INCLUSIVE RECREATION AROUND SAN FRANCISCO
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Content</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Camp</td>
<td>2</td>
</tr>
<tr>
<td>Community</td>
<td>7</td>
</tr>
<tr>
<td>Sailing</td>
<td>13</td>
</tr>
<tr>
<td>Sports</td>
<td>14</td>
</tr>
<tr>
<td>STEAM</td>
<td>18</td>
</tr>
</tbody>
</table>
Camp Bloom

About: Camp Bloom is a weekend family camp program that provides new families with deaf children a space to bloom through language-rich activities.

Good to know:
- Camp Bloom serves the next generation of deaf children aged 6 months to 11 years old and their families in Northern California

Location: 5535 Arroyo Road, Livermore CA, 94550
Website: https://campbloom.org

Camp Edmo

About: A non-profit that provides equitable access to out-of-school learning opportunities designed to help every person cultivate a sense of self, own their impact, and show up in the world with curiosity, courage, and kindness.

Good to know:
- They lower prices by one-third across all in-person camps
- Provide instant financial assistance
- Put 100% of donations and 5% of all revenue toward financial assistance for families

Location: EDMO, Post Office Box 2854, San Francisco, CA 94126
Website: https://edmo.org

Camp Fire USA (Golden Empire)

About: Camp Fire’s core purpose is to help youth prepare for life. Camp Fire helps youth dig deep inside and discover their “sparks” and their personally defined nuggets of potential.
Camp Scholarships "Campership" are available and are awarded based on need and funds available.

**Location:** 401 Amador St, Vallejo, CA 94590  
**Website:** https://goldenempirecouncil.org

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### Camp Pacifica

**About:** Camp Pacifica is open to boys and girls 7 to 15 years of age with hearing impairment. Their Campers in Leadership Training program (CILT) is for young adults ages 16 to 17.

**Good to know:**
- This camp indicates that they may offer financial assistance for some of their programs. Please contact the camp directly for more details.

**Location:** 45895 CA 49, Ahwahnee, CA 93601  
**Website:** https://find.acacamps.org/program_profile.php?back=camp_profile&program_id=13203

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### Camp Wamp

**About:** Camp Wamp offers one-week camp sessions for campers of all ages with physical disabilities. Recognized as a premier camping experience for persons living with physical disabilities.

**Good to know:**
- A camp strictly for kids with physical disabilities and not cognitive disabilities
- No family has to pay for their child to attend the camp. They fundraise all year for this. Families will have to pay for kiddos to get to and from camp and they ask for a $300 donation upon registration

**Location:** 255 Cal Road, Soda Springs, CA 95728  
**Website:** https://stephenjwamplerfoundation.org

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### Camping Unlimited (Camp Krem)

**About:** A non-profit charitable organization which provides fulfilling camping, recreational, educational and respite services to children and adults with developmental disabilities around the year.
**Good to know:**
- Camperships available for individuals needing financial aid

**Location:**
- Camp Krem Yosemite: 45895 California Hwy 49, Ahwahnee, CA 93601
- Camp Krem Boulder Creek: 102 Brook Lane, Boulder Creek, CA 95006

**Website:** https://campingunlimited.org

**Christian Berets Special Needs Camps And Programs**

**About:** Christian Berets is a faith-based camp that reaches out and cares for those with special needs and their families by sharing the gospel of Jesus Christ through camping, retreats, and varied activities.

**Good to know:**
- Scholarships available by request during registration (begins January)
- Transportation is available from their bus stop in Modesto

**Location:** 24884 Hwy 108, Mi Wuk Village, California 95346

**Website:** https://christianberets.org

**Easter Seals Camp Harmon**

**About:** Easter Seals Central California has owned and operated Camp Harmon and continues to be a magical place, offering camping opportunities to hundreds of people with disabilities, thanks to the donations of many generous supporters.

