

Recreation & Family Services



Recreation & Family Services presents a broad array of programs that support families caring for a loved one who has developmental disabilities.

Through social and skill building opportunities, Recreation & Family Services works in coordination with families, day programs, school staff, and clinicians to ensure consistent care. Additionally, we present free caregiver trainings throughout the year.

What we offer:

- **Recreation** is designed to help individuals, ages 16 and up, to reach their personal goals, improve health and wellness, and create opportunities for socialization. A wide variety of classes and events help aging or working families seeking respite for their adult children who live at home. Individuals who live semi-independently and might feel isolated can benefit.

Recreation comprises a wide variety of enrichment activities such as bowling, fitness, ceramics, dance, yoga and Special Olympic sports. Unique events in the evening or on weekends promote socialization and provide a fun, low stress activity.

- **Caregiver Trainings** are free presentations by community experts on topics of interest to families who have a loved one with a disability. Trainings are an important source of information that support families in making informed decisions about their child's life, adopting best practice care giving and provide a networking forum for families managing similar circumstances.



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Program location: 35 Forest Ridge Road, Concord, MA