



Utah Parent Center 2018

Programs for Individuals with Disabilities in Utah

SALT LAKE CITY AREA

- **Angel Hands:** AHF provides monthly social outings for our families of children with rare disorders. Many of our children do not go out in public due to their conditions or physical limitations. AHF has taken families to professional hockey, basketball, and baseball games. We have had private swimming parties, pizza parties, Christmas parties, fishing parties, picnics, taken kids snow skiing, and we also have gone to movies and the circus. Many of these events are luxuries that our families cannot afford due to the financial hardships brought on by the diseases.
Website: <http://angelshands.org/> **Phone:** (801)280-1801
Location: Salt Lake City
- **APEX ADVENTURE CLUB:** Learn, practice, achieve the skills to make and keep friends. They are now enrolling children and teens in Salt Lake, Davis and Weber Counties. Current classes are scheduled outside of school hours. A summer camp program is also available. Perfect for children on the autism spectrum or for kids with related behavioral disorders.
Website: www.apexbehavior.com **Phone:** (801) 674-5352
- **Art Access/VSA Utah:** Provides a variety of programs year round for youth with/without disabilities
Website: www.accessart.org/programs **Phone:** (801) 328-0703

Location: Salt Lake City

Age: 3-22

- **Bike Collective:** They offer a free summer earn a bike program. EAB is a rigorous six-week introductory bike mechanics course offered free to anyone ages 6-18. Each class is 1.5 hours long, twice a week, totaling 18 solid hours of instructional time. Upon graduation, students earn their own bicycle to keep and ride with pride. Walk into an EAB class and you will meet students that reflect the diversity of Salt Lake City: recently immigrated youth, institutionalized youth, homeless youth from all over the Mountain West, and youth from the Avenues - all in the same class, learning together, sharing experiences and skills. Achievements in the classroom translate into a Salt Lake City that is not only cleaner, healthier and safer through riding bicycles, but also empowering marginalized communities with skills, information, and experiences that improve the trajectory of their lives for the betterment of the entire community.
Website: <http://www.bicyclecollective.org> **Phone:** (801) FAT-BIKE (328-2453)
Ages: 6 through adulthood **Location:** Salt Lake, Provo, Ogden
- **Bear-O-Care:** Offers year round respite care services for children and adults with significant disabilities. They may also be running some specialty summer programs. We have over 3000 sq. ft. in 3 large rooms and a sensory room, and children will have a variety of activities to choose from. Every session has a Manager, Respite leaders, and volunteers from local high schools and universities. Depending on need, an RN or LPN can be onsite to administer medications, deliver g-tube feedings, or assist with other needs (please specify your needs in the registration form).
Website: <http://www.bearocare.org/> **Phone:** (801) 419-4731
Ages: 6 through adulthood **Location:** Riverton
- **Boys and Girls Club of Murray:** Programs open to children of all abilities.
Website: www.bgcsv.org **Phone:** (801) 322-4411
Location: Murray **Age:** Grades K-12
- **Camp Hobé:** A special summer camp designed for children with cancer and their siblings, who are often forgotten in the cancer experience. Camp Hobé gives kids the opportunity to participate in camp activities just like healthy children whose families not affected by cancer. The camp program provides medical and psychosocial supervision to ensure children are safe both mentally and physically during camp.
Website: www.camphobekids.org **Phone:** (801) 631-2742
Duration: Dates through June **Location:** Salt Lake City
- **Camp Kostopulos:** Located in Emigration Canyon- enrolling children, teens, and adults with physical, developmental, and intellectual disabilities for Summer Camp and all its intrinsic therapeutic recreation programs. Each week of summer camp is targeted to a different age group and primary disability, with more than 11 weeks to choose from! Campers get to stay overnight for a week in our heated, bunk-style cabins; dine in the lodge, swim in the heated pool, ride horses, climb, paddle a canoe, traverse a high ropes course, fish, play games, perform, and make friends and memories to last a lifetime.
Website: www.campk.org **Phone:** (801) 582-0700
Location: Salt Lake City **Cost and Duration:** Vary based on program
- **Camp Takoda:** This camp implements the Pelham Summer Treatment Program to serve children ages 8 - 12 with ADHD, learning disabilities, compliance issues, executive function disorders, low self-esteem, and/or high-functioning autism.
Website: <http://www.camptakoda.com/> **Phone:** (801) 808-8947
Location: Salt Lake City **Age:** 8-12
- **Children's Center:** Offers programs for children with social communication disorders, including autism spectrum disorders. Groups are designed for children ages 4 – 10. Groups meet one time per week for 90 minutes. Groups are small in size, typically 6 children with 2 therapists with parent observation and parent-to-parent interaction.

