



Resource Packet

Special Learning Center



Fun & Recreational Community Resources

- **Adapted Gymnastics:** Columbia, MO: A program with MU Physical Therapy and Tiger Academy of Gymnastics, children ages 3-18 with various impairments are able to safely participate in modified gymnastics, gross motor and socialization activities based on child's individual needs. The cost is \$20 per semester.
 - <https://healthprofessions.missouri.edu/physical-therapy-program/adapted-gymnastics/>
- **Adaptive Ice skating:** Jefferson City skating club and JC Parks & Recreation hosts the adaptive ice skating program for local, school-aged children with special needs. Skaters are assisted by volunteers to improve skating skills, enjoy activities with their peers, and participate in the annual ice show. The program is designed to ensure the safety of the skaters and create a fun environment on ice.
 - www.stakejeffcity.com
- **Camp Wonderland:** Children, teenagers and adults with disabilities have the opportunity to come to camp.
 - <https://www.wonderlandcamp.org/>
- **Cedar Creek Therapeutic Riding Center:** Columbia, MO: Provides equine assisted therapy to individuals with disabilities in mid-Missouri.
 - <https://cedarcreek.missouri.org/>



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- **Child Care Aware:** Provides information about child care licensing and resources for children with special needs. Answers questions about child support, health care, and paying utilities.
 - www.childcareaware.org/state/missouri/
- **CMAS Cheer Dream Team: Columbia, MO:** Open to individuals of all ages with special needs. Classes are 1:1 coach to athlete on Tuesdays for 1 hour each week. Performances at 3 events per season. Tuition fee is \$40 a month.
 - <https://cmascheer.com/classes/>
- **Cost Cutters and Supercuts Salons:** Provides autism-friendly haircuts
 - 573-634-5566
 - 724 W Stadium Blvd Ste 32, Jefferson City, Missouri 65109
- **Disabled Athlete Sports Association (DASA):** Through adaptive sports and fitness, DASA empowers individuals with disabilities to find their inner athlete.
 - <https://dasasports.org/>
- **Elite Performing Arts: Chance to Dance:** Children ages 3-8 years old with special needs. The class meets for 45 minutes, three times a month.
 - <https://www.elitedancejc.com/chance-to-dance.html>
 - 573-635-3622



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- **Healing Horses Therapeutic Riding Program:** Linn, MO: Goal is to reach individuals with disabilities to help them discover how equine assisted activities can enrich and inspire their lives.
 - 573-579-5091
 - <https://www.facebook.com/HealingHorsesMissouri/>
- **Jefferson City MO SEPTA:** Jefferson City, MO Special Education Parent Teacher Association. A group for families and teachers in JC area that have or currently work with kids with disabilities or special needs. This group makes connections and shares resources during SEPTA meetings and events.
 - <https://www.facebook.com/groups/2168461693260917/?fref=mentions>
- **Jefferson City Parks and Rec Miracle League Baseball:** Jefferson City Parks and Recreation offers a non-competitive baseball league for Jefferson City area school aged kids with physical and developmental disabilities or other conditions that keep them from participating in other baseball leagues. Every child bats and fields in each inning and a “baseball buddy” will be available to help the individual. The league is designed to help every child, regardless of ability, be successful and have fun!
 - https://www.jeffersoncitymo.gov/programs_and_activities/special_populations/miracle_baseball_league.php



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- **June Jesse Memorial Foundation (JJMF):** Nonprofit organization that provides relief and support to help children with medically complex, neurological conditions to their families in the STL area and beyond. JJMF provides financial assistance, mental health services and other resources, as well as events.
 - <https://junejessee.org/>
- **McLindon Family Foundation (MFF):** Provides adaptive bikes to children with special needs. These bikes provide an opportunity for children to experience a sense of freedom and having their own bike, while also building core strength, confidence and facilitating inclusion.
 - info@mclindonfamilyfoundation.org
 - 255-456-3505
- **Papa's Cat Café:** Columbia, MO: Autism-friendly business. Walk ins welcome, reservations gets you a free \$4 specialty drink and guaranteed spot in the playroom with 20+ cats.
 - 573-449-2287
- **Runge Nature Center:** provides visitors with educational and interpretive opportunities to view, learn about, and appreciate the variety of habitats found in Missouri.
 - <https://mdc.mo.gov/discover-nature/places/runge-conservation-nature-center>



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- **SkyZone:** Columbia, MO: A fun autism-friendly business where everyone can jump around and play on giant trampolines.
 - 573-309-9600
- **Special Olympics of Missouri:** providing year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage and experience joy while participating with others in the community.
 - <https://somo.org/>