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**COMMUNITY RESOURCES TO PROMOTE HEALTH AND WELLNESS**

**Community based inclusion: Videos/articles and lots of resources about health and wellness!!**

<http://www.nchpad.org>

S**pecial Olympics**

[www.sonj.org/our-sports.html](http://www.sonj.org/our-sports.html)

[www.highexpectationsinc.org](http://www.highexpectationsinc.org)

**yoga**

<http://yogawaynj.com/index.html> or <http://thewholechildnj.com/index.html>

**Cheerleading and football**

[**http://www.gemscheerstars.com/index.php?componentName=Section&scid=68314&action=sub&sectionid=44459&offset\_Section=0**](http://www.gemscheerstars.com/index.php?componentName=Section&scid=68314&action=sub&sectionid=44459&offset_Section=0)

[**Pop Warner Challenger Football & Cheerleading League**](http://www.somersetbearsfanpage.yolasite.com/lil-bears.php)Flag football and cheer experience for children with disabilities ages 5-16. [• Somerset Little Bears](http://www.somersetbearsfanpage.yolasite.com/lil-bears.php)
  Serves Somerset County and parts of Hunterdon County

[• Watchung Hills Pop Warner Challenger League](http://whpw.org/Page.asp?n=53897&org=whpw.org)
﻿  which Serves Long Hill Twp., Warren Twp., Watchung, Bernards Twp., Berkeley Heights and New Providence.

**Challenger League: Morris County**

<http://www.mccll.org/>

**Union County resource:**

[**http://ucnj.org/parks-recreation/recreation-for-people-with-disabilities/**](http://ucnj.org/parks-recreation/recreation-for-people-with-disabilities/)

**Morris County resource:**

<https://hs.morriscountynj.gov/disabled/>

**Basketball**

<http://mightymikebasketball.com/special-needs-basketball-clinics/>

**Baseball**

<https://southjerseyfieldofdreams.com/i-want-to-play/>

**Randolph ISP CENTER**

<http://ispeventcenter.com/special-needs/>

**Scuba**

<http://hsanjscuba.com>

Offering various opportunities:

**Easter Seals**

<http://www.easterseals.com/nj/our-programs/camping-recreation/camp-merry-heart.html>

**Snap**

[**http://www.snapclinics.org/event.php?eventID=3**](http://www.snapclinics.org/event.php?eventID=3)

**Children’s specialized recreation programs**

<https://www.childrens-specialized.org/programs-and-services/specialty-programs>

**ARC**

<http://arcessex.org/services/childrens-services/childrensrecreation/>

[www.arcmorris.org/recreation.html](http://www.arcmorris.org/recreation.html)

**YMCA**

[www.madisonareaymca.org/programs-and-schedules/special-needs](http://www.madisonareaymca.org/programs-and-schedules/special-needs)

**Hippotherapy**

<https://www.freedomhorseinc.com/services>

**Hope’s Promise Therapeutic Riding:** <http://www.hopespromisefarm.com/>

**Rocking Horse Rehab:** <http://rockinghorserehab.com/>

**Pony Power Therapies:** <http://www.ponypowernj.org/>

**Other gyms’**

[www.theconnectiononline.org/community-service/special-needs-program.html](http://www.theconnectiononline.org/community-service/special-needs-program.html)

<https://www.pushtowalknj.org/programs/faqs/>

<https://www.somersetcountyparks.org/eventsPrograms/TR/TherapeuticRecreation.html>

[www.summitcommunityprograms.com/156/TryCan-Special-Needs](http://www.summitcommunityprograms.com/156/TryCan-Special-Needs)

**JCC**

[www.ssbjcc.org/main/special-needs-programming/](http://www.ssbjcc.org/main/special-needs-programming/)

**OUTDOOR FAMILY ADVENTURES**

<https://www.diggerlandusa.com/sand/> diggerland special needs night

<https://www.saharasams.com/specialneeds/>

Saraha sams water park

**SWIM**

**Safe Splash Swim School:** <https://www.safesplash.com/additional-programs/special-needs-program>

**Sunsational Swim School:** <https://www.sunsationalswimschool.com/special-needs-swim-lessons>

**Into the Swim:** [**http://intotheswim.com/lessons.html**](http://intotheswim.com/lessons.html)

**Aquatics and Fitness Center:** <http://www.theaquaticscenter.com/aquatics>