Adult Diagnosis Autism Mental Health Group! Learn more, email Alexis at amcclure@reachforresources.org

Help others thrive - We're hiring Independent Living Skills Coaches reachforresources.org/employment

Reach in Motion expands to welcome Dakota County riders!

Winter 2027

A community where all people are valued, supported, and included.

Reach Reader

Therapy for Every Stage of Life

Flexible, inclusive mental health support with immediate openings

IMMEDIATE OPENINGS • IN-PERSON & ONLINE • OPEN TO THE ENTIRE COMMUNITY



Support That Meets You Where You Are

Whether you are navigating anxiety, depression, trauma, stress, relationship challenges, life transitions, autism-related needs, or simply looking for someone to talk to, Reach for Resources Therapy Services is here to help. With immediate openings and both in-person and online appointments available, it is easier to connect with support in the way that works best for you.

Therapy at Reach is for anyone in the community. You do not need to have a disability or a specific diagnosis to receive services. While our team has valuable experience supporting people with autism, developmental disabilities, brain injuries, and other unique needs, we welcome anyone seeking compassionate, individualized mental health support.

Flexible Therapy Options

- In-person therapy: Connect face-to-face in a welcoming, supportive environment.
- Online therapy: Access care virtually from a comfortable and convenient location.
- Individual therapy: Receive personalized support focused on your needs and goals.
- Group therapy: Build connection and grow alongside others in a supportive setting.
- Specialized support: Explore options for anxiety, depression, trauma, autism, developmental disabilities, brain injury, LGBTQ2+ identities, self-esteem, relationships, stress, and life transitions.

Continued on page 2.

Meet the Therapy Team

Melissa Petoletti, M.S., LPCC



Melissa has been licensed as a mental health therapist for over 12 years. She has experience using an array of treatment modalities and has completed additional training in accelerated resolution therapy (ART) and EMDR. Clients appreciate that her approach is caring, non-judgmental and strengths based. Her areas of interest include anxiety, depression, trauma, life transitions, brain injury, co-occurring disorders, and clinical supervision.

Aly Noel, M.Ed., LGSW



With extensive experience supporting people with developmental disabilities, Aly is passionate about helping individuals of all abilities build fulfilling lives. She strives to create a welcoming, nonjudgmental space where therapy empowers clients to reach their goals. Her areas of interest include disability, anxiety, depression, LGBTQ2+ identities, brain injury, life transitions, and youth development.

Alexis McClure, M.S.



Alexis works with teens and adults, creating a compassionate, affirming space where clients can build emotional regulation, communication, and self-confidence. She is especially passionate about supporting LGBTQ+ and neurodivergent individuals and values collaborating with parents and caregivers when appropriate. Her areas of interest include adults, adolescents, anxiety, OCD, ADHD, autism, depression, trauma, and relationship challenges.

Kyra Courson, MA



Kyra works with teens, adults, and couples, creating an inclusive and affirming space. Her collaborative approach blends cognitive behavioral therapy, mindfulness, humanistic and existential perspectives, Brainspotting, and nature-based techniques. Her areas of interest include adolescents, adults, anxiety, depression, stress, relationship challenges, LGBTQ+ identities, trauma, self-esteem, and life transitions.

A Range of Approaches, Tailored to You.

Whether you are navigating anxiety, depression, trauma, stress, relationship challenges, life transitions, autism-related needs, or simply looking for someone to talk to, Reach for Resources Therapy Services is here to help. With immediate openings and both in-person and online appointments available, it is easier to connect with support in the way that works best for you.

Therapy at Reach is for anyone in the community. You do not need to have a disability or a specific diagnosis to receive services. While our team has valuable experience supporting people with autism, developmental disabilities, brain injuries, and other unique needs, we welcome anyone seeking compassionate, individualized mental health support.

Who We Serve

Our team supports teens, adults, older adults, and couples. Areas of focus across the team also include adolescents and youth development. Reach will help connect each client with a therapist whose experience and approach align with the client's age, needs, and goals.

Immediate Openings Available

You do not have to navigate life's challenges alone. Reach for Resources currently has immediate therapy openings, with in-person and online options available. Whether you are seeking support for a specific concern or want a trusted space to focus on your mental health and wellbeing, our therapy team is ready to support you.

Visit reachforresources.org/therapy to learn more and connect with a therapist.

Own Home INDEPENDENT LIVING WEBINAR SERIES



Practical information. Real Support.

More independence.

Join our monthly webinar series to explore important topics and gain knowledge for living independently.

3RD THURSDAY OF EVERY MONTH
(No December session.)

7:00 - 8:00 PM
Via Microsoft Teams

Your Toolkit For Independent Living

1. **Rent, Economic Assistance & Housing Choices** *(recording available)*
2. **Services Available When Living Independently** *(recording available)*
3. **Housing Assistance Programs** *(recording available)*
4. **How to Plan for a Move** *(January 21)*
5. **Tools & Technology for Independent Living** *(February 18)*
6. **Addressing Family Fears** *(March 18)*
7. **Getting Involved in Your Community** *(April 15)*
8. **Living with Roommates** *(May 20)*
9. **Home Safety & Taking Care of Home** *(June 17)*

Sign Up Today!