Website: www.tccslc.org
Phone: (801) 582-5534

Location: Salt Lake City and Kearns
Age: 4-10

- **Columbus Community Services:** Offers programs to provide transition services for young adults with autism and other youth with disabilities including social and interpersonal skills, skills to access the community, and employment skills. For families looking for community-based respite and supervised care for individuals who want to participate in structured activities that may or may not have DSPD services. The program operates from 8 a.m. to 3 p.m., Monday-Friday.
Website: <http://www.columbusseves.org/> **Location:** Salt Lake City
Phone: (801) 262-2066 **Age:** 16-through adulthood
- **CTR Supports Summer Programs:** Offers programs for children 2 years to 6th grade with neurodiverse needs. See their website for more information about the different programs they provide.
Website: <http://www.ctrsupports.com> **Phone:** (801) 788-4978
- **Girls on the Run:** During the week-long session, girls entering 3rd – 5th grades will enjoy building friendships in a fun and inclusive setting that includes interactive games, being physically active, and expressing creativity through arts and crafts and storytelling. Camp GOTR provides a one-of-a-kind opportunity for girls to develop self-confidence, have fun with friends, and learn life skills they can use now and as they grow. Three camps: June 25-29, 2018 at Rowland Hall, July 30 - August 3, 2018 at Rowland Hall, and August 6-10, 2018 at Sugarhouse Park.
Email: ivy@girlsontherunutah.org **Cost:** \$190.00
- **Granite Peaks Lifelong Learning:** Offers fun community education classes during the summer for children and young adults with disabilities.
Website: www.granitepeaks.org **Phone:** (385) 646-4666
Location: Salt Lake City **Age:** All ages
- **Easter Seals Camps:** Offers individualized services and education for children of all ages living with a disability. They offer Handwriting Camp and Wiggly Worm Sensory Processing Class in the summer.
Website: <http://www.easterseals.com/esgw/our-programs/camping-recreation>
Phone: (801) 633-2091
- **Harmony Music Therapy:** All ability music groups. Individual and group music therapy. Individual adapted music lessons. There are also adaptive musical instrument lessons.
Website: <http://harmonymusictherapy.com/about-harmony-mt/for-parents/>
Phone: (801) 718-7637 **Location:** Sandy
- **Hydrotherapy with Liz Egan:** Liz Egan provides hydrotherapy each day of the week from 3-9pm and also on weekends. Liz has a wealth of experience helping children with disabilities move, stretch, and relax using water therapy techniques.
Location: Cottonwood Heights Recreation Center
Cost: \$20 per half hour session **Phone:** Liz Egan (801) 209-1521
- **Jewish Community Center Summer Camps:** Enrolls children and teens with special needs into their summer camps program depending on the needs.
Website: <http://slcicc.org/youth-a-teen/summer-camps>
Phone: (801) 581-0098 **Age:** 2 years-10th grade
- **Just For Kids Pediatric Occupational Therapy:** Provides occupational therapy services to children with sensory processing disorder, autism, and developmental delay. In the summer, Just for Kids provides intensive individual occupational therapy, social skills camp, writing camp, and field trips.
Website: otjustforkids.com **Email:** Susan@otjustforkids.com
Phone: 801-231-9207

