Social development has been a longtime concern for parents and caregivers of those with fragile X syndrome. People with FXS want social contact, and those of us in provider roles have consistently advocated for their inclusion with normally developing peers. While this model has served them well and offered skill development in a natural environment, once these individuals reach adolescence, they face a new set of challenges in maintaining a broad array of friendships. Many of the more meaningful relationships result from therapeutic contact or friends of peers or parents.

In an attempt to provide a continuum of opportunities for those with FXS to build social relationships, this project has surveyed a number of parents of adolescent and adult males with the full mutation. The general consensus among respondents is that these males continue to want interaction and friendships as they grow older, but they often have difficulty sustaining friendships with typically developing peers. The gap widens when those peers have gone on to explore the world of work, college, and starting their own families. The changes in age-appropriate interests as adulthood commences often bring on a different focus, diluting earlier connections. For those with FXS, it appears that the majority of friendships—those that offer opportunities to enjoy recreation, camaraderie, and true reciprocity—more often include peers who face developmental challenges of their own. This appears to be where more meaningful relationships are built and social reciprocity develops. Thus, friendships with peers who have challenges should begin before adolescence, as should involvement with common recreational opportunities. These relationships should be treated as just as valuable as those with typical peers—particularly given that they frequently outlast them.

A variety of opportunities and venues were provided through the survey results. Often, faith-based support groups, Special Olympics, or local ARC recreational activities were listed as potentially effective in building friendships, community involvement, and recreation.
Socialization Survey and Results

A short questionnaire was developed by Jane Jones, Cindy Lunn, and Dr. Marcia Braden addressing the issues facing adults and adolescents with fragile X syndrome. The questions and a summary of the responses are below.

SURVEY RESULTS

20 responses

• Youngest age: 3
• Oldest age: 48
• Average age: 24

All answers are listed in order of frequency.

1. Please list any/all of the social venues you have found to be a positive experience for your loved one affected by Fragile X:

   • Church/synagogue
   • Sports participation (Special Olympics, PAL, park & rec., school)
   • Social programs/camps specifically for those with disabilities
   • “Special Events” (family weddings, anniversaries, birthday parties)
   • Theater/movies
   • Horseback riding
   • Choir
   • Boy Scouts/Girl Scouts
   • School
   • Karate

2. What have been the successful tools in preparing for transitions such as friends, siblings “moving on” (college, driver’s licenses, dating, etc.), new school (entering senior high, or group home), new home or blended family?

   • Verbally discussing the change in advance on several occasions.
   • Visiting new home/school/church etc. prior to change; familiarize.
   • Using pictures.
   • Reassurance on what will stay the same despite the changes.
   • Encouraging progression in their life and what to look forward to.
   • Accentuating the positive.
3. What have been successful tools in promoting appropriate group behavior with peers and adults?

- Using verbal cues and prompts.
- Using non-verbal cues and prompts.
- Talking about “what is expected” in these situations.
- Providing opportunities to practice good behavior.
- Praising/rewarding good “past behavior.”
- Modeling appropriate behavior of others.
- Providing a job or task.
- Explaining and executing consequences/impact of “inappropriate behavior.”
- Participating in social skills program/therapy.
- Ignoring bad behavior.

4. What types of sports or other extra-curricular activities (dance, martial arts, music, arts/crafts, scouts, etc.) have been successful for your loved one with fragile X syndrome? (Most of the answers were based on the individual's success and interest. However, Special Olympics was listed as the No. 1 sports program.)