**Good to know:**
- Serves campers ages 8 to 65
- 3 campers per 1 counselor, and campers live in cabin groups that typically consist of six campers and two staff
- Campership opportunities available on their website

**Location:** 16403 Highway 9, Boulder Creek, CA 95006

**Website:** https://www.campharmon.org

**Galileo Learning**

**About:** With programs that combine elements of science, art, engineering, and design curriculum, Galileo kids grow and cultivate curiosity, teamwork and resourcefulness during their camp experience.
Good to know:

- They offer financial assistance in the form of full or partial scholarships to qualified families and encourage all with the need to apply
- They collaborate with unified school districts and individual schools to provide spring and summer programming to low-income students

**Location:** 1021 3rd St., Oakland, CA 94607  
**Website:** https://galileo-camps.com

**Okizu Foundation-Summer Programs for Families of Children with Cancer**

**About:** The mission of Okizu is to help all members of families affected by childhood cancer to heal through peer support, respite, mentoring, and recreational programs

**Good to know:**

- Okizu’s programs are offered free of charge to the families they serve
- They do not charge a fee to attend Camp Okizu and families attend all of their programs free of charge

**Location:** 83 Hamilton Drive, Suite 200, Novato, CA 94949  
**Website:** http://okizu.org

**PALS Program**

**About:** PALS programs creates inclusive camp experiences for people with and without down syndrome. Their volunteer-led programs change attitudes, transform lives, and inspire a world of belonging.

**Good to know:**

- Can apply to join PALS starting at age 12.
- For 7 days and 6 nights, PALS participants engage in unique on-campus activities, explore the local sights, and experience life on a college campus
- PALS works with every participant to ensure that cost is never a barrier in joining the PALS community

**Location:** 4965 Grundy Way, Doylestown, PA 18902  
**Website:** https://www.palsprograms.org
**Quest Therapeutics Camp**

**About:** Quest provides a treatment program combining recreational and camp activities, behavior modification, and group therapy for children with mild to moderate social, emotional, or behavioral problems.

**Good to Know:**
- Since Quest’s therapeutic program is considered medical treatment, it may be covered for reimbursement
- Quest offers after school programs during Fall, Winter, and Spring

**Location:** 907 San Ramon Valley Blvd. Suite 202, Danville, CA 94526

**Website:** https://www.questcamps.com

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**YMCA Camp Jones Gulch**

**About:** The YMCA of San Francisco is committed to providing quality youth programming and exceptional summer camp experiences to Bay Area families. At camp, kids can develop skills, self-confidence, new friendships and a sense of belonging – all while having tons of fun.

**Good to know:**
- To participate in any of their programs, join the Y as a community participant at no cost.

**Location:** YMCA Camp Jones Gulch, 11000 Pescadero Rd, La Honda, CA 94020

**Website:** https://www.ymcasf.org/locations/ymca-camp-jones-gulch

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**Camp Mather**

**About:** Family camp near Yosemite for residents of San Francisco, operated by SF Rec & Parks. The popularity of this camp has started giving tickets thru a lottery process

**Good to know:**
- Camperships available for low-income families
- Campers with disabilities are welcome any week but will enjoy a priority in the registration for inclusion week.

**Location:** Address: 35250 Mather Rd, Groveland, CA 95321

**Website:** https://sfrecpark.org/443/Camp-Mather
Boys & Girls Clubs of San Francisco

About: They inspire and enable all young people, especially those from disadvantaged circumstances, to realize their full potential as productive, responsible and caring people.

Good to know:
- Neighborhoods served include: Bayview, Excelsior, Fillmore, Mission, Tenderloin, Visitacion Valley.
- Programs include: academic support, creative arts, competitive sports, job readiness, character & leadership, health & life skills, behavioral health services, and summer camps

Location: Variety of clubhouses and school-based clubhouses in San Francisco
Website: https://www.kidsclub.org/

Jewish Community Center (JCC)

About: Urban and inclusive, the JCC celebrates the vibrant city and its people. They explore Jewish culture and traditions as a pathway for joyful, meaningful living. They’re a community that welcomes everyone, using the power of gathering together to share, inspire, support and restore.

Good to know:
- They award a range of 5% to 70% of financial aid to 95% of families who apply for youth programs, fitness center memberships, or adult programs
- Community engagements activities include: fitness classes, art exhibits, performances, Summer and Winter camp, and more.

Location: 3200 California Street, San Francisco, CA 94118
Website: https://www.jccsf.org
Pomeroy Recreation and Rehabilitation Center of San Francisco

About: They provide recreational, vocational, and educational opportunities for people with disabilities through programs and services that encourage self-expression, promote personal achievement, and lead to greater independence.