Scan the QR code or visit reachforresources.org/own-home to sign up and learn more about the Own Home Grant and the full webinar series.

Who Should Attend?

- Parents
- Individuals with disabilities
- Case managers
- Transition programs
- Congregate-living providers

This work is being funded by a grant from the
DEPARTMENT OF HUMAN SERVICES

Questions? Contact
Joan Frentz at 651-440-4435 or
jfrentz@reachforresources.org



Make a Difference in Your Comunity

Share your time. Discover your impact. Be part of Reach.

There are so many ways to get involved with Reach for Resources! Whether you're passionate about leadership, enjoy bringing people together, or love helping others try something new, there's a volunteer opportunity for you.



Board Leadership: Share your skills and help guide Reach's mission and future.



Event Volunteers: Help make community events and fundraisers a success.

Adaptive Recreation: Support recreation activities that build friendships, confidence, and connection.



Explore Volunteer Opportunities

A SUPPORTIVE SPACE.
REAL CONNECTIONS.

Adult Diagnosis Autism

MENTAL HEALTH GROUP

A group for adults (18+) who identify as neurodivergent (Autism, ADHD, AuDHD) with a diagnosis in adulthood.

Connect with others who understand the unique experience and challenges of living with neurodivergence.

THURSDAYS | 6:00 P.M.

Reach for Resources Office
Ages 18+
Billed through insurance

Led by Alexis in a welcoming judgement-free environment where you can share, connect, and support one another.

TO REGISTER EMAIL ALEXIS AT
amcclure@reachforresources.org

PICKLEBALL CLASSIC

Play for a Purpose!

Thanks to our Sponsors!

Your generosity supports opportunities for people of all abilities to stay active, build connections, and enjoy the benefits of recreation. We're grateful for your support!

CONNECTION CHIROPRACTIC
LAKEVILLE INSURANCE
OLD NATIONAL BANK
Gallagher
VAN METER
A 100% EMPLOYEE-OWNED COMPANY
Blaze CREDIT UNION
MISSION CONSTRUCTION

Mental Health & Accessibility Fair

Thank you to our Mental Health Fair sponsors for helping make this event possible! We're also grateful to all the vendors who joined us to share resources, connect with the community, and help make mental health support more accessible. Your participation made a difference!

Thank You!

Blaze CREDIT UNION

REV Mass UP!

Reach for Resources Board Of Directors

Janet Rebman Lillevold
Chair
Rebman Lillevold Consulting

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Peter N. Thompson
Retired Law Professor

ADAPTIVE RECREATION PROGRAMS

AM I A "RESIDENT"?

Our adaptive recreation program is a cooperative effort with these cities:

- Brooklyn Center
- Brooklyn Park
- Chanhassen
- Edina
- Golden Valley
- Inver Grove Heights
- Maple Grove
- Plymouth
- St. Louis Park

If you live in another city, please pay the non-resident fee upon registration.

For more information, call 952-393-5880 or visit: reachforresources.org

PROGRAM DETAILS

We offer a variety of programs with different options.

Trail Rides
Trail by Reach transportation available for program

Virtual Programs
Virtual via: Teams or Zoom

Waiver Eligible* Program
Program billable via ILS Therapies on DD or CADI waivers

**Almost all of our programs can be billed through CDCS waivers. Contact Sally Krull to learn more.*

All programs require preregistration. Be sure to sign up at least three days before the start date unless otherwise noted.

EASY ONLINE REGISTRATION!

Our online registration system makes it easier than ever to find and sign up for programs. You can create an account, view your invoices, and even download a calendar of your upcoming activities—all in one convenient place.

Sign-up for an account: reach.recdesk.com

INCLUSION SUPPORT

Reach's Inclusion Support helps children and adults with disabilities participate fully in their city's park and recreation programs. To join, register through your local park and recreation department. Inclusion Support from Reach is available in the following cities:

- Brooklyn Center
- Brooklyn Park
- Chanhassen
- Crystal
- Edina
- Golden Valley
- Inver Grove Heights
- Little Canada
- New Hope
- Plymouth
- Roseville
- St. Louis Park
- Woodbury

To learn more, visit reachforresources.org/inclusion.
After registering for a city park program, please email inclusion@reachforresources.org to share any needs or accommodations for yourself or your child. *For the best experience, contact us at least two weeks in advance.*

CONTACT INFORMATION

Have a question or concern about a program or need additional information?
Please reach out to our Adaptive Recreation & Inclusion Department.



