

Arc of Northern Virginia - Self Advocacy

<https://thearcofnova.org/advocacy/self-advocacy/>

People First for Young Adults: This is a social and self-advocacy group for youth ages 14 – 26 with disabilities. The goal of the group is to help individuals with disabilities understand the importance of self-advocacy and empower them to speak out for themselves. Youth practice public speaking skills, plan social outings, learn from guest speakers on topics of life skills and advocacy, and projects to enhance social skills. In-person social events are presently on hold. The group now meets **virtually** on the Second Tuesday of every month on Zoom.

People First and A Life Like Yours (ALLY) Toastmasters: People First is an advocacy organization designed for and run by people with intellectual and developmental disabilities. People of all abilities can join and learn about advocacy priorities that affect them. A Life Like Yours Toastmasters is an adapted Toastmasters public speaking club that meets in combination with People First. During the Toastmasters portion of our meetings, we focus on learning about how to be good public speakers and helping others do the same. At the present time, the group meets **virtually** on the Third Thursday of every month on Zoom.

Visit the Self-Advocacy page or the Arc of Northern Virginia to learn more and request an invitation. <https://thearcofnova.org/advocacy/self-advocacy/>

Arlington County Therapeutic Recreation Office

<https://parks.arlingtonva.us/current-tr-programs/>

In-person classes include socially distanced health and fitness classes, nature hikes and family film nights. Face masks and social distancing are required. Activities are 1 to 2 hours in duration. Minimum of 5-6 clients needed for registration for each activity. An aide or caretaker of age 18+ is necessary.

Virtual activities include art classes, fitness and social clubs for teens and adults presented via Microsoft Teams. About 3-4 activities a month. Activities are 1-2 hours in duration. Minimum of 5-6 clients needed for registration for each activity. Personal caretaker is required to assist with technological interaction from home.

No class fees are charged at this time. Advanced registration required for both virtual and in-person activities.

Arlington Recreation Virtual Programs (all): <https://parks.arlingtonva.us/virtual-programs/>

Arlington Rec@Home: <https://parks.arlingtonva.us/rec-at-home/about/>

Contact Therapeutic Recreation for Virtual and In-Person Programs: trinfo@arlingtonva.us

ArtStream

<https://www.art-stream.org/>

ArtStream classes are designed for adults 18 and older with intellectual and developmental disabilities (IDD) including autism. **All classes are currently offered virtually** using Zoom. Classes include comedy, musical theater, improvisation, public speaking, role-play, party dancing, and social skills.

There are two **inclusive theater companies** in Virginia: the VA Cabaret and Alexandria Inclusive Theater. Both groups perform original plays and music with help from mentors. Rehearsals and performances will be virtual this year. Auditions are required and there can be waiting lists for new members wishing to join.

There are fees for all ArtStream activities, but full or partial tuition assistance is readily available. ArtStream programs and registration are listed at <https://www.art-stream.org>

For class schedule, go to <https://www.art-stream.org/take-a-class> or call 301-565-4567

Best Buddies of Virginia and Washington DC

<https://www.bestbuddies.org/vadc/>

Best Buddies programs empower people with IDD to form meaningful friendships with their peers, improve public speaking, self-advocacy and communication skills, and provide supported employment.

The online Events Calendar lists a monthly schedule of **virtual activities** including fitness, cooking and social gatherings.

Best Buddies Event Calendar: <https://www.bestbuddies.org/vadc/events-calendar>

For more information please contact Virginia-dc@bestbuddies.org

City Center NOVA – An Inclusive Community

(Soon to be ‘Our Stomping Ground’ *Inclusive Communities*)

<https://citycenternova.org/>

City Center NOVA’s mission is to build inclusive communities and strengthen neighborhoods in Northern VA through diverse programming, sustainable affordable housing, and social spaces for people of all abilities.

Programs include fitness, wellness, cooking, book discussion and social justice groups and are listed in the monthly Events Calendar. All are welcome to join us on our daily socially distanced walks.

While most events are free, we are moving toward a model where many events and services will be exclusive to members. Membership is affordable and critical to demonstrate community need as we move forward with our advocacy. Join our movement!

City Center NOVA Monthly Events Calendar: <https://citycenternova.org/events/>

Endeppence Center of Northern Virginia (ECNV)

<https://www.ecnv.org/>

ECNV serves people with disabilities from birth through older adults. Core services are information and referral as well as transition, housing, travel training and employment support.

ECNV virtual programming includes workshops topics include wellness, independent living, travel training, as well as social groups. The Young Adult Social Group, based in Western Fairfax/Loudoun County, meets virtually twice a month, but Arlington participants are welcome to join. Other services include transition, housing, and employment support.