Good to know:

- Welcoming of all ages
- Services include: swimming lessons, after school program, summer camp, youth programs, adult day programs, gardening, respite care services, and more

Location: 207 Skyline Blvd, SF, CA 94132
Website: https://www.prrcsf.org

Project Commotion

About: Project Commotion fosters healthy development in children of all abilities through purposeful movement, play, and family and community relationships.

Good to know:

- Youth and adult programs available
- Project Commotion offers all movement classes on a sliding scale, and families can select their payment rate
- Installment pay plans available

Location: 2095 Harrison Street, San Francisco, CA 94110
Website: https://www.projectcommotion.org

San Francisco Recreation & Parks Department- Recreation Programs

About: SF Recreation & Parks Department encourages everyone to get out and play. They have a variety of programs for everyone to join. Programs offered include woodworking or ceramics, Zumba classes, swimming lessons, therapeutic recreation, and more.

Good to Know:

- Scholarships are offered to all of their programs
- Eligibility in their Scholarship Program gives low income residents to at least a 50% discount and as much as 100% off program registration

Location: McLaren Lodge-Golden Gate Park, 501 Stanyan Street, San Francisco, CA 94117
Website: https://sfrecpark.org/406/Recreation-Programs
Promenade Play Days

About: Promenade Play Days is a series of free installations and events appearing on the JFK Promenade in Golden Gate Park over the next several months, and is part of a larger effort by Rec & Park and SFMTA to ensure safe, equitable access to Golden Gate Park.

Good to know:
- Everyone including people with disabilities who drive to the park can catch the free shuttle by parking at accessible parking spaces near several locations listed on their website
- Their website is updated often to reflect the growing list of activities along the Promenade

Location: JFK Drive in Golden Gate Park
Website: https://sfrecpark.org/1538/JFK-Promenade

Via Services

About: Via services is dedicated to helping individuals with disabilities and special needs achieve greater self-sufficiency and lead richer lives. In doing so, they ultimately support the entire family. Their diverse programs offer something for everyone.

Good to know:
- Via provides services for the entire life span– from birth to the age of 95
- Services and programs include respite care, pool, camp, social weekend activities, early assessment to children ages 0-3, and play-based speech and occupational therapy to children ages 0-10

Location: 2851 Park Avenue, Santa Clara, CA 95050
Website: https://viaservices.org

Lifting and Empowering Generations of Adults, Children, and Youth (LEGACY)

About: Youth team, family/parent advocate, parenting classes, girls group, mentoring and other psycho-educational work groups.

Good to know:
- Additional languages include Spanish, Mandarin, Cantonese

Location: 1275 Fairfax Avenue, Suite 201, San Francisco, CA 94124
Website: https://bayviewmagic.org/portfolio/childrens-system-care
Real Options for City Kids (R.O.C.K.)
About: R.O.C.K.'s programs focus on addressing the whole needs of the child through uplifting sports and fitness programs, outdoor adventures, and nurturing school-based support for children in Visitacion Valley.
Good to know:
- First of five nonprofits across the country featured on NBC’s The Today Show and recipient of various awards
- Free or reduced lunch programs available
Location: 73 Leland Ave San Francisco, CA 94134
Website: https://rocksf.org

YMCA of San Francisco
About: The YMCA of San Francisco is a charitable organization dedicated to the betterment of people in spirit, mind and body. They offer wellness and learning for all, from infants to seniors.
Good to know:
- Financial assistance program is offered on a sliding scale based on verified income
Location: Various locations in San Francisco
Website: https://www.ymcasf.org/programs

Autism Society Association (ASA)
About: ASA strives to build a stronger, more connected and influential Bay Area autism community. Focus on improved community outreach and on issues related to addressing the dire need to expand the limited lifespan care options for the dramatically increasing numbers of adults with autism.
Good to know:
- Informative, engaging, and communal events are held often throughout the months.
- ASA is open to all ages
Location: Autism Society San Francisco Bay Area PO Box 25191, San Mateo, CA 94402
Website: https://sfautismsociety.org
**Ed Roberts Campus**

