



Bowl-A-Thon: St. Patrick's Themed

Date: Saturday, March 16

Time: 10:00 a.m. - 1:00 p.m.

Location: Park Tavern: 3401 Louisiana Ave. S, St. Louis Park

Ticket: \$50 pledges/fee/at the door | \$20 Lunch only

Bowler Ticket: 2 games of bowling, t-shirt, pizza & soda, live music and prizes

Roll into an afternoon of strikes, spares, and endless fun at our 32nd annual Bowling Fundraiser! Bring your A-game, enjoy the camaraderie, and help us raise funds for our Adaptive Recreation & Inclusion programs. Together, let's make a striking impact!

Additional prizes will be awarded to the individuals that receive the highest amount of pledges.

[Learn more about the event](#)

[Register to bowl](#)

[Pledge your favorite bowler](#)



Check out the design for our 2024 Bowl-A-Thon shirts! Receive a free shirt with your registration. Additional shirts will be available to purchase at the event.

Thank you to our sponsors:



Fredrikson PIPER GARMON



Dan & Kate Bottiger





Reach Golf Tournament

Date: Monday, July 15

Time: 12:00 p.m. shotgun Start

Location: [The Wilds Golf Club](#) - Prior Lake, MN

Cost: \$150 individual golfer | \$550 team of 4 | \$30 dinner only

Registration includes: 18 holes of golf, cart, green fees, boxed lunch and entry to the 19th Hole Party (dinner, prizes & awards).

Get ready to hit the greens and make a difference at Reach's annual Golf Tournament. Join golf enthusiasts and community supporters for a day of fun and fundraising. This tournament isn't just about birdies and bogeys; it's about making a positive impact on your community.

The golf tournament format is an 18-hole, 4-person team scramble with exclusive games, silent auction and a raffle. End the day by enjoying a happy hour followed by a delicious dinner and awards.

[Click here](#) to download the mail in registration form.

Register to golf

Sponsor the event

Thank you to our title sponsor:



Volunteer with us!

Are you interested in volunteering this spring and summer? We offer numerous opportunities to get involved with our organization:

- Adaptive Recreation and Inclusion programs
- Finance, Marketing, Talent Dev. or Event Committees
- Office Assistant
- Birding Guide
- Adaptive Rec and Inclusion Sports Intern
- Bowl-A-Thon DJ
- & many more!

Volunteer slots are open on weekends, evenings, and during the day. Join us in making a difference!

Learn More





Counseling Groups Starting In March

Healthy Relationships

Starts: Tuesday, March 5

When: 1:00 – 2:00 p.m.

Length: 6 weeks (Tuesdays)

Location: Reach for Resources Office

This group will focus on defining and understanding the characteristics of healthy relationships, practicing effective communication skills and setting boundaries. The topics discussed will apply to all types of relationships including friends, family, work and romantic partnerships.

[Click here](#) to register.

Cognitive Behavioral Therapy (CBT) for Anxiety, Depression & other SMI

Starts: Wednesday, March 6

When: 1:00 – 2:00 p.m.

Length: 6 weeks (Wednesdays)

Location: Reach for Resources Office

This process and skills group is designed for people who are primarily experiencing anxiety and depression symptoms and is based on CBT and mindfulness-based techniques.

[Click here](#) to register.

[Learn more & Register](#)



Join our Team!

Come work or volunteer with us and make a difference in the lives of others! We offer a generous benefits package with a supportive work environment and opportunity for growth.

Full & Part-Time Employment [Current Openings >](#)

Internship Positions [Current Openings >](#)

Volunteer Opportunities [Learn More >](#)

To learn more about our company culture and benefits, [click here](#).

[Sign Up To Receive Job Notifications](#)





Thanks For Attending Bingo & Brews!

Big thank you to everyone who attended and supported our Bingo & Brews event at [LTD Brewing](#) on February 26! It warmed our hearts to reunite with familiar faces and make connections with new friends of Reach. We hope you had a fantastic time!

If you enjoyed this Bingo & Brews event, we have exciting news to share! We're already planning another event for late summer/early fall, and we'd love for you to join us. Keep an eye on your inbox for further details.



New Reach Board Member

We are excited to welcome Janet Rebman Lillevold to our Board of Directors! Janet has spent 25+ years working as a senior leader in organizations ranging from managed care to senior living. Currently, she is the the owner and principal business advisor at Rebman Lillevold Consulting, LLC.

Welcome Janet!



Counseling Services - Appointments Available

Embark on a journey of self-discovery and growth this year. Our counseling services are here to guide you towards a brighter, more resilient you. Take the first step to a healthier mind in 2024. Available for people with and without disabilities.

[Click here](#) to fill out our Counseling request form.