Sally Krull, MA, CTRS
Director of Adaptive Recreation & Inclusion
Email: skrull@reachforresources.org
Call or Text: 952-393-5880



Brienna Max
Inclusion Manager
Email: bmax@reachforresources.org
Call or Text: 952-393-4277



Bobbi Jo Dziuk
Adaptive Recreation Manager
Email: bdziuk@reachforresources.org
Call or Text: 612-997-3360

PROGRAM POLICIES & PROCEDURES

REGISTRATION

- All participants must be registered. Friends, housemates, or others may only attend with special permission. Community centers often have common areas for waiting.
- Register online, in person, or by mail; Registrations are not accepted by email, fax, or phone, or at program locations.
- Register **at least two weeks** before a program begins. Late registrants may be placed on a waiting list.
- Joining a recurring program after it starts is welcome, and fees will be prorated if space is available.
- Online registration closes three days before each program.
- At-the-door registration is only available for programs where it is specifically noted. Otherwise, advance registration is required.

REGISTRATION CONFIRMATION

- Confirmations are sent to the email provided during registration.

PAYMENT

- We accept major credit cards, cash, checks, and money orders.
- CDCS waivers can be billed with guardian approval; traditional waivers apply only to ILS therapy programs.

CANCELLATIONS & WITHDRAWALS

- Reach may cancel programs due to severe weather, staffing, or low enrollment.
- Withdrawals two weeks in advance receive a refund minus a $5 cancellation fee per class Late withdrawals, missed classes, and ticketed events are not refundable.
- ILS therapy classes follow a separate policy.

STAFF / CAREGIVERS

- Caregivers, family, and support staff may attend all programs except Independent Adult Programs.
- Staff ratios vary; participants needing extra assistance should bring a caregiver.
- Reach staff cannot provide extended 1:1 support.

ARRIVAL / PICKUP

- Reach is not responsible for early arrivals or late departures; early arrivals must wait in the lobby.
- Late pickup incurs a $10 fee per 15 minutes.

ATTIRE

- **Art and cooking participants should wear old clothing or bring an apron or paint shirt, and *cooking participants should wear closed-toe shoes.***

MEDICATIONS

- Participants are responsible for their medications. Staff can assist with lifesaving procedures (e.g., EpiPen®) if informed in advance.

ILLNESS / INFECTION CONTROL

- Please stay home if experiencing:
  - Covid-19 (follow CDC guidelines)
  - Upper respiratory infections
  - Fever ≥100°F in the past 24 hours (must be fever-free without meds)
  - Vomiting or diarrhea in the past 24 hours
  - Head lice or pink-eye (treated for ≥24 hours)
  - Strep or other bacterial infections (on antibiotics ≥24 hours)

VULNERABLE ADULT PROTECTION & MANDATED REPORTING

- Reach staff are mandated reporters and must report any suspected abuse, neglect, or exploitation of vulnerable adults in accordance with Minnesota law.
- Participants' safety and well-being are a priority. Reports are handled confidentially and in coordination with appropriate authorities.

ALL PROGRAM & PROCEDURES

To read all of our Adaptive Recreation & Inclusion procedures, please visit: https://bit.ly/AdaptiveRecPolicy

COOKING & CRAFTS



CRAFT: PERLER BEAD PALOOZA (T)

Craft lovers of Perler Beads! This is a **3 week course**, making a different winter perler magnet each week.

DAYS	DATE	TIME
Tue.	1/12-1/26	6:00-7:30 p.m.
Location	St. Louis Park Rec Center: Gallery Room 3700 Monterey Dr St. Louis Park, MN 55416	
Age	16+	
FEE	$36 resident / $40 non-resident /$10 companion	



CRAFT: DECOUPAGE HEART (T)

Let's decoupage with an assortment of artistic supplies. Keep this craft for yourself or give it to that special someone!

DAYS	DATE	TIME
Mon.	2/1	6:00-7:30 p.m.
Location	Chanhassen Rec Center 2310 Coulter Blvd Chanhassen, MN 55317	
Age	18+	
FEE	$12 resident / $15 non-resident /$10 companion	

COOKING: EGG BAKE (T)

Come learn to make a very versatile dish. EGG BAKE! It can be made for breakfast, lunch or dinner. EGGSTRA special!

DAYS	DATE	TIME
Mon.	3/8	5:30-7:00 p.m.
Location	Sandburg Middle School: Rm 226 (enter through door 1) 2400 Sandburg Ln Golden Valley, MN 55427	
Age	18+	
FEE	$20 resident / $23 non-resident	

CRAFT: FABRIC DISH TOWEL (T)

Dot paint a fabric dish towel to brighten your kitchen and make kitchen chores a little brighter! All supplies provided.

DAYS	DATE	TIME
Mon.	3/15	6:00-7:30 p.m.
Location	St. Louis Park Rec Center: Gallery Room 3700 Monterey Dr St. Louis Park, MN 55416	
Age	16+	
FEE	$15 resident / $18 non-resident /$10 companion	



SPORTS & RECREATION

BASKETBALL

Whether you're new to the game or just want to play in a relaxed, friendly environment, this program is perfect for all skill levels. No pressure, non-competive, just good vibes and a great time on the court. T-shirts provided.

DAYS	DATE	TIME
Fri.	2/26-3/26	6:00-7:30 p.m.
Location	Brooklyn Park Community Activity Center: Gym 5600 85th Ave N Brooklyn Park, MN 55443	
Age	18+	
FEE	$50 resident / $55 non-resident	

BOWLING LEAGUE

Join our non-competitive bowling league, which provides a fun and inclusive environment. Registration includes two bowling games each week and shoe rentals. T-shirts provided.