- Lifelong Learning Center:** Provides help for all participants ages 18+ to realize their individual and unique potential. Their day programs provide life skills, job skills and social skills so students can achieve a greater degree of independence and participate more fully in society.
Website: www.lifelonglearningut.com **Phone:** (801) 746-7251
Age: 18 and older
- Murray Greenhouse Foundation:** Offers a solution for individuals with disabilities age 22 and older. Conceived as a safe and nurturing learning place whose cornerstone is their greenhouse, the foundation provides the teaching of individualized independent living skills and employment skills for people with disabilities. Here, people can learn the skills necessary to be successful at work and in their personal lives to help build a better life for themselves and for their families. Space is limited.
Website: <http://www.murraygreenhouse.org/>
Phone: (801) 266-0669 **Age:** 22 and older
- Neighborhood House:** Neighborhood House provides a safe, home-like environment for non-aggressive individuals 18 years and older who need supervised care during the day. Since 1978, we've been a pioneer in adult day care services—not just in Utah, but in the nation. Our ability to provide a responsive and caring environment for both clients and caregivers sets us apart from other adult day care providers. Our programs ensure our clients receive the physical, mental and social services they need. We also have summer camps for children ages 6-14. Children with disabilities are welcome!
Website: <http://nhutah.org/> **Cost:** \$420.00 for 10 weeks
Phone: (801) 363-4589
- Otters Swim Club:** Otters provides swimming instruction for youth with autism or intellectual disabilities. Programs are provided in 8-week sessions with an option of year-round participation. Available at multiple locations throughout the SL Valley.
Website: http://slco.org/recreation/adaptive/aquatics/Otters_Swim_Club.html
Phone: Call Ivy at (385) 468-1681 **Email:** ihausknecht@slco.org
Location: Varies in SL County **Cost:** \$20 a session (8 weeks)
- National Ability Center:** Offers a wide variety of programs both seasonally and year-round. Activities include alpine and Nordic skiing, snowboarding, snowshoeing, horseback riding, cycling, water-skiing, wakeboarding, kayaking, canoeing, paddle boarding, challenge course activities, and more for individuals of all ages and abilities. Winter, spring and summer camps are offered for youth.
Website: www.discovernac.org **Phone:** (435) 649-3991
- Rite Care Learning Centers:** Tutor children with language and/or learning disabilities for free with help from a tutor. The participation of the parent or other attending adult is essential. When the adult learns along with the child, the concepts taught can be reinforced at home and the child is much more confident.
Website: <http://utahscottishrite.org/rite-care/>
Phone: (801) 486-0579 **Location:** Salt Lake City
- Salt Lake County Adaptive Recreation:** Offers a variety of programs and activities for children, teens, and all individuals with disabilities including: Archery, Art, Baseball, Bocce, Bowling, Dance, Goalball, Hockey, Rock Climbing, Rugby, Soccer, Softball, Swim Lessons, Swim Team, Tennis, Theater, Track & Field, Volleyball, Social Events, Summer Camps and more at a reasonable price.
Website: <https://slco.org/parks-recreation/adaptive-programs/>
Phone: (385) 468-1515 **Cost and Duration:** Vary based on program
- SLCC Summer 2014 Reading Skills Program:** Offers a 5 week long summer program for struggling reader's grades k-12. They provide individualized attention, group instruction and engaging materials.
Website: <http://www.slcccontinuinged.com/youthread>
Phone: (800) 964-8888 **Age:** Grades K-12
Location: Taylorsville, Sandy, West Jordan, and West Valley City

- SLCO Adapted Aquatics:** Salt Lake County Parks and Recreation offers adapted swim lessons with National Certified Adapted Instructors. They offer programs at many different locations (including: Salt Lake City, South Jordan, Herriman, West Jordan, Holladay, and Sandy). **Blind Swim Team meets in Salt Lake at Sorenson Multicultural Center**

Website: <http://slco.org/holladay-lions/swim-team/Adaptive-Swim-Club/>
Age: 15 & Up **Phone:** (385) 468-1681
Dates and Times: Friday 3:00-4:30 PM, call for summer dates
- Special Needs Bike Camp:** Cycle Ability offers a Special needs bike camp where kids with disabilities learn to ride a bike.

Website: <http://www.cycleability.org/> **Email:** Doreen@cycleability.org
Phone: 801-834-750 **Age:** 8 and older
- Special Olympics:** Offers summer games where individuals with disabilities can compete in a variety of sports including things like cycling, track and field, soccer, and softball.