- Swimming
- Basketball
- Watching TV/movies
- Baseball
- Horseback riding/hippo therapy
- Music (listening, singing)
- Bike riding
- Boy Scouts, Cub Scouts, Girl Scouts
- Bowling
- Choir (church and school)
- Theatre for disabled individuals
- Library
- Gym/fitness center
- Dance
- Arts/crafts
- Karate
ADDITIONAL COMMENTS

1. Consistency in as many areas as possible is key.

2. Young adults prefer to be “observers” at dances and other interactive social occasions.

3. Keep exposing them to new things.

4. Personality of staff/teachers/therapists dictates success or failure of many programs.

5. There is a need for local resources to find programs promoting independence.

6. It is important to take part in activities with non-disabled population.

7. Some young adults like to spend time alone more than in groups.

8. Affected individuals have trouble enjoying social events with peers as much as they do with family or adults.

9. There is appreciation for the FX researchers and community for the educational opportunities available.

10. Sensory integration is an important component in success.


12. Exposure in community helps the community as well as the individual with FXS.

13. There is fear that child will be unable to make and maintain friendships with peers.

14. There is a need for more information and resources on females with FXS.

SPECIFIC PROGRAMS MENTIONED IN SURVEY

- Swim With the Dolphins, Discovery Cove, Orlando, FL, www.discoverycove.com
- PAL Dynamites Recreational Program, www.palsports.org
- Imagination Stage-Access to the Arts, 4908 Auburn Ave., Bethesda, MD 20814
- Potomac Community Resources (social, recreational), www.pcr-inc.org
- Jewish Community Centers (nationwide), www.gojcc.org
- Special Olympics (worldwide), www.specialolympics.org
Social Situations: Talking on the Telephone

Developed by the Project Work Group

Because of the anxiety associated with fragile X syndrome, many individuals with the condition have difficulty with simple phone conversations. It is important to help such individuals learn strategies to overcome this anxiety. In this example, Daniel and his helper will examine ways to become more successful in this important everyday skill.

_The phone rings._

Helper: Hey Daniel, it’s for you; I think it’s your friend Ryan from school.
Daniel: I don’t want to talk now.
Helper: Daniel is busy right now; can he call you back later? Okay, bye.

A little later:

Helper: Hey Daniel, remember Ryan called earlier—you should call him back.
Daniel: I don’t want to.

_It can be hard for Daniel to use the phone even when the caller is a friend. He may not know what to say, so help him out by giving him a way to start the conversation._

Helper: How about if I dial the number for you? When he answers, I’ll say hi and then give you the phone, is that okay? I know you can do it!
Daniel: I’ll try.

_When Daniel is on the phone, help facilitate the conversation with specific statements. You may need to take it sentence by sentence at first._

Helper (to Daniel): You can start by telling him what you did today.
Daniel: I went to the gym. And I went to work.
Helper: Then ask him what he did today.
Daniel: Okay.
Helper: Ask him if he’d like to come over to watch the football game.

_If Daniel is still resistant to talking on the phone, you can model the flow of a phone conversation._

Helper: I’ll dial the number—you pick up the extension and listen while your friend and I talk. Will you try that for me?
Daniel: Don’t tell him I’m on the phone.
Helper: All right. You talk when you’re ready.
Daniel: Okay.

Another approach is to set up a call in which the other person is aware of Daniel’s anxiety, and asks questions for Daniel to answer so that he doesn’t have to initiate conversation himself. Over time and with practice, Daniel should become more comfortable talking on the phone.

Social Situations: Sensory Issues
Developed by the Project Work Group

Many individuals who have fragile X syndrome can become overwhelmed by sensory stimuli. It is critical to help them learn techniques to deal with sensory issues, which will affect them for their entire lives.

Nick and his helper are having dinner. The noise level is high, the area is crowded, and people keep bumping into Nick. To a person who has fragile X syndrome, an accidental bump can feel like someone rubbing sandpaper on him. It can make him want to run away, yell, or hit something.

Helper: It is crowded in here. People keep bumping into me.
Nick: Me too—I don’t like it. I’ve got to get out of here.

Nick may not know how to ask for or secure his own space.

Helper: Here are two things you can do: Tell the person, “Please don’t bump into me.” Or ask to sit at the end of the table.

Nick: Okay, good idea. Thanks.

To help the individual with FXS, pre-plan social activities so you select restaurants that are not too small or too noisy.
Social Situations: Anxiety Issues

Developed by the Project Work Group

Individuals who have fragile X syndrome can sometimes become anxious and nervous in social situations. It is important to help them learn to interact in appropriate ways, especially as they get older. One technique to address nervousness is deep breathing.

