

DSASTX Ongoing Programs

Adult Continuing Education (ACE) at the DSA's Maggie Hartman Community & Education Center

Description: Volunteer tutors provide research-based academic tutoring in Reading and Math in a safe and positive learning environment during weekly 90-minute sessions.

"Kid's Connection" at the DSA's Maggie Hartman Community & Education Center

Description: 2nd Thursday of the month from 6:00-7:30 pm we welcome our 6-12-year olds (and like aged siblings) to join us for fun, games and friendship! Activities will include, but are not limited to, Arts & Crafts with Artful Start, both indoor and outdoor games and sports, dancing, imaginative play and movies. Come join us and make new friends as we learn, grow and play together!

"Music & Movement" at the DSA's Maggie Hartman Community & Education Center

Description: Saturdays from 11:00 am - 12:00 pm children ages 0-6 with Down syndrome and their like aged siblings join us each week for a different theme and type of music, alternating focus on the musical instruments and physical movements for the little ones while combining the two for the older participants.

"Music Therapy" at the DSA's Maggie Hartman Community & Education Center

Description: Tuesdays from 9:30 am - 10:30 am children ages 0-6 with Down syndrome and their like aged siblings is our little ones class and Thursdays from 1:30 pm – 2:30 pm is our 18 and older class. Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.

"Parent and Me Open Play" at the DSA's Maggie Hartman Community & Education Center

Description: Parents and pre-school aged children are invited to join us for safe play dates on Thursdays from 10:00am-2:00pm

"Racquets Up!" at the Thousand Oaks YMCA

Description: 6 week sessions are provided throughout the year through a partnership with the San Antonio Tennis Association, we provide tennis instruction for individuals with Down syndrome and other special needs ages 4+.

"Teen & Adult Club" at the DSA's Maggie Hartman Community & Education Center

Description: Every Wednesday from 6:00-8:30 pm (except for holidays) we welcome our teens and adults (and like aged siblings) to join us for an evening of fun, friendship and creativity. Activities will include dance/fitness, cooking and Arts & Crafts.

Family Fun Day at the DSA's Maggie Hartman Community & Education Center

Description: Bring the whole family to enjoy an afternoon of food, fun, and community building. Each month will feature a light meal, celebration of birthdays as well as seasonal activities to enjoy while having the opportunity to meet new friends. Come out and make memories.

DSASTX Parent Information

Family and Community Partners for Inclusion at the DSA's Maggie Hartman Community & Education Center

Description: *Each month the Down Syndrome Association hosts Family and Community Partners for Inclusion meetings. These events are typically held on the first Thursday of the month from 6:00 pm – 8:00 pm. Sessions are topical and change monthly. Sessions are in English.*

Parent Education Sessions at the DSA's Maggie Hartman Community & Education Center

Description: *Each month the Down Syndrome Association hosts Parent Education Sessions. These events are typically held on the 2nd Tuesday of the month from 6:00 pm – 8:00 pm. Sessions include a light dinner and childcare. Sessions are topical and change monthly. Sessions are in English with Spanish translation available upon request.*

DSASTX Support Groups

All meetings are held at the DSA's Maggie Hartman Community & Education Center, unless otherwise specified, located at 1127 Patricia Drive, San Antonio, TX 78213. *Registration through our website is required.*

D.A.D.S Support Group: The DADS mission is simple, to assist and support, through fellowship and action, the fathers and families of individuals with Down syndrome. Bi-monthly meetings are typically held on Thursday.

M.O.M.S. Support Group: The MOMS are dedicated to learning and sharing information and resources, forming friendships and strengthening existing ones as they become an integral part of our community of Mighty Moms making a difference! The MOMS meetings are a combination of outside social venues and DSA gatherings and are held once a month.

New Parent Support Group: Once a quarter we invite new parents for breakfast to introduce them to the Down Syndrome Association community.

SibShop: SibShop is where children will meet other siblings, have fun, laugh, talk about the good and not-so-good parts of having a sibling with special needs, play some great games, learn something about the services their brothers and sisters receive, and have some more fun! Sibling Support will be held 10 times yearly, typically on the 1st Saturday of the month.

Parent Mentor Program: Parent Mentors provide information about Ds to expectant and new families, the chance to speak with other parents about their concerns and questions, an opportunity to meet other children with Ds and their families and help locating services for their child while providing a bridge for new parents and the DSA.

Spanish Meet Up: For Spanish-speaking or Bilingual families to encourage friendship and offer support. Day will vary.



Save the date!

**Looking Forward:
Transition
Conference**

a virtual event especially
for our teens, adults
and families!

Friday, January 15, 2021



Down Syndrome
ASSOCIATION
OF SOUTH TEXAS

 **Partners Resource Network**
Empowerment Through Education