NEW HOPE BOWL

DAYS	DATE	TIME
Sun.	1/10-3/21 *(Off 3/14)*	12:00-2:00 p.m.
Location	New Hope Bowl 7107 42nd Ave N Minneapolis, MN 55427	
Age	All Ages	
FEE	$115 resident / $120 non-resident	

PARK TAVERN

DAYS	DATE	TIME
Sat.	1/9-3/20 *(Off 3/13)*	10:00 a.m.-12:00 p.m.
Location	Park Tavern 3401 Louisiana Ave S St. Louis Park, MN 55426	
Age	All Ages	
FEE	$115 resident / $120 non-resident	





Reach Bowl-A-Thon

Join us for Reach's annual bowling fundraiser! Enjoy two games, pizza, awards, and prizes—all while raising pledges to support our mission. It's a fun way to spend time with friends and make a difference!

DAYS	DATE	TIME
Sat.	3/13	1:00-4:00 p.m.
Location	AMF Southtown Lanes 7941 Southtown Dr Bloomington, MN 55431	
Age	All Ages	
FEE	$40 pre-registration / $50 (after 2/14) / $20 lunch only	

MOVIES & BINGO

SNACKS & CINEMA: GRUMPY OLD MEN

A MN winter movie classic! Starring Jack Lemmon and Walter Matthau. Enjoy a bit of icefishing in the warm indoors with friends and snacks.

Runtime: 1hr 43min | PG-13

DAYS	DATE	TIME
Tue.	2/9	6:00-8:00 p.m.
Location	Brooklyn Park Community Activity Center: Grand Room 3 5600 85th Ave N Brooklyn Park, MN 55443	
Age	18+	
FEE	$10 resident / $12 non-resident	



SNACKS & CINEMA: THE MAGNIFICENT SEVEN

Led by Yul Brynner and Steve McQueen, this 1960 classic delivers explosive action, unmatched cool, and an iconic score. Witness the ultimate Western showdown that defined a generation!

Runtime: 2hr 8min | Not Rated

DAYS	DATE	TIME
Tue.	3/9	6:00-8:00 p.m.
Location	Brooklyn Park Community Activity Center: Grand Room 3 5600 85th Ave N Brooklyn Park, MN 55443	
Age	18+	
FEE	$10 resident / $12 non-resident	

BINGO

Get ready for a lively Bingo night! Enjoy a classic game full of excitement, friendly competition, and chances to win great prizes. Join friends for an evening of laughs, luck, and fun.

DAYS	DATE	TIME
Mon.	1/11	6:00-7:30 p.m.
Location	Brookview Community Center 316 Brookview Pkwy S Golden Valley, MN 55426	
Age	18+	
FEE	$10 resident / $12 non-resident / $15 at the door	

SURPRISE BINGO: GET COZY

Wear your cozy pj's or sweats and join us for a fun winter evening of BINGO! Can you guess what the surprise prizes will be?

DAYS	DATE	TIME
Tue.	2/2	6:00-7:30 p.m.
Location	Brooklyn Park Community Activity Center: Grand Room 3 5600 85th Ave N Brooklyn Park, MN 55443	
Age	18+	
FEE	$10 resident / $12 non-resident / $15 at the door	





BINGO & PIZZA

Bingo & Pizza Night is a fun and casual event that combines two beloved pastimes. Guests can enjoy delicious pizza while playing a variety of bingo games with chances to win prizes and enjoy friendly competition with friends. *Companions only need to register if they want to eat pizza.*

DAYS	DATE	TIME
Mon.	2/22	5:30-7:00 p.m.
Location	Chanhassen Rec Center 2310 Coulter Blvd Chanhassen, MN 55317	
Age	18+	
FEE	$18 resident / $20 non-resident / $10 companion	

DAYS	DATE	TIME
Tue.	3/23	5:30-7:00 p.m.
Location	St. Louis Park Rec Center: Banquet Room 3700 Monterey Dr St. Louis Park, MN 55416	
Age	18+	
FEE	$18 resident / $20 non-resident / $01 companion	

SOCIAL ACTIVITIES & OUTINGS

LUTHERAN SOCIAL SERVICES WORKSHOP: CONSENT & BOUNDARIES

Understand the rules for our own bodies, respect the rules that others have. Join us to discuss boundary setting, boundary recognition, consent rules beyond 'no means no' and 'yes means yes'. Practice reading body language and facial expressions, and everything in between!

DAYS	DATE	TIME
Mon.	1/25	6:00-7:30 p.m.
Location	Reach for Resources Office 7300 Metro Blvd, Suite 625 Edina, MN 55439	
Age	18+	
FEE	Free	

VALENTINE DANCE

Celebrate Valentine's Day on the dance floor! Enjoy great music, sweet treats, and a fun-filled evening of dancing, whether you bring a partner or come on your own.