Helper: Nick, is everything all right? You look upset.

Nick: [Grunts]

Large groups of people make Nick nervous, and he may not know how to ask to leave. In fact, he may be able to communicate in such situations only with a grunt or even by yelling.

Helper: You know what? Large groups of people can make me a little nervous. Sometimes I feel confined and I want to yell. But usually all I need to do is take a few deep breaths—it really helps to calm me down. Do you want to try it?

Nick: [Taking deep breaths] That feels better.

Helper: If you need to, you can tell me, “There are too many people around. I want to leave for a while.” We can go outside for a bit, or even go for a short walk.

Nick: I’ll try it. Thanks!

Nick may need to practice these skills with his helper when he is at home. His helper may need to prompt him the first few times he is in a large group. Eventually, Nick will do it on his own. This is a great skill for him to develop, and is important in developing his independence.
Tips for Making Social Outings Safe

Developed by the Project Work Group

These tips are the same as you would discuss with any young adult, but when the person has a disability, you need to repeat the tips more often and maybe even do some role playing to make the point more clear.

The parent or care provider should know these things about the outing:

- Who exactly is going?
- Where specifically are they going?
- Are there others whom they will be meeting?
- What are the activity plans?
- What is the length of the planned outing?
- What is the expected time of return?
- What means of transportation will they be using?

Additional points to clarify:

- How much money is being taken and how is it being carried?
- Is the individual's attire appropriate?
- Is the individual's hygiene appropriate?
- Is the young adult comfortable with all of the plans for the outing?
- Is the young adult's cell phone charged? Make sure that they take their cell phone and that I.C.E. (in case of emergency) is programmed into the phone.

Reminders for the young adults:

- Make sure to follow the reported plans. If any of the plans change, or you are going to be later than expected, make sure to call a designated person and update your whereabouts.
- Make sure to order your own drink and never let it out of your sight, including soft drinks and water.
- Stay with your group—never go out/leave on your own. Always stay with a buddy.
- Don’t hesitate to call if you become concerned or afraid.

Have a good, safe time!
Camps/Opportunities for Socialization

It is important to find ongoing socialization opportunities for young adults as they get older. The lists below are separated into two categories: 1) general websites, and 2) camps listed by state found on the Internet (this list provides only a sample of what is available).

All of the websites have additional information that is not shown or discussed here—everything from how to pick a camp, to what to bring. Some of the sites list a variety of different camps, and there is some repetition of camps between the websites. Most listings have website links, but some have only phone numbers. Only camps for children with developmental disabilities are listed below.

GENERAL WEBSITES

1. The ARC of the United States
   www.thearc.org. Click on Resources, then Related Links, then General information for Families, then Family Village, then Recreation & Leisure, then Camps. There is a list of other websites that have lists of camps and there are also camps listed for the following states: AL, AZ, AR, CA, CT, FL, GA, IO, ME, MD, MA, MI, MN, MO, NH, NM, NY, NC, OH, PN, SD, TX, VT, AND VA.

   If there are no camps listed in your state, go to Locations (at the home page of this website), type in your city and state or your zip code, and it will give the nearest chapter. Each chapter will have its own set of activities, and you can contact it directly for more information.

   Your local ARC will also be able to help you with organizations that provide ongoing social activities on a year-round basis.


   There is a list of other websites that have lists of camps, and they also have books with the same information for sale.

CAMP WEBSITES

The following information is subject to change. See each website for the most up-to-date listings.

1. Allen’s Guide
   www.allensguide.com. Click on Special Needs Programs, then on Developmental Disability Camps. There are camps listed for the following states: AZ, CA, FL, PA, VA, and VT.

2. American Camp Association
   www.acacamps.org. Click on Find a Camp, then Special Needs/Specialty Clientele, and then you search by either of the latter. There are camps listed for the following states: AL, AR, CA, CT, IA, IL, OH, MN, NJ, PA, TN, TX, and VA.
3. **CampDepot.com**
   www.campdepot.com. This is a free registration site. Click on Special Connection, then Search Camps, then Category Search, then under Special Needs: Mental Retardation. There are camps listed for the following states: AL, AR, AZ, CO, CT, FL, GA, IL, IN, IO, KY, MD, ME, MI, MN, MO, NC, NH, NJ, NV, NY, OH, PA, SD, TX, VT, WA, and WI.