**About:** A nonprofit corporation that has been formed by disability organizations that share a common history in the Independent Living Movement of People with Disabilities

**Good to know:**
- The ERC houses the offices of the collaborating organizations as well as fully accessible meeting rooms, a computer/media resource center, a fitness center, a cafe, and a child development center
- The ERC is universally accessible and provides more than 8,500 square feet of meeting space, in addition to a large terrace. It also features executive meeting rooms and an atrium awash in natural light

**Location:** 3075 Adeline St, Berkeley, CA 94703

**Website:** [https://www.edrobertscampus.org](https://www.edrobertscampus.org)

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**Sequoia Village**

**About:** At Sequoia Village, they provide a small group learning environment and personalized academic instruction for students in Transitional-Kindergarten through 8th grade.

**Good to know:**
- Specialists available to help in children's growth
- Summer camps, weekly social playgroups, and scholarships are available

**Location:** 1438 38th Ave, San Francisco, CA 94122

**Website:** [https://www.svschoolhouse.com](https://www.svschoolhouse.com)

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**Friend in Me**

**About:** Friend in Me is a social group connecting kids with disabilities and neurotypical student volunteers through free, fun online games and conversations via Zoom on a one-to-one basis every week.

**Good to know:**
- Friend in Me welcomes anyone from ages 8 to 18
- Volunteers may earn up to an hour and a half of community service every week if approved by their school

**Location:** online via ZOOM

**Website:** [https://www.friendinmegroup.org/](https://www.friendinmegroup.org/)
**Autism Social Communities**

*About:* 501c3 nonprofit organization providing social skills community events and autism parent education training

*Good to know:*
- Events and conferences held for families
- Activities for children include: Arts & crafts, sensory activities, technology, and social community events

*Location:* San Francisco

*Website:* https://autismsocialcommunities.org

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**SF Department of Children, Youth, and their Families**

*About:* With a deep commitment to advancing equity and healing trauma, DCYF brings together government agencies, schools, and community-based organizations to strengthen our communities to lead full lives of opportunity and happiness.

*Good to know:*
- DCYF makes San Francisco a great place to grow up by providing opportunities for employment, free school, children & family recovery plans, and more

*Location:* 1390 Market st, suite 900, San Francisco, CA 94102

*Website:* https://www.dcyf.org
Bay Area Association of Disabled Sailors (BAADS) (Year Round)

*About*: Bay Area Association of Disabled Sailors (BAADS) seeks to make all aspects of sailing accessible. Participants learn to sail by themselves or with a partner in the small boat program and/or as part of a crew in the keelboat program.

*Good to know:*
- BAADS welcomes service animals
- All are welcome regardless of your skill or experience

*Location*: Pier 40, The Embarcadero, San Francisco, CA 94107
*Website*: https://www.baads.org

**Blue Water Foundation**

*About*: Blue Water Foundation provides at-risk and under-represented youth an opportunity to sail. They offer young people the experiences of learning, leadership, develop sailing competencies, and emphasize collaboration.

*Good to know:*
- They work with school and community programs serving at-risk students, as well as with N. California county juvenile probation departments

*Location*: 48 Gold Street, San Francisco, CA 94133
*Website*: https://www.bluewaterfoundation.org

**Treasure Island Adaptive Sailing Program**

*About*: TISC provides affordable access to sailing, water-sports, and lessons to all youth, adults, and families by offering a variety of sailing education and rental opportunities.

*Good to know:*
- Scholarships are provided to all who meet the financial requirements

*Location*: Pier 40, The Embarcadero, San Francisco, CA 94107
*Website*: https://www.tisailing.org
AcroSports (Year Round)

About: AcroSports is a non-profit organization dedicated to serving the community through the physical, performing, and circus arts.

Good to know:
- Tuition Assistance program offers 20%-40% discounts for eligible families enrolling in Pre-K and Youth classes or AcroCamps
- 10% sibling discount
- 20% off second class, 30% off third class, etc
- Multi Camp discount: $25 discount off of each additional week

Location: 639 Frederick St, San Francisco, CA 94117
Website: https://acrosports.org

Bay Area Outreach & Recreation Program (BORP)

About: BORP provides sports, recreation and fitness programming for children, youth and adults with physical disabilities and visual impairments

Good to know:
- Programs Include: adult sports, youth sports, fitness (virtual and online), cycling, kayaking, adventures & outings, and more!
- Free!