DAYS	DATE	TIME
Fri.	2/12	6:00-8:00 p.m.
Location	Brooklyn Park Community Activity Center: Grand Room 3 5600 85th Ave N Brooklyn Park, MN 55443	
Age	18+	
FEE	$10 resident / $12 non-resident / $15 at the door	



LUTHERAN SOCIAL SERVICES WORKSHOP: DATING 101

Dating is supposed to be fun, but it can get complicated. Join us as we discuss how to move from a crush to dating, finding a good romantic match and strategies for flirting.

DAYS	DATE	TIME
Thu.	3/11	6:00-7:30 p.m.
Location	Reach for Resources Office 7300 Metro Blvd, Suite 625 Edina, MN 55439	
Age	18+	
FEE	Free	

KARAOKE & MOCKTAILS: ST. PATTY'S DAY

Let out your inner Mariah Carey or or Bruno Mars. Enjoy some non-alcoholic mocktails as you sing the night away.

DAYS	DATE	TIME
Wed.	3/17	6:00-7:30 p.m.
Location	St. Louis Park Rec Center: Gallery Room 3700 Monterey Dr St. Louis Park, MN 55416	
Age	18+	
FEE	$10 resident / $12 non-resident	

SOCIAL SEEKERS

This is a program for teens and adults on the Autism spectrum. We meet once a week for fun and social interaction. We play games, solve riddles, and enjoy working through our weekly highs and lows together. Call 612-997-3360 for more information or to schedule an intake.

DAYS	DATE	TIME
Thu.	1/14-3/4	5:00-6:30 p.m.
Location	Ridgedale Library 12601 Ridgedale Drive Minnetonka, MN 55305	
Age	18+	
FEE	$200 resident / $210 non-resident	

LUTHERAN SOCIAL SERVICES WORKSHOP: PRIDE 101

Attending Pride can be a highlight of the year, for LGBTQIA2S+ people; but it can become overstimulating for some and come with a unique set of social rules. Let's discuss Do's and Don't's so everyone can have a safe and happy time!

DAYS	DATE	TIME
Thu.	3/25	6:00-7:30 p.m.
Location	Reach for Resources Office 7300 Metro Blvd, Suite 625 Edina, MN 55439	
Age	18+	
FEE	Free	



BIRTHDAY CELEBRATION

Happy Birthday to you! Come celebrate winter birthdays (January through March) or come to just enjoy cake with friends!

DAYS	DATE	TIME
Wed.	3/31	6:00-7:30 p.m.
Location	St. Louis Park Rec Center: Gallery Room 3700 Monterey Dr St. Louis Park, MN 55416	
Age	16+	
FEE	$10 resident / $12 non-resident	

GHOSTLY GALA

Thank You!

Thank you to our sponsors for helping make this year's Ghostly Gala a success! Your generous support made a memorable evening possible while advancing Reach's mission of inclusion and empowerment.

ROYAL CREDIT UNION.

Brooklyn Park

Brooklyn Park Women of Today

B2R BACH TO ROCK

LIONS INTERNATIONAL

Bottiger Family
Piper Garmon
Thompson Family

Reach Caregivers *support group*

Find Connection and Support in Our Caregiver Community

When: 4:00 – 5:00 p.m.

Length: 3rd Tuesday of the Month

Cost: Free

Location: Virtual via Teams

Caring for a loved one comes with both meaningful moments and challenges. Our caregiver group offers a welcoming space to connect with others who understand, share experiences, and find encouragement along the way. The group is already underway, but new participants are always welcome! Join us in person or online, whichever works best for you.

- Connect with others who understand the rewards and challenges of caregiving.
- Share experiences, exchange ideas, and find support in a welcoming space.
- Celebrate small victories and find encouragement through difficult times.



Register: https://bit.ly/R4RCareGroup

SUPPORT REACH RECREATION

Help the Fun Keep Going!



The best memories are made together.

From trying new activites to building friendships and discovering new interest, Reach's recreation programs create opportunities for people of all abilities to connect, grow and have fun.

Your generosity helps make these experiences possible.

Be part of the fun.

SCAN TO SUPPORT RECREATION

Save The Date: Two New Events in 2027

Join us this May for two great events and help make a difference in our community!

TOPGOLF *Driving Inclusion*

MAY 17 | BROOKLYN CENTER

Enjoy a fun-filled outing with friends and colleagues while supporting Reach's mission.

5K *Run for Reach*

MAY 22 | BLOOMINGTON

Lace up, bring your friends, and help support the people and programs of Reach.

PUZZLE *palooza*

PUZZLE COMPETITION

Thank you to our sponsors!

A big thank-you to our Puzzle Palooza sponsors for supporting this fun-filled event! Special thanks to our host for providing the space to bring everyone together. Your support helps make meaningful community experiences possible!

Bottiger Family

LODESTONE COFFEE + GAMES

TRAIL BY REACH TRANSPORTATION

AVAILABLE FOR ALL PROGRAMS!



