MITCHELL'S PLACE
UNLOCKING POTENTIAL

Community Resources

Athletic Programs:

Adaptive Aquatics

Provides opportunities for people to learn to water ski, no matter what their limitations.
Contact: 205-807-7519
www.adaptiveaquatics.org

A.Skate Foundation (Askate Foundation)

The A.skate Foundation is a nonprofit that allows children with autism to participate in skateboarding. There are skateboarding clinics for children with autism at no cost. This program is for anyone ages 3-adulthood.

Contact: info@askate.org

Website: Askate Foundation

C.A.S.T. for Kids-Statewide (http://castforkids.org/)

A one-day outdoor fishing event that provides children with special needs an opportunity to learn to fish. C.A.S.T. ("Catch A Special Thrill") for Kids is steered toward youth age 5 to 17, with little or no fishing experience. Parents and guardians are encouraged to attend the event with their children. Children are matched with expert anglers from the BASS Federation and/or other fishing or service organizations who will take them on boats and teach them the basics of fishing, safety, and fishing ethics.
General Contact: (425) 251-3214
Location: Lake Guntersville (AL) and Smith Lake

Contact Jeff Barnes for Lake Guntersville: (256) 310-4323
Email: jeff@castforkids.org

Contact Jennifer W. Smith for Smith Lake: (205) 275-3626
Email: jwsmith@jaspercity.com

For upcoming events visit: http://castforkids.org/events/

Head Over Heels Gymnastics- Birmingham Area

Offers preschool parent child classes for ages walking to 4-5 years where children with special needs are easily included. However, need to be able to be in a group setting.

Contact: (205)-981-2720
Website: Head Over Heel | Birmingham, AL | Gymnastics, Trampoline, Tumbling, Aerial Silks & MORE! (headoverheelsgyms.com)

The Miracle League-Moody (www.moodymiracleleague.org)

The Miracle League is a charitable organization that provides children with mental and/or physical challenges an opportunity to play baseball as a team member in an organized league. Games are played in a special baseball complex located in Moody Municipal Park, designed exclusively for children with disabilities.
Contact information: Mary Chambliss (205)225-9444
Email: moodymiracleleague@gmail.com
Website: Registration - Moody Miracle League

Miracle League- Over the Mountain

The Miracle League is a charitable organization that provides children with mental and/or physical challenges an opportunity to play baseball as a team member in an organized league. Games are played at Hoover Field.
Contact: Matt Bearder at 205-533-5943 or mbearden@myprogressbank.com

Website: The Over the Mountain Miracle League Registration (otmmiracleleague.org)

The Miracle League- Vestavia Hills

Games are played at Wald Park. There are two seasons: Spring and Fall. See website below for registration details. The city Parks and Rec Department is in charge of the league.

Contact: 205-978-0166

Website: https://vhparksandrec.com/athletics-2/.

Oak Mountain Youth Baseball & Softball Challenger League- Oak Mountain (www.omybs.org)

The Challenger League at OMYBS offers a softball league for boys and girls with special needs ages 5-21 the opportunity to experience the emotional development and the fun of playing Youth League Baseball.

Contact: Jeff Williamson – jw7327@gmail.com

Phone: (205)-281-7327

Challenger Kickball League OMYBS- www.omybs.org

OMYBS also offers a kickball league for children with special needs ages 5-21. The league is in the Fall and the Spring, and each child is paired with a buddy volunteer to assist in the game. The kickball league is a very relaxed environment that focuses