Website: <http://www.sout.org> **Phone:** (801) 363-1111 ex 223
Age: 8-Adulthood
- Special Needs Scouts and Autism Spectrum Inclusive Scouts:** Scout troop 1910 for boys ages 11+ (can help with paperwork for those who are close to 18 to prevent them from aging out of the program) who are on the spectrum or who have close ties to a boy in the troop (family member, etc.). Every Scout has at least one parent registered as a leader or as an active member of the troop committee. Additional Autism Spectrum troops will be starting soon in other areas Salt Lake.

Website: <https://www.saltlakescouts.org/special-needs>
Phone: 801-440-5070 **Email:** john.garrett@scouting.org
Location: LDS church building at 5422 S Sarah Jane Dr. (5240 W)
Dates and Time: Second and fourth Thursday of the month 7:00-8:30 PM
- SPLORE:** Provides indoor and outdoor climbing, whitewater river rafting, paddle boarding, cycling, cross country skiing, snowshoeing and other outdoor adventures for people with disabilities. Splore offers activities and outdoor trips to both individuals and families.

Website: www.splore.org **Phone:** (801) 484-4128
Location: Salt Lake City **Age:** All ages
- Stable Place:** Dedicated to improving the lives of people and horses. They work to create an environment where horses and people can help heal each other, regardless of physical, mental or emotional challenges. By connecting people and horses, they provide opportunities to build trust, find hope, and improve the quality of life for people and horses alike.

Website: <https://www.thestableplaceslc.com>
Email: info@thestableplaceslc.com **Phone:** (801) 860-3906
Location: West Valley City
- Superior Adaptive Swim School:** Teaches swimming lessons based around safety, survival, technique, and fun. S.A.S.S. instructors each have their own way of teaching children and focus individually on what their swimming needs are. Morning, evening, private, semi-private, and group classes are available. Classes for infants to adults, such as Beginning/Introductory Classes, Technique Coaching, Swim Team Preparation, Water Survival, and Adaptive Needs Programs.

Website: www.swimsass.com **Phone:** (801) 637-7140
Location: 1044 E. Surgarmont Dr. SLC, UT
- SwimKids:** Where Fun & Safety Meet. With over 30 years'- worth of experience teaching children 4 months and up, SwimKids can tailor lessons specifically to your child's needs and abilities. Our well-trained, enthusiastic and caring instructors are eager to teach your child to swim.