Trail by Reach is an affordable, door-to-door transportation for adults (21+) with developmental disabilities who live independently or semi-independently in:

BLOOMINGTON • EDEN PRAIRIE • EDINA
GOLDEN VALLEY • RICHFIELD • ST. LOUIS PARK

Safe, reliable round-trip rides to Adaptive Recreation & Learning Exchange (AR&LE) and Reach programs in your community

In partnership with Metro Mobility, all ride details are coordinated for you. Riders receive a phone call with pick-up time at least one day in advance. Drivers provide door-to-door service and safely escort riders to and from each program..

Enjoy safe, reliable, round-trips for just $3!

A simple, stress-free way to get to fun, engaging activities and stay active in your community.

Learn More & Register!
reachforresources.org/Trail

Questions?
Jill Squires, Transportation Manager
612-401-6395 | Trail@reachforresources.org

ON THE TOWN: ALL ABILITIES

OTTA1: SNOW TUBING (T)

If you like sledding, you'll love snow tubing! Ride a moving sidewalk up a 10-story hill and then soar back down on a specially designed inner tube. Once you get to the bottom, do it all over again!

DAYS	DATE	TIME
Fri.	1/22	6:00-8:00 p.m.
Location	Elm Creek Park Reserve 12400 James Deane Pkwy Maple Grove, MN 55369	
Age	18+	
FEE	$25 resident / $27 non-resident	

OTTA2: WATER SAFETY & POOL PARTY (T)

Enjoy some warm indoor pool time in the comfortable 88-degree water! Plymouth Recreation Department will cover water safety and personal flotation device (PFD) basics before everyone gets in for some pool fun!

DAYS	DATE	TIME
Fri.	2/19	6:00-7:30 p.m.
Location	Wayzata East Middle School 12000 Ridgemount Ave Plymouth, MN 55441	
Age	18+	
FEE	$18 resident / $20 non-resident	



OTTA3: MOVIE NIGHT AT EMAGINE THEATER (T)

Catch the latest blockbuster on the big screen at Emagine Willow Creek! Relax with friends and enjoy a movie night with popcorn and snacks. It's a great way to kick back and escape into the world of film. Exact movie and program time will be announced when the event gets closer. ***Please bring $10–$20 if you'd like to purchase theater snacks.***

DAYS	DATE	TIME
Tue.	2/23	TBD
Location	Emagine Theater 900 Shelard Pkwy Plymouth, MN 55441	
Age	18+	
FEE	$18 resident / $20 non-resident / $14 companion	

OTTA4: DINING OUT - FAMOUS DAVE'S (T)

Enjoy mouthwatering, pit-smoked BBQ paired with homemade sides and delicious desserts for a meal worth gathering around! ***Please bring $25-$30 to pay for your meal.***

DAYS	DATE	TIME
Wed.	3/24	5:00-7:00 p.m.
Location	Famous Daves 14601 MN 7 Minnetonka, MN 55345	
Age	18+	
FEE	$10 resident / $12 non-resident	

OTTA5: CULTURE CLUB (T)

Join us for this ***NEW*** program as we explore, celebrate, and learn about the rich diversity of cultures around the world! Each quarter, we'll discover a different culture through fun activities and opportunities to learn and connect.

DAYS	DATE	TIME
Tue.	3/30	6:00-7:30 p.m.
Location	Brookview Community Center 316 Brookview Pkwy S Golden Valley, MN 55426	
Age	18+	
FEE	$15	



WEDNESDAY NIGHT SOCIAL

Build social skills, coping skills, and practice flexibility through this series of fun. Activities include cooking classes, craft nights, going out to eat, and much more! Open to individuals of all abilities, some participants bring a staff or caregiver if additional support is needed. Sign up for the full series (which includes 1-8) or sign up for individual activities.

Age: 18+ | **Fee for ALL the events:** $90 resident / $100 non-resident

Date: Wednesdays, January 13 - March 3 | **Time:** 6:00 - 7:30 p.m. *(unless noted)*

WNS1: FUNNY ANIMALS MOVIE NIGHT (T)

Laughter is good for the soul! Join us for a funny movie filled with laughs, giggles, and LOL-worthy moments.

DAYS	DATE	TIME
Wed.	1/13	6:00-7:30 p.m.
Location	Brooklyn Park Community Activity Center 5600 85th Ave N Brooklyn Park, MN 55443	
Age	18+	
FEE	$10 resident / $12 non-resident	

WNS2: MOVEMENT MOBILES CRAFT (T)

Add some color and movement to your home when you make a mobile to brighten the gray days of winter.

DAYS	DATE	TIME
Wed.	1/20	6:00-7:30 p.m.
Location	Brooklyn Center Community Center 6301 Shingle Creek Pkwy, Brooklyn Center, MN 55430	
Age	18+	
FEE	$18 resident / $20 non-resident	





WNS3: GAME NIGHT (T)

Enjoy an evening of dice games and fun with friends! Play favorites like Yahtzee, Farkle, Tenzi, and Skunk.