[Learn more about Counseling](#)



Final Call For Award Nominations

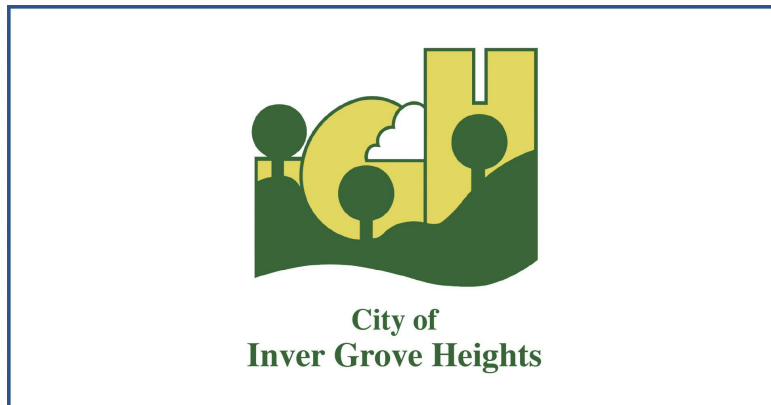
Nominations Due By: Sunday, March 10

Please take a minute to nominate a deserving Reach employee, individual or company who made an impact on the services/supports you, your friends or family member received from Reach in 2023. Submit as many nominations as you would like.

We are taking nominations for the following awards:

- Advocate of the Year
- Volunteer of the Year
- Community Partner of the Year
- Corporate/Civic Sponsor of the Year

[Submit a Nomination](#)



Inver Grove Heights Joins Adaptive Rec Cooperative Program & Inclusion Cities

We are excited to welcome the city of Inver Grove Heights to our Adaptive Recreation cooperative program cities and our Inclusion cities. If you live in Inver Grove Heights, you can now pay the resident pricing for any of our Adaptive Recreation programs. In addition, we will also be providing Inclusion Services to any city recreation program provided by Inver Grove Heights.

[Learn More About Adaptive Recreation Cities](#)

[Learn More About Inclusion Services](#)





Spring Reach Reader is Available!

The Spring Reach Reader is now available and registration is OPEN! Check out some of our new programs including: Pickleball, Science Museum Excursion, Open Mic Night, TRAIL Decades Dance, Housing Q&A Roundtable and so much more!

[Download/View Spring Reach Reader](#)

[Download/Print Spring Registration Form](#)

[Online Program Registration](#)



TRAIL Decades Dance

Date: Saturday, March 23

Time: 6:00 - 8:00 p.m.

Location: [Creekside Community Center](#) – Bloomington

Pre-Registration: \$16 participant | \$6 companion (before 3/20)

At the Door Fee: \$20 participant | \$10 companion

Join us for an unforgettable dance party where the past meets the present on the dance floor. Step into a journey through the decades, where each era brings its own unique vibe to the celebration. It's not just a dance; it's a trip through time, and the excitement is guaranteed to be timeless! TRAIL riders ride for free to this program.

This program is open to TRAIL riders and Reach Adaptive Rec participants.

[Register Online](#)

[Register by Mail](#)



Spring Rec Therapy

This spring, explore our upcoming Recreational Therapy programs including: Dance Workout, Get Strong!, Gratitude Journaling, Mindful Outdoor Walk, Monday Funday and Nature Photography.

Reach is approved to bill ILS therapies for recreation, music and art. Out-of-pocket payments are also accepted.

Questions about Rec Therapy? Please reach out to our Director of Adaptive Rec & Inclusion, Emily at 952-393-5880 or eorr@reachforresources.org.

If you would like to bill your waiver, please email, fax or mail in a registration form.

Register Online

Register via Mail



Winter Reach Reader & Program Sign Up

There's still time to sign-up for our Winter Adaptive Recreation programs including our Non-Competitive Basketball League! Don't miss out on some of these fun programs: Nickelodeon Universe Day, Consent & Boundaries Workshop, Maple Syruping, Cooking Night: Baked Potato Soup, Sock Bunny Craft and so much more!

Download/View Winter Reach Reader

Download/Print Winter Registration Form

Online Program Registration



Upcoming Programs

- Bingo - 3/1
- Nickelodeon Universe - 3/3
- IAP: Swimming Night - 3/4
- Craft: Sock Bunny Family - 3/5
- WNS: Uno Tournament - 3/6
- RT: Art Therapy Small Group - Starts 3/7
- OTTA: Eat at Green Mill - 3/8
- RT: Mini Succulent Gardens - 3/8
- RT: MN Zoo Field Trip - 3/13
- WNS: Cooking Night - 3/13

- Bingo & Pizza - 3/15
- Bowl-A-Thon - 3/16
- Non-Competitive Basketball - Starts 3/19
- Cooking Night: Baked Potato Soup - 3/20
- IAP: Sunset Snowshoeing - 3/21
- OTTA: Wet Felting Coasters - 3/22
- TRAIL Decades Dance - 3/23
- Forest Friends: Maple Syruping - 3/25
- Consent & Boundaries Workshop - 3/26
- Bookworms Book & Film Club - Starts 3/28
- Forest Friends: Pond Exploration - 4/1
- RT: Monday Funday - Starts 4/1
- Housing Q&A Roundtable - 4/2
- Online Dating Safety Workshop - 4/2

March Calendar

[Donate Today](#)

[Volunteer](#)



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Mailing address:

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