4. **CampResource.com**
   www.campresource.com. Click on Special Needs Camps, then on Developmental Disabilities. There are camps listed for the following states: CA, CO, IA, IL, MD, MN, MO, NC, NY, OH, OR, PA, TX, UT, VA, VT, WA, and WI.

5. **Easter Seals Camping and Recreation List**
   www.easterseals.com. National directory of day and residential camps. There are camps listed for the following states: AL, AR, AZ, CA, CO, CT, FL, GA, HI, IA, IL, IN, KS, KY, MA, MD, MI, NE, NH, NJ, NM, NY, OH, OK, OR, PA, SD, TN, TX, VA, VT, WA, WI, and WV.

6. **Family Support Network of North Carolina**
   www.fsnnc.org/Resources/2006_SummerCampDirectory.pdf. There is a lot of good camp information on this site, though the listings are mostly in North Carolina and are for a variety of disabilities.

7. **goCamps.com**
   www.gocamps.com. Click on Special Needs. There are camps listed for the following states: IA, MN, NC, NH, OH, OR, and PA.

8. **KidsCamps.com**
   www.kidscamps.com. Under the Special Needs Camps, click on Developmental Disabilities, and the camps are listed by state. There are camps listed for the following states: AL, AZ, CA, CO, CT, FL, IL, IN, IO, KY, MA, MD, ME, MI, MN, MO, NC, NH, NJ, NV, NY, OH, OK, OR, PA, SD, TN, TX, UT, VA, VT, WA, WI, and WV.

9. **Summercamps.com**
   www.summercamps.com. Click on Special Needs, then Developmental Disabilities. There are camps listed for the following states: AL, MA, MN, MO, NC, NJ, PA, VA, and VT.

**CAMPS/ORGANIZATIONS LISTED BY STATE**

Additional camps are found in the following states. This is not meant to be a complete list.

**ALASKA**
GCDSE
PO Box 240249
Anchorage, AK 99524
907-344-7222 / 800-430-2783
www.challenge-ak.org

**CALIFORNIA**
Bay Area Joni and Friends
www.joniandfriends.org/bayarea

**COLORADO**
Adam's Camp (1-24)
Greenwood Triangle
5251 South Quebec, Ste. 150
Greenwood Village, CO 80111
303-563-8290
www.adamscamp.org
Other Types of Social Opportunities

HIPPOTHERAPY
(Therapeutic Riding)
www.netpets.org/horses/horsclub/narha/narhacenters15.html

Search under your state and “hippotherapy”

Examples:
2. Colorado—www.heartsandhorses.org

INDEPENDENT TRAVEL
1. www.tripsinc.com
2. www.guidedtour.com
3. www.newdirectionstravel.com
4. www.venturestravel.org
5. www.gosprout.com

SURFING
www.surfershealing.org/index.html
Ongoing Social Opportunities

Most communities provide ongoing opportunities for social interaction, on varying schedules. Check with the following for more information:

1. Local YMCA
2. Local parks and recreation departments—check regular programs or therapeutic recreation
3. Local ARCs
4. Local disability organizations
5. State/local Special Olympics

Some examples:

**ALABAMA**
Montgomery Therapeutic Center
604 Augusta St.
Montgomery, AL 36111
334-240-4595
parks.ci.montgomery.al.us/therapeutic/index.asp

**ALASKA**
Challenge Alaska
3350 Commercial Dr. Ste. 208
Anchorage, AK 99501
907-344-7399
www.challengealaska.org

**ARIZONA**
Therapeutic Recreation Center
1860 N. Turquoise Dr.
Flagstaff, AZ 86001
928-774-1681
www.flagstaffcentral.com/Subjects/Nature/park+rec.htm