Website: <http://swimkids.biz> **Email:** info@swimkids.biz

- **TOPSoccer: A Program of Utah Youth Soccer Association:** Designed to bring the opportunity of learning and playing soccer to any boy or girls, ages 4-99 that has a mental or physical disability, to provide meaningful learning, development and physical participation opportunities through soccer.
Website: <http://www.utahyouthsoccer.net/programs/topsoccer/>
Phone: (801) 307-5150 **Age:** All ages
- **TRAILS (Therapeutic Recreation and Independent Lifestyles):** TRAILS is an outreach program designed specifically for persons with spinal cord injuries. They facilitate recreational activities to help individuals return to the community. The services they provide are available year-round, including skiing, hand cycling, kayaking, canoeing, swimming, wheelchair tennis, and more.
Website: <http://healthcare.utah.edu/rehab/support-services/trails.php>
Phone: Tanja Kari (801) 581-2526 **Location:** University of Utah Health Care
- **TURN Community Services, Inc.:** Offers various activities through their summer day camps. They also offer Saturday Day Camp and activities throughout the year. Turn accepts private pay and DSPD clients.
Website: www.turncommunityservices.org **Phone:** (801) 486-3778
- **UAID (Utah Association for Intellectual Disabilities):** They hold activities throughout the summer including arts and crafts. Please contact Kathy Scott for information about their summer programs.
Website: www.aidutah.org **Phone:** (302) 990-UAID
- **U Can Learn Center:** Non-profit learning/tutoring center specializing in evaluating and treating the 'blockages' to learning, in particular, central auditory processing, visual processing, language delays, ADD and ADHD, and dyslexia, with locations in Murray and South Jordan. Karla Jay has a Master's in Speech pathology and has 23 years of experience in a private practice setting. Her emphasis is learning disabilities, central auditory processing disorders, and speech and language delays.
Website: <http://ucanlearn.net> **Phone:** (801) 553-6480
Location: 6308 South 900 East Murray, UT 84106
- **UFIT:** The U-FIT Special Physical Activity at University of Utah for children with special needs requiring one-on-one support provides fun, noncompetitive physical activities that will help children and youth with disabilities reach individual goals.
Website: www.health.utah.edu/ess/ufit/index.html
Phone: (801) 581-7964 **Ages:** 3-18
- **U of U Autism Spectrum Disorder Clinic:** Offers Summer skills groups for kids (age 8-13), teens (13-17), and adults (18 and up). Contact the groups for specific dates and details of the groups.
Kids Summer Leisure Skills Group (ages 8-13):
Wednesdays from 4:30 to 5:30 pm, \$40/week at various locations
Contact: 801.678.5634 or jubel.morgan@hsc.utah.edu
Teen Social Skills Group (ages 13-17):
Wednesdays from 5:00 to 6:30 PM, \$40 per week at Liberty Park
Contact: 801.587.8020 or Kristina.cottle@utah.edu
Adult Autism Social Skills (through December):
2nd and 4th Tuesday of the month, 4:00 to 5:50 pm, various locations
Contact: 801.581.5515 or 801.678.5634
- **U of U Reading Clinic:** Offers Reading Assessment and Intervention, Professional Development, Mobile Reading Clinics, and Consultation Services. The clinic helps students become successful readers and is a resource for parents, teachers, and struggling readers-especially those students in grades one through three. Children who qualify for services are enrolled on a "first come, first served basis" when space is available. Programs are available in the summer.
Website: www.uurc.utah.edu **Location:** Murray, Utah

Phone: (801) 265-3951

Email: uurc@ed.utah.edu

- **U of U Life Skills Clinic:** Offers exciting groups promoting: Social Skills, Sensory Regulation, Feeding Skills, and Motor Skills. Discounts are available for multiple classes Insurance spots available on a first-come, first-served basis. **Summer Group Dates: June 25 – August 9**
Handwriting Heroes-Ages: 4-11 years Tuesdays 1:00-2:00 (4-8 YRS)
This group is for children who need additional support and instruction to help improve handwriting.
Out and About-Ages: 4-11 years Mondays & Wednesdays 9:30-10:30 (4-8 YRS)
This group fosters success in peer/social interactions for children who may struggle with social skills.
Hungry Hippos-Ages: 4-11 years Thursdays 11:00-12:00 (4-8 YRS)
This group tackles feeding issues through fun, messy play in the kitchen!
Sensory Scientists-Ages: 4-8 years Monday – 10:00-11:00 Wednesdays, 10:30-11:30
Kids will explore, discover, and use all sensory systems to engage in fun activities!
Movement Monkeys-All ages welcome! Wednesday's from 10:00-11:00 AM. Yoga, Zumba, Dance, and other exercises are a fantastic way to enhance body awareness, strength, and sensory regulation.
Location: Salt Lake City, Utah **Cost:** Ranges from 240-350
Phone: (801) 585-5722 **Email:** mary.wood@health.utah.edu
- **Utah Independent Living Center:** Dedicated to assisting persons with disabilities to achieve greater independence by providing services and activities to enhance independent living skills and promote the public's understanding, accommodation, and acceptance of their rights, needs, and abilities.
Website: www.uilc.org **Location:** Salt Lake City
Phone: (801) 265-3951 **Age:** 14-22
Cost and Duration: Vary based on program
- **Virginia Tanner Creative Dance Program:** Is a pioneer in the world of children's dance. They take a holistic approach to teaching and learning, respecting each dancer's individual development level and needs. They offer dance classes for children with disabilities all year long, including during the summer.
Website: <http://www.tannerdance.utah.edu/summer-camps-dancers-with-disabilities/>
Phone: (801) 581-7374 **Location:** Salt Lake City
Age: 5-18 years **Cost and Duration:** \$182 July 30-Aug 3
- **Walking with KPeasey in Utah:** Helping individuals complete endurance races from 5Ks to Marathons to various distances of triathlons. They pair each differently-abled athlete with an assistant. They also aide each athlete with obtaining equipment or coaching required to complete the race.
Website: www.walkingwithkpinutah.com **Email:** walkingwithkpeaseyinutah@gmail.com
Location: Salt Lake City
- **Wasatch/Snowbird Adaptive Sports:** Has many different programs including nature hikes, fishing, adaptive biking, Snowbird activities (Tram rides, bungee jumping, alpine slide and Zip Rider rides), mine and water tunnel tours, GPS/orienteering classes, boundless playground, and hippotherapy.
Website: <http://wasatchadaptivesports.org/summer-programs/>
Phone: (801) 933-2188 **Email:** info@wasatchsports.com
- **Wasatch Speech and Language:** A full-service clinic for the evaluation and treatment of childhood communication disorders. The intensive summer stuttering therapy program allows children and parents to learn more about their stuttering and learn management techniques all in the spirit of fun social activities and outings.
Website: www.wasatchspeechandlanguage.com
E-Mail: info@wasatchspeech.com **Phone:** (801) 308-0400
Location: Holladay **Duration:** July 30-August 3
- **West Valley Family Fitness Center:** Offers summer camp programs that include field trips. Kids yoga and kids Zumba, rock climbing, silly games, swimming, yummy lunch, snacks, and more.