DAYS	DATE	TIME
Wed.	1/27	6:00-7:30 p.m.
Location	Brookview Community Center 316 Brookview Pkwy S Golden Valley, MN 55426	
Age	18+	
FEE	$10 resident / $12 non-resident	

WNS4: DECORATE COOKIES (T)

Let's have a sweet and creative Valentine Cookie Decorating Event! Participants will have the opportunity to decorate cookies using colorful icing, sprinkles, and other fun toppings.

DAYS	DATE	TIME
Wed.	2/3	6:00-7:30 p.m.
Location	St. Louis Park Rec Center: Gallery Room 3700 Monterey Dr St. Louis Park, MN 55416	
Age	18+	
FEE	$10 resident / $12 non-resident	

WEDNESDAY NIGHT SOCIAL

Build social skills, coping skills, and practice flexibility through this series of fun. Activities include cooking classes, craft nights, going out to eat, and much more! Open to individuals of all abilities, some participants bring a staff or caregiver if additional support is needed. Sign up for the full series (which includes 1-8) or sign up for individual activities.

Age: 18+ | **Fee for ALL the events:** $90 resident / $95 non-resident

Date: Wednesdays, September 23 - November 18 | **Time:** 6:00 - 7:30 p.m. *(unless noted)*

WNS5: CHIA HEADS CRAFT (T)

Remember the commercials?...Cha, cha, cha, CHIA! Come make your own comical chia head craft and watch it grow!

DAYS	DATE	TIME
Wed.	2/10	6:00-7:30 p.m.
Location	Brooklyn Center Community Center 6301 Shingle Creek Pkwy, Brooklyn Center, MN 55430	
Age	18+	
FEE	$18 resident / $20 non-resident	

WNS6: DINING OUT - MO BETTAH'S (T)

Let's support a local family run restaurant, Mo Bettah's. Authentic Hawaiian food and Aloha (love) is at the heart of this place. View menu online. ***Please bring $20-$30 to pay for your meal.***

DAYS	DATE	TIME
Wed.	2/17	5:00-6:30 p.m.
Location	Mo' Bettah's 11611 Fountain Dr Maple Grove, MN 55369	
Age	18+	
FEE	$10 resident / $12 non-resident	





WNS7: SURPRISE BINGO!!! (T)

You never know what staff will have in the Bingo Tote for prizes! Let's have a great time together. BINGO!

DAYS	DATE	TIME
Wed.	2/24	6:00-7:30 p.m.
Location	St. Louis Park Rec Center: Gallery Room 3700 Monterey Dr St. Louis Park, MN 55416	
Age	18+	
FEE	$10 resident / $12 non-resident	

WNS8: FIREHOUSE TOUR (T)

Join us to tour the Edina Fire Department. Learn some safety tips, check out the vehicles and gear up close.

DAYS	DATE	TIME
Wed.	3/3	5:30-7:00 p.m.
Location	Edina Fire Station #2 4401 W 76th St Edina, MN 55435	
Age	18+	
FEE	$10 resident / $12 non-resident	

Reach for Resources

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reachforresources.org

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Not Interested in the Reach Reader?

Text your first and last name with "Unsubscribe" to 952-688-3944 or email info@reachforresources.org



Saturday, March 13, 2027 | 1:00 - 4:00 p.m.
AMF Southtown Lanes | 7941 Southtown Dr, Bloomington
Early Bird: $40 (by February 14) | Regular: $50 | Lunch Only: $20

Join us for Reach's annual bowling fundraiser! Enjoy two games, pizza, music, and prizes while raising pledges to support Reach's programs. Bring your friends and enjoy a fun afternoon that makes a difference!

Scan the QR code or visit reachforresources.org/BAT to learn more and register!

Reach Bowl-A-Thon

REGISTRATION FORM — WINTER 2027

Reach for Resources

Name:_____ Pronouns:_____ Birth Date: _____

Address:_____

City:_____ State:_____ Zip:_____

Phone:_____ Email:_____

Emergency Contact Name:_____ Emergency Phone:_____

Allergies/Diet/Accessibility:_____

Race/Ethnicity: (optional) ❑ American Indian/ Alaska Native ❑ Asian ❑ Black/ African American ❑ Hispanic/ Latino/a ❑ Middle Eastern/ North African ❑ Native Hawaiian/ Pacific Islander ❑ White/ Caucasian ❑ Other

Am I a "Resident"?

Our adaptive recreation program is a cooperative effort with the below cities. If you live in another city, please pay the non-resident fee.