**ARKANSAS**
Little Rock Parks & Recreation
Therapeutic Recreation
500 W. Markham, Rm. 108
Little Rock, AR 72201
501-244-5489
www.littlerock.org/ParksRecreation/rec_centers/TherapeuticRec/

**CALIFORNIA**
Creativity Explored—San Francisco
www.creativityexplored.org

National Institute of Art and Disabilities (NIAD)—San Francisco
www.niadart.org

Orange County ARC
225 W. Carl Karcher Way
Anaheim, CA 92801
714-744-5301

Project Independence
3305 Cadillac, Ste. P101
Costa Mesa, CA 92626
714-349-3464

Sacramento County Parks
Therapeutic Recreation Services
www.sacparks.net

San Diego Park & Recreation Department
Therapeutic Recreation Services

**COLORADO**
EXPAND
Boulder Parks and Recreation
www.bouldercounty.gov/index.php?option=com_content&task=view&id=1472&Itemid=848

List of statewide recreation opportunities
www.autismcolorado.org/resrec.htm

**CONNECTICUT**
Connecticut Recreation and Parks Association, Inc.
1800 Silas Deane Hwy. Ste. 172
Rocky Hill, CT 06067
860-721-0384
www.crpa.com/edudtrain/therapeutic_recreation.html

**DELAWARE**
Autism Society of Delaware
Resources for Recreational Activities
www.delautism.org/recreation_resources.htm

Delaware Special Olympics
619 S. College Ave.
University of Delaware
Newark, DE 19716-1901
302-831-4653
www.sode.org

Farm of Dreams
(therapeutic horseback riding)
2325 S. DuPont Hwy.
Smyrna, DE 19977
302-653-6731

Challenger Division Little League for Youth with Disabilities
www.littleleague.org/divisions/challenger.asp

**FLORIDA**
Palm Beach County
General Therapeutic Programs
2700 6th Ave. So.
Lake Worth, FL 33461
561-066-7015

www.pbegov.com/parks/therapeutic_recreation/generalprograms.htm

**GEORGIA**
Clayton County Parks and Recreation Department
2300 Hwy. 138, S.E.
Jonesboro, GA 30236
770-477-3766
www.co.clayton.ga.us/parks_and_recreation/therapeutic.htm
The National Fragile X Foundation’s Adolescent and Adult Project

Social Development

HAWAII
Department of Parks and Recreation
Therapeutic Recreation Unit
1000 Uluohia St. Ste. 309
Kapolei, HI 96707
808-692-5585
www.honolulu.gov/parks/programs/trunit.htm

IDAHO
Sun Valley Adaptive Sports (SVAS)
120 2nd Ave. Ste. 207
Ketchum, ID 83340
208-726-9298
www.svasp.org

ILLINOIS
Downers Grove Park District
SEASPAR
4500 Belmont
Downers Grove, IL 60515
630-960-7600
www.dgparks.org/catalog.cfm?dest=dir&lin kon=Section&linkid=15

INDIANA
Indy Parks Therapeutic Recreation Division
601 E. 17th St.
Indianapolis, IN 46204
317-327-7251
www.indygov.org/eGov/City/DPR/Programs /TherapeuticRecreation.htm

IOWA
Special Olympics Iowa
551 Dovetail Rd.
PO Box 620
Grimes, IA 50111
515-986-5520
www.soisowa.org/

KANSAS
Parks and Recreation Department
Special Populations
City-County Building
300 W. Ash St. Rm. 100
Salina, KS
785-309-5765
www.ci.salina.ks.us/Recreation/ SpecialPops.htm

KENTUCKY
Division of Parks & Recreation
469 Parkway Dr.
Lexington, KY 40504
859-288-2900

LOUISIANA
Special Olympics Louisiana
1000 East Morris Ave.
Hammond, LA 70403
985-345-6644 / 800-345-6644 (in Louisiana)
www.lasso.org/main/index.php?page= contact_us

MAINE
Access Maine
Center for Therapeutic Recreation
207-772-0304
www.accessmaine.org