ECNV Social Groups: <https://www.ecnv.org/socialgroups>

ECNV Events and Newsletter: <https://www.ecnv.org/content.asp?contentid=145>

For more information, contact Michelle Williams, michellew@ecnv.org, 703-719-1379

Fairfax County – Neighborhood and Community Services

<https://www.fairfaxcounty.gov/neighborhood-community-services/>

Fairfax County provides a variety of recreational, educational and developmental services for residents of Fairfax County, Fairfax City and Falls Church.

The Virtual Center for Active Adults has free virtual program for residents ages 55+. While these programs are not specifically designed for individuals with disabilities, some virtual programs might be of interest. At present Fairfax Therapeutic Recreation is not offering programming.

Virtual Center for Active Adults:

<https://www.fairfaxcounty.gov/neighborhood-community-services/virtual-center-active-adults>

Fairfax Therapeutic Recreation:

<https://www.fairfaxcounty.gov/neighborhood-community-services/therapeutic-recreation>

Growing Kids Therapy

<https://growingkidstherapy.com>

Growing Kids Therapy Center is dedicated to teaching non-speaking, minimally speaking and unreliably speaking individuals how to Spell to Communicate (S2C). Content is delivered through live web meetings for learners at various levels. Program fees apply and vary from \$30-\$40/week, depending on format—self-paced or teacher-led.

Group classes have included Introduction to Philosophy; Travel Around the World; Peer Mentoring; Woke History; and a collaborative course with George Washington University's Milken Institute for Public Health for three-month long courses.

Contact: Julie Randall at: Julie@growingkidstherapy.com or 703-464-0456
Growing Kids Therapy Events: <https://growingkidstherapy.com/events/>

Pozez JCC/Jewish Community Center of Northern Virginia

<https://www.thej.org/specialneeds/special-needs/> phone: 703-323-0880

The Pozez Special Needs program provides classes, workshops, and social skills for individuals with disabilities.

Virtual programming for adults includes 'Family and Friends Bingo', Teen/Adult Trivia, Adult Game Hour and 12-part 'Inspiring Social Skills Through Media' class. The program also offers online presentations for children introducing famous authors such as Brad Metzger who wrote the "I Am" series. Fees apply and can range from \$6-\$300.

Pozez Programs and Classes: <https://www.thej.org/specialneeds/programs-and-classes/>

KEEN - Kids Enjoy Exercise Now

<https://www.keengreaterdc.org/>

KEEN programs are open to all young people, ages 5-25, with physical or developmental disabilities who live in the Washington DC and Baltimore areas. Certain programs are for select age groups only.

KEEN programs are free of charge and volunteer run. Classes are free and offered virtually through Zoom, both live and pre-recorded. **Classes** are taught by young adult volunteers and include Zumba, yoga, Tae Kwon Do, singing, fitness, book club and online Fun Nights.

KEEN Program Schedule: <https://www.keengreaterdc.org/online-schedule-keen-athletes>

MVLE Virtual Learning Services

<https://www.mvle.org/>

Power of Possible Curriculum: We are excited that we have been able to offer remote classes and volunteer activity opportunities throughout the summer and have recently expanded our virtual classes. MVLE's Power of Possible Curriculum has two tracks, Employment and Group Day Services. Classes are provided via the Zoom platform, Monday-Friday, ranging from 30-45 minutes each session. This is a great opportunity to connect with others and learn new skills. Class schedules are sent out to participants monthly and can be found on the MVLE website (www.mvle.org). **These classes are only open to individuals enrolled in MVLE programs.** More information can be obtained from LaTonia Adams, lcadams@mvle.org, or Joanne Aceto, Jaceto@mvle.org.

Virtual Volunteer Programs: MVLE is offering virtual volunteer activities via Zoom. Activities are led by a MVLE volunteer and include cooking demonstrations, exercise, Zumba, Yoga, reading group, art class, music, and self-advocacy. Weekly schedules of events are shared with participants. Activities occur Monday-Thursday at 10am, 11am, and 1pm. **These activities are open to anyone.** Activity calendars are sent out monthly. If you are interested in these activities, please contact Sabrina Gibson at sagibson@mvle.org or call 571-230-0743.

Morning Moves 2.0: Morning Moves is offered via Zoom to anyone who wishes to participate every morning, Monday-Friday at 10am. This is an innovative, interactive dance and expressive arts class for people of all ages and abilities. **These morning classes are open to anyone.** For registration information or to receive the monthly volunteer activity schedule, please contact Margot Greenlee at mgdance@hotmail.com.

