



Adaptive Recreation & Inclusion

Adaptive Recreation Programs

Reach offers a variety of recreation programs specifically adapted to meet the needs of people with developmental disabilities. The programs are designed to promote physical health, gain confidence, enhance team building skills and to have fun! We offer a non-competitive environment and programs are designed for ages 14 through adulthood. Some programs include:

- Basketball
- Bingo
- Bowling
- Craft/Cooking Nights
- Dances
- Movie Nights
- Social Skills Groups
- And More!



Register for
Programs



Inclusion Support

Reach works with city parks and recreation departments to provide an extra staff person at a program when a person with a disability requests additional accommodations to be successful. These inclusion facilitators work together with coaches and instructors to blend in, providing the minimum support needed at any given time and encourage independence and skill building in all of the participants. Inclusion staff members support children and adults in all types of programs.

To learn more about Inclusion Support, visit: reachforresources.org/inclusion

TRAIL Transportation

TRAIL by Reach provides transportation for adults with developmental disabilities living in Bloomington, Eden Prairie, Edina and Richfield. We transport our riders to recreation, leisure and educational programs offered by Adaptive Recreation & Learning Exchange (AR&LE) and some adaptive recreation programs offered by Reach. All programs are specifically designed to meet the needs of people with developmental disabilities, providing the independence to enrich their lives, mentally, creatively and socially.

To learn more about TRAIL, visit: reachforresources.org/TRAIL



Who is Reach for Resources?

Reach for Resources is a nonprofit that empowers people of all-abilities to reach their full potential. This is done by providing individualized services that maximize independence, boosts community engagement and improves physical and emotional well-being. Reach supports individuals throughout the Twin Cities and surrounding suburbs through a variety of services and supports: Adaptive Recreation & Inclusion, Employment Supports, Case Management, Housing Supports, Counseling, Transportation, In-Home Supports and Mental Health Services. To learn more, visit: reachforresources.org.

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