MARYLAND
Baltimore County Department of Recreation and Parks
Office of Therapeutic Recreation Services
301 Washington Ave.,
Baltimore, MD 21204
410-887-5370
www.co.ba.md.us/Agencies/recreation/ therapeutic.html
Harford County Parks & Recreation
Therapeutic Recreation
www.harfordcountymd.gov/parks_rec/ Programs.cfm?Groups=Therapeutic
St. Mary’s County
Department of Recreation, Parks and Community Services
301-475-4200 Ext. 1802
www.co.saint-marys.md.us/recreate/TR/ index.asp

MASSACHUSETTS
Melmark
2600 Wayland Rd.
Berwyn, PA 19312
888-MELMARK
www.melmark.org

MICHIGAN
Canton Leisure Services
1150 Canton Center Rd. So.
Canton, MI 48188
734-394-5460
leisure.canton-mi.org/programs/ therapeutic.asp

MINNESOTA
Bloomington Parks and Recreation
Adaptive Recreation
952-563-8899
www.ci.bloomington.mn.us/cityhall/dept/ commserv/parkrec/programs/arle/arle.htm

MISSISSIPPI
Clinton Parks and Recreation Department
200 Soccer Row
Clinton, MS 39056
601-924-6082
www.clintonparksandrec.com/therapeutic_ programs.htm

MISSOURI
Special Olympics
SOMO Headquarters
520 Dix Rd. Ste. C
Jefferson City, MO 65109
573-635-1660
www.somo.org

MONTANA
Special Olympics Montana
PO Box 3507
Great Falls, MT 59403
800-242-6876 / 406-268-6759
www.somt.org/

NEBRASKA
Special Olympics Nebraska
8801 F St.
Omaha, NE 68127
402-331-5545 / 800-247-0105
www.sone.org

NEVADA
Special Olympics Nevada
4680 S. Polaris Ave. Ste. 250
Las Vegas, NV 89103
www.sonv.org
City of Reno Parks, Recreation and Community Services
Therapeutic/Inclusive Recreation
190 E. Liberty St.
Reno, NV 89505
775-334-2260
www.cityofreno.com/res/com_service/ inclusion/

NEW HAMPSHIRE
Special Olympics New Hampshire
630 Elm St.
Manchester, NH 03101
800-639-2608 / 603-624-1250
www.sonh.org

NEW JERSEY
Special Olympics New Jersey
3 Princess Rd.
Lawrenceville, NJ 08648
800-650-SONJ in New Jersey
609-896-8000 out of New Jersey
www.sonj.org
HUNTERDON COUNTY
Department of Parks & Recreation
PO Box 2900
Flemington, NJ 08822-2900
908-782-1158
www.co.hunterdon.nj.us/depts/parks/parks.htm

NEW MEXICO
Roswell Recreation Department
Offices at: 1101 W. 4th (in Cahoon Park)
PO Drawer 1838
Roswell, NM 88202
505-624-6720
roswell-usa.com/city/recreation/index.htm

SPECIAL OLYMPICS NEW MEXICO
6600 Palomas NE, Ste. 207
Albuquerque, NM 87109
800-371-5525 / 505-856-0342
www.specialolympicsnewmexico.org

NEW YORK
Special Olympics New York
504 Balltown Rd.
Schenectady, NY 12304
518-388-0790 / 800-836-6976
www.nyso.org

NORTH CAROLINA
Chapel Hill Parks and Recreation
200 Plant Rd.
Chapel Hill, NC 27514
919-968-2787 Ext. 213
chapelhillparks.org/therapeutic.php

NORTH DAKOTA
Special Olympics North Dakota
2616 South 26th St.
Grand Forks, ND 58201
701-746-0331
www.specialolympics.org/Special+Olympics+Public+Website/English/ProgramLocator/North_America/North_Dakota/default.htm

OHIO
Cincinnati Recreation Commission
Division of Therapeutic Recreation
513-352-4028
www.cincinnati-oh.gov/crc/pages/-5721/-

