and their families. Supervision is required to monitor the safety of the children, so please have a parent, PCA, or care provider accompany your special needs child. Cost: \$7.95 per person. (Currently on hold due to Covid Restrictions, check back for future dates) 3500 Holly Ln. N. #65 Plymouth, MN 55447

AMC Sensory-Friendly Movie Times: AMC is proud to partner with the Autism Society of America to offer unique movie showings where lights are turned up and the sound is turned down so viewers can get up, dance, walk, shout, or sing. To learn more, check out this link: [Access Here](#)

Stages Theater: C.A.S.T and Sensory Friendly Viewings – C.A.S.T. is an educational program by Stages Theater Company dedicated to creating a safe, welcoming and comfortable environment for students with Autism Spectrum Disorder (ASD) and other sensory sensitivities. The program is designed for children with ASD that would like to make new friends, explore deeper levels of communication and self-expression, creatively work on social skills, and develop acting skills and improvisation techniques.

- Check out this link for more information around the Stages Theater (<https://www.stagestheatre.org/cast-program/>)

Accessible Playgrounds : List and resources of accessible playgrounds around MN [Learn more about accessibleplayground.net | Accessible Playgrounds](#)

Accessible Outdoors: The Minnesota DNR is opening the outdoors to people with disabilities by working hard to update its public spaces and programs to meet state and federal accessibility standards. Get information about accessibility in DNR managed spaces. Learn about special DNR hunting, fishing and camping programs and places. Find out what permits and licenses are available for people with disabilities. [Accessible outdoors | Minnesota DNR](#)

Wilderness Inquiry: Outdoor adventures in North America and around the world for adults, families, and people of all ages, backgrounds and abilities. Enjoy hiking, canoeing, kayaking, and dogsledding to some of the most beautiful places on our planet. Many opportunities are available in MN.

Autism Society of Minnesota

- AUSM Skills Shops: [AuSM Skillshops](#)
- Social and Recreation Programs: [Social Skills Classes - AuSM](#)
- Camps and Events: [Camps - AuSM](#)

State Parks: Free Park Days: Free entrance days to all Minnesota state parks

Nickelodeon Universe (MOA): Check out Nickelodeon Universe at the Mall of America for more information.

Social Narrative: [A RESOURCE FOR GUESTS WITH COGNITIVE DISABILITIES INCLUDING AUTISM SPECTRUM DISORDER \(ASD\)](#)

Minnesota Orchestra: Sensory Friendly and Relaxed Concerts

- [Relaxed Family & Sensory-Friendly Concerts \(all ages\) - Minnesota Orchestra](#)

Minnesota Accessible Trails and Hike: [Minnesota Accessible Easy Nature Trails](#)

Minnesota Accessible Activities Calendar: [Access Link Here](#)

Minnesota Autism Resource Portal: Recreation, leisure and community participation. In Minnesota, you'll find a wide variety of parks, activities, and other options to engage individuals of all abilities. Many communities sponsor their own sensory friendly events, respite events, walks and other activities. Visit the community education, support groups or advocacy groups in your area to learn about local events in your own community.

[Access Link Here](#)