Location: 3075 Adeline Street, Suite 200 Berkeley, CA 94703-2578
Website: https://www.borp.org
San Francisco Baseball Academy (SFBA)

About: SFBA's main goal is to Bring Baseball Back to The City. They strive to build a culture based on a communal love for sports and the lessons they can provide.

Good to know:
- They have financial aid and scholarships for players with special needs, their golf tourney fundraisers for this opportunity

Location: 3010 Geary Blvd, San Francisco, California 94118
Website: https://www.sfbaseballacademy.com

Special Olympics

About: Special Olympics provides year-round sports training and athletic competition in a variety of olympic-type sports for children and adults with intellectual disabilities.

Good to know:
- For ages 8 and up
- Special olympics trainings and competitions happen 365 days a year in 172 countries
- They offer 30-plus Olympic-style winter and summer sports

Location: Various locations around the world
Website: https://www.specialolympics.org

Kids Enjoy Exercise Now (KEEN)

About: KEEN empowers youth with disabilities and impacts volunteer coaches through participation in free, non-competitive, one-on-one programs of physical activity and fun, supporting the overall health and well-being of all participants.

Good to know:
- They are accepting of every child, regardless of the nature or severity of their disability and provide all programs entirely free of charge

Location: San Francisco, CA 94119
Website: keensanfrancisco.org
Axis Dance Company (Year Round)

**About:** AXIS collaborates with disabled and non-disabled artists to create world-class productions that challenge perceptions of dance and disability.

**Good to know:**
- FREE on-demand class series, AXIS for ALL. Developed especially for those living with paralysis, their caregivers and family members, but is open to anyone
- AXIS for ALL features guided movement and dance. Videos include seated/wheelchair-based instruction focused on bringing movement into the body, taught by AXIS Company Artists. All videos are closed captioned

**Location:** 1370 Tenth St, Berkeley, CA 94710

**Website:** https://axisdance.org

E-Sports

**About:** E-Sports includes several Bay Area community service programs that specialize in inclusion, which partners kids with typical and special needs alongside each other in various athletic capacities. These programs have pioneered the inclusive sports philosophy and made an impact on families from California to Kenya

**Good to know:**
- E-Sports is completely free
- Catered to kids ages 3-17

**Location:** Various Locations in East and West Bay

**Website:** https://e-sports.org/

Challenger Baseball

**About:** Provides an opportunity for any child over five years old with a physical or cognitive disability to join a baseball team, get some exercise, and learn some baseball skills with other kids in an informal, supportive environment.

**Good to know:**
- Games are non-competitive, with full participation by all
- SFLL offers scholarship assistance to any eligible player through their Fee Waivers program
- No applicant will be turned away for lack of funds

**Location:** San Francisco
**Website:** https://www.sfll.org/challenger

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**Miracle League**

**About:** They bring together children and young adults with learning or developmental disabilities to play the glorious game of baseball.

**Good to know:**
- All players are welcome!
- Youth league age requirements are 5 to 17 years old

**Location:** San Francisco
**Website:** https://www.miracleleaguesfpen.com

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**Special Needs Aquatic Program (SNAPkids)**

**About:** SNAP has empowered children with special needs to exercise, swim, connect with others, make friends and enjoy the gifts of childhood through a community based and accessible adapted aquatics program

**Good to know:**
- Accepts swimmers from 1 to 18 years old with a variety of special needs
- Each swimmer is partnered with 1-2 volunteer helpers who provide individual attention and enthusiasm and implement programs tailored to the needs of the child
- SNAPkids offers a scholarship program

**Location:** Berkeley and Palo Alto
**Website:** https://snapkids.org/
Randall Museum

About: The Randall Museum is a museum of science, nature and the arts as well as a San Francisco Recreation and Park Department community learning center.

Good to know:
- Admission is free
- Museum offers classes in science, art, ceramics, technology, and woodworking
- They host performances, films, and lectures
- The interactive exhibitions are designed to engage families with children ages 14 months to 12 years. Lectures and performances are often offered for teens and adults.