MPower Me- MyGuide: MVLE has partnered with MPower Me to provide **remote services for those funded by a Medicaid Waiver** to receive programming through the MyGuide assistive technology. MyGuide is a mobile app-based accommodation for skill development and supported communication that also offers a tools and capabilities for caregivers and professionals to provide services and supports where and when the user chooses, both remotely and in person. MyGuide plays digital lessons on a mobile device and can provide customized step-by-step instructions for interactions, experiences, routines and tasks. More information can be obtained by contacting Tamika Majors-Boyd, tboyd@mvle.org, or Myca Gray, mygray@mvle.org.

MyGuide is a waiver provided services and is **open to any individual with a waiver.** Anyone can sign up for a free account and browse the public library guides at <https://app.myguide.care> or by downloading the app and signing up.

ServiceSource

<http://servicesource.org>

ServiceSource offers virtual Dance, Yoga, and Music therapies Monday-Friday to individuals in their Long Term and Community Integration Services Programs. There is limited capacity for Individuals outside of ServiceSource to participate, but those who are interested can inquire through Theresa.Piccolo@servicesource.org.

Social Grace

<https://socialgracellc.com/>

A community for neurodiverse individuals and their families who seek honest guidance and practical solutions. Social Grace provides both **in-person and virtual therapy, coaching, and mentoring** with the area's most passionate professional counselors, coaches, and therapists. We are here to empower you to live fulfilling, happy lives - all on your own terms!

Cost: \$0-\$150

Services Include:

- Therapy, Coaching & Mentoring
- Developing Executive Function Skills
- Developing Social Competencies
- Self-regulation/coping skills
- Life Skills
- Education
- Social Groups & MeetUps
- Free Support

SPARC – Specially Adapted Resource Club

<https://parks.arlingtonva.us/therapeutic-recreation-1/therapeutic-recreation-communityresources/sparc-in-arlington/>

SPARC empowers adults with disabilities ages 18+ to live as engaged citizens by practicing life skills through leisure-learning guided lessons. All SPARC clubhouse activities are presently **meeting virtually** with exciting daily activities offered through Zoom. Membership fees apply based on participation. Join us Thursday evenings for BINGO. Visit our website for sign up and details: sparcsolutions.org

Contact: Jodie Wyckoff, SPARC at jodie@sparcsolutions.org or (703) 967-5997 for rates and further information.

Special Olympics – Northern Virginia, Area 26

<https://novasova.org/>

Special Olympics **virtual and in-person activities** are designed for individuals with ID/DD ages 8 and older. Registration is required, but there are no fees. To register for Special Olympics programs, go to: <https://novasova.org/athlete-registration>

Weekly virtual classes include Zumba, Boot Camp, Bash Boxing and yoga. The Friday dance party provides fun and social skills building. An arts and crafts ‘Crafting Collab’ is offered each month with the Virtual Companion Cards and Crafts Program. An online Fitness Combine allows participants to track their progress through a series of exercises independently or with a partner.

Virtual class schedule: <https://www.novasova.org/virtual-classes>

Weekly virtual fitness programs (live): <https://www.novasova.org/additional-virtual-classes>

On My Own Time virtual programs (recorded): <https://www.novasova.org/on-my-own-time>

Fall virtual team practices: novasova.org/fall-teams-virtual-practice-schedule.

To be added to the newsletter distribution list, contact newsletter@novasova.org.

For questions, contact the coordinator of virtual activities at secretary@novasova.org.

Spirit Club

<https://www.spirit-club.com/>

Virtual fitness classes have multiple trainers demonstrating different versions of each exercise in modified forms including seated, standing, and progressed. This structure makes classes suitable for all ability levels so family members, housemates, staff, and peers can participate together. Virtual community classes and personal trainer sessions are available for a monthly membership fee. Scholarships and sliding scale membership fees are available.

Virtual community classes currently include Zumba, Yoga, Boxing, Cardio Fitness, Strength Training, Balance & Flexibility, Meditation and Healthy Cooking. Members may access live classes taught 6 days a week. Classes are available both live during the original broadcast, and also on-demand the same day. Programming is also available to agencies looking to enhance the lives of the individuals they support.

To request more information, go to <https://www.spirit-club.com/join-us/>

List of weekly community classes: <https://www.spirit-club.com/virtual-training-2/>

Information in this list was provided by these groups or listed on their websites and is current as of October 2020. This list is provided as a resource for individuals with disabilities, their families and their caregivers to use when searching for programs appropriate to their needs. Inclusion in this list does not represent endorsement.