OREGON
Pearl Buck Center, Inc.
5100 W. Amazon Dr.
Eugene, OR 97405
541-345-8506
www.pearlbuckcenter.com/

Disabled Citizens Recreation
Portland Parks & Recreation
1120 SW Fifth Ave. Ste. 1302
Portland, OR 97204
503-823-PLAY
www.portlandonline.com/parks/index.cfm?c=djida

OKLAHOMA
Special Olympics Oklahoma State Office
6835 S. Canton Ave.
Tulsa, OK 74136
918-481-1234 / 800-722-9004
www.sook.org

OREGON
Portland Parks & Recreation
Disabled Citizens Recreation
1120 SW 5th Ave. Ste. 1302
Portland, OR 97204-1933
503-823-PLAY (7529)
www.portlandonline.com/parks/index.cfm?c=djida

Special Olympics Oregon
5901 SW Macadam Ave. Ste. 100
Portland, OR 97219
503-248-0600 / 800-452-6079 (in Oregon)
www.soor.org

PENNSYLVANIA
Melmark
2600 Wayland Rd.
Berwyn, PA 19312
1-888-MELMARK
www.melmark.org

RHODE ISLAND
Special Olympics Rhode Island
33 College Hill Rd. Bldg. 31
Warwick, RI 02886
401-823-7411
www.specialolympicsri.org

SOUTH CAROLINA
Special Olympics South Carolina
Dutch Plaza
810 Dutch Square Blvd. Ste. 204
Columbia, SC 29210
803-772-1555 / 800-765-7276
www.sosd.org

SOUTH DAKOTA
Special Olympics South Dakota
305 West 39th St.
Sioux Falls, SD 57105
605-331-4117 / 800-585-2114
www.sosd.org

THE NATIONAL FRAGILE X FOUNDATION'S ADOLESCENT AND ADULT PROJECT

TENNESSEE
Williamson County Parks & Recreation
1120 Hillsboro Rd.
Franklin, TN 37064
615-790-5719
www.wcparksandrec.com/programs/therapeutic/

Special Olympics Tennessee
1900 12th Ave. So.
Nashville, TN 37203
615-329-1375 / 800-288-5225
www.specialolympicstn.org

TEXAS
Special Olympics Texas
Lewisville, TX
972-571-8092
lisdspecialolympics.homestead.com

UTAH
Special Olympics Utah
243 East 400 So. Ste. 111
Salt Lake City, UT 84111
801-363-1111 / 800-722-1589
www.sout.org

VERMONT
Special Olympics Vermont
368 Ave. D, Ste. 30
Williston, VT 05495
802-863-5222 / 800-639-1603
www.vtso.org

VIRGINIA
Arlington Virginia Parks & Recreation
Therapeutic Recreation
Lubber Run Center
300 North Park Dr.
Arlington, VA 22203
703-228-4740
www.arlingtonva.us/departments/ParksRecreation/scripts/assistance/ParksRecreationScriptsAssistanceAssistance.aspx

WASHINGTON
Footloose Sailing Association
4509 Interlake Ave N. #142
Seattle, WA 98103
206-382-2680
www.footloosesailing.org

SKIFORALL Foundation
1621 114th Ave. SE, Ste. 132
Bellevue, WA 98004-6905
425-462-0978
www.skiforall.org
The following books are available from The National Fragile X Foundation, 800-688-8765, www.FragileX.org.


**SCHOOLS**

Gavilan College
Vocational Training Program for Adults with Developmental Disabilities
Main Campus - Gilroy
5055 Santa Teresa Blvd.
Gilroy, CA 95020
408-848-4800
831-637-1158 *(when calling from Hollister—toll free)*
408-848-4750 *(evening office—SC112)*
www.gavilan.edu/dspc/classes.html

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**References**

**BOOKS**

The following books are available from The National Fragile X Foundation, 800-688-8765, www.FragileX.org.


**SCHOOLS**

Gavilan College
Vocational Training Program for Adults with Developmental Disabilities
Main Campus - Gilroy
5055 Santa Teresa Blvd.
Gilroy, CA 95020
408-848-4800
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