Location: 199 Museum Way, San Francisco, CA 94114
Website: https://randallmuseum.org/

San Francisco Botanical Garden

About: San Francisco Botanical Garden is a living museum within Golden Gate Park, offering 55 acres of both landscaped gardens and open spaces, showcasing more than 8,000 different kinds of plants from around the world.

Good to know:
- Free admission for up to four people may be redeemed by presenting a valid EBT or Medi-Cal card upon entry
- Free admission for Members, School Groups, Veterans, and San Francisco City & County Residents (with proof of residency)
- Free admission on the second Tuesday of every month

Location: 1199 9th Ave, San Francisco, CA 94122
Website: https://www.sfbg.org
Mission Science Workshop

About: MSW’s mission is to provide hands-on science activities to help children and their communities develop a genuine interest in the world around them

Good to know:
- Free community drop-in days most Saturdays of the year either at their Mission or Excelsior site

Location: Mission site- 3750 18th St, San Francisco, CA 94114
Excelsior site- 4458 Mission St, San Francisco, CA 94112
Website: https://www.missionscienceworkshop.org

SMASH Academy

About: SMASH Academy, their flagship program, is a FREE, 3 year, intensive STEM-focused college prep program that empowers students to deepen their talents and pursue STEM careers

Good to know:
- They aim to serve underrepresented groups in STEM, first generation college students, and low-income families, but anyone can apply
- Application assistance available
- Applications start during the students 9th grade year

Location: UC Berkeley, UC David, Stanford
Website: https://www.smash.org/programs/smash-academy/

Celsius and Beyond

About: Celsius and Beyond’s science camps provide youth in grades 1-9 with an opportunity to learn, grow, and play while exploring scientific concepts and skills.

Good to know:
- Opportunities offered include: after school program, Summer and Winter camp, fun days, and science workshops

Location: 140 Balboa Street, San Francisco, CA 94118
Website: https://celsiusandbeyond.com/
Museums For All Program
About: Through Museums for All, those receiving food assistance (SNAP benefits) can gain free or reduced admission to more than 1,000 museums throughout the United States simply by presenting their EBT card.
Good to know:
- Museums include: Children's Creativity Museum, American Bookbinders Museum, Exploratorium, Museum of African Diaspora, de Young Museum, California Academy of Sciences, SF Zoo, and more!
Location: Various locations in the U.S.
Website: https://museums4all.org

Community Music Center
About: CMC makes high quality music accessible to people of all ages, backgrounds and abilities, regardless of financial means. Classes are offered on a sliding scale and some are completely tuition-free.
Good to know:
- Students range in age from a few months to nearly 100 years old
- Free or low-cost concerts, workshops and master classes in CMC’s 130-seat concert hall
Location: 741 30th Avenue, San Francisco, CA 94121
Website: https://sfcmc.org/youth

Steppin' Out Dance Studio
About: Steppin’ Out has striven to offer the young people of the neighborhood a place to learn dance technique, improve grace, poise, self-esteem, and gain performance experience in a nurturing atmosphere.
Good to know:
- They offer tuition discounts for multiple classes or siblings
- Steppin’ Out has some scholarships available
Location: 697 South Van Ness Avenue, San Francisco, California 94110
Website: https://www.steppinoutsf.com/
As a reminder, any Summer Camp or Afterschool Program can become a GGRC vendor for Personal Assistance Hours for children who need 1:1 support

**How to Apply**

1. Contact Susan Pirnes, spirnes@ggrc.org
2. Tell her your camp wants to be a vendor (this means they can bill GGRC for hours spent providing approved support for GGRC clients)

Being a GGRC vendor lets the camp use any staff as 1:1 support when a camper has a need.

The paperwork takes time to file, so please apply right now!

**Some kids can only work with someone they know or who is already trained to support them. What can camps do?**

Encourage any family with an aide they prefer, to ask them to go thru hiring with the camp.

This is also great for the 1:1 because they can get more hours than 1 family can provide, and the camp gets an additional amazing staff on their team who can be a great support for other kids who need 1:1
For more information or if you have any suggestions of more opportunities that we should include in this list, please contact us at:

(415) 282-7494 | info@supportforfamilies.org |
1663 Mission St Unit 700, San Francisco, CA 94103

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