- Brooklyn Center
- Brooklyn Park
- Chanhassen
- Edina
- Golden Valley
- Inver Grove Heights
- Maple Grove
- Plymouth
- St. Louis Park

	Cooking & Crafts (page 7)	**Resident/Non-Resident**
❑	Craft - Perler Bead Palooza: Starts 1/12	$36 / $40 / $10 companion # of Companions_____ ❑ Need Trail Ride
❑	Craft - Decoupage Heart: 2/1	$12 / $15 / $10 companion # of Companions_____ ❑ Need Trail Ride
❑	Cooking - Egg Bake: 3/8	$20 / $23 ❑ Need Trail Ride
❑	Craft - Fabric Dish Towel: 3/15	$15 / $18 / $10 companion # of Companions_____ ❑ Need Trail Ride

	Sports & Recreation (page 8)	**Resident/Non-Resident**
❑	Bowling - New Hope: Starts 1/10	$115 / $120 Shirt Size_____ ❑ Lane Bumpers ❑ Bowling Ramp ❑ Need Trail Ride
❑	Bowling - Park Tavern: Starts 1/9	$115 / $120 Shirt Size_____ ❑ Lane Bumpers ❑ Bowling Ramp ❑ Need Trail Ride
❑	Basketball: Starts 2/26	$50 / $55 Shirt Size_____ ❑ Need Trail Ride

	Movies & Bingo (page 9)	**Resident/Non-Resident**
❑	Snacks & Cinema - Grumpy Old Men: 2/9	$10 / $12 ❑ Need Trail Ride
❑	Snacks & Cinema - The Magnificent Seven: 3/9	$10 / $12 ❑ Need Trail Ride
❑	Bingo: 1/11	$10 / $12 ❑ Need Trail Ride
❑	Surprise Bingo - Get Cozy: 2/2	$10 / $12 ❑ Need Trail Ride
❑	Bingo & Pizza (1): 2/22	$18 / $20 / $10 companion # of Companions_____ ❑ Need Trail Ride
❑	Bingo & Pizza (2): 3/23	$18 / $20 / $10 companion # of Companions_____ ❑ Need Trail Ride

	Social Activities & Outings (page 10)	**Resident/Non-Resident**
❑	Consent & Boundaries : 1/25	FREE ❑ Need Trail Ride
❑	Dating 101: 3/11	FREE ❑ Need Trail Ride
❑	Pride 101: 3/25	FREE ❑ Need Trail Ride
❑	Valentine Dance: 2/12	$10 / $12 ❑ Need Trail Ride
❑	Karaoke with Mocktails: 3/17	$10 / $12 ❑ Need Trail Ride
❑	Birthday Celebration: 3/31	$10 / $12 ❑ Need Trail Ride
❑	Social Seekers: Starts 1/14	$200 / $210 ❑ Need Trail Ride

	Bowl-A-Thon	Resident/Non-Resident
❑	Bowl-A-Thon: 3/13	$40 (before 2/14) / $50 / $20 (lunch only) ❑ Payment Included ❑ Pay at Event # of Bowlers_____ Shirt Size_____ # of Lunch Only_____ ❑ Need Trail Ride ❑ Lane Bumpers ❑ Bowling Ramp

PHOTO WAIVER

To photograph this participant for use in the agency's publicity by using printed material, photographs, videos, website images, photo displays, newsletters, TV, radio, Internet, brochures and social networking media.

Can be photographed: Yes ❑ No ❑

First name can be used: Yes ❑ No ❑

Program Total:	$
Donation to Reach *(Optional)*:	$
Total Enclosed:	$

❑ **Cash** ❑ **Waiver** ❑ **Check #**_____

❑ **Credit Card #**_____

Expiration Date:_____ **Security Code:**_____

Name on Card:_____

Billing Address (if different than registration address):_____

_____

<u>Sign here</u> to acknowledge that you have read and understood the Program Policies and you agree to be bound by them. Participants and/or caregivers or guardians can sign.

Participant Signature:_____

Caregiver or Guardian: _____

	On The Town: All Abilities (OTTA) - Age 18+	Resident/Non-Resident
❑	OTTA1 - Snow Tubing: 1/22	$25 / $27 ❑ Need Trail Ride
❑	OTTA2 - Water Safety & Pool Party: 2/19	$18 / $20 ❑ Need Trail Ride
❑	OTTA3 - Movie Night at Emagine: 2/23	$18 / $20 / $14 companion # of Companions_____ ❑ Need Trail Ride
❑	OTTA4 - Dining Out - Famous Dave's: 3/24	$10 / $12 ❑ Need Trail Ride
❑	OTTA5 - ***NEW*** Culture Club: 3/30	$15 ❑ Need Trail Ride

	Wednesday Night Social (WNS) - Age 18+	Resident/Non-Resident
❑	Wednesday Night Social - ALL Programs	$90 / $100 ❑ Need Trail Ride
❑	WNS1 - Movie Night: 1/13	$10 / $12 ❑ Need Trail Ride
❑	WNS2 - Movement Mobiles Craft: 1/20	$18 / $20 ❑ Need Trail Ride
❑	WNS3 - Game Night: 1/27	$10 / $12 ❑ Need Trail Ride
❑	WNS4 - Decorate Cookies: 2/3	$10 / $12 ❑ Need Trail Ride
❑	WNS5 - Chia Heads Craft: 2/10	$18 / $20 ❑ Need Trail Ride
❑	WNS6 - Dining Out - Mo Bettah's: 2/17	$10 / $12 ❑ Need Trail Ride
❑	WNS7 - Surprise Bingo!!!: 2/24	$10 / $12 ❑ Need Trail Ride
❑	WNS8 - Firehouse Tour: 3/3	$10 / $12 ❑ Need Trail Ride

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