Website: www.wvc-ut.gov/fitnesscenter

Location: West Valley

Phone: (801) 955-4000

- **Wheelchair Tennis Camp:** Wheelchair camp held weekly in the summer.

Website: http://www.utahtennis.com/wheelchair_tennis/

Phone: (801) 944-8782 ext 112

Ages: Teens and adults

- **Zoo for You:** Hogle Zoo offers hands on animal classes for children with a variety of special needs. There are classes for children with autism, students that are deaf/blind and children with general special needs. Cost includes an accompanying adult. Visit the website for details and times.

Website: https://www.hoglezoo.org/education_programs/zoo_classes/

Phone: (801) 584-1700

Age: 6-18

SUMMIT COUNTY

- **National Ability Center (NAC):** The NAC is committed to the development of lifetime skills for people of all ages and abilities by providing affordable outdoor sports and recreational experiences in a nurturing environment. Some of the programs available are day camps, swimming, horseback riding, and many more. Please visit their website for a complete listing of what is available.

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

Phone: (435) 649-3991

Location: Park City

Ages: Vary based on program

Cost and Duration: Vary based on program

- **Park City Adult Lifelong Learning (PC ALL):** Services include day activities for adults with disabilities, including recreation, sports, and leisure classes and instruction with an emphasis in

developing independent living skills and social skills through connection to the community.

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

Location: Park City

Ages: 18 and older

TOOELE COUNTY

- **Utah Independent Living Center (Tooele Satellite):** Dedicated to assisting persons with disabilities to achieve greater independence by providing services and activities to enhance independent living skills and promote the public's understanding, accommodation, and acceptance of their rights, needs, and abilities. *Summer programs are running 2 days a week. Camp Discover will take place July 30-31.

Website: www.uilc.org

Phone: (435)843-7353

Location: 42 S. Main St., Tooele, UT

Ages: 14-22

Cost and Duration: Vary based on program

UTAH COUNTY

- **Adaptable Art:** Students will get to make something to take home each day. This class is designed for special needs students. Art projects will be adapted so that each student will be successful. Let's make art special together! Parents are invited to stay in this class. Two classes - ages 4-7 and 8-15. The class will be an hour long. Times are to be announced but will be between 9 am and 2 pm.

Website: <http://spanishfork.org/dept/parkrec/arts/youthartsfestival.php>

Location: Spanish Fork High School

Phone: 801-804-4600

Email: yaf@sfcn.org

Cost: Free for kids with special needs

- **Athletic Connection:** This program connects BYU Student Athletes with individuals with Down Syndrome to learn skills through fun games and activities. The program usually meets at the UPC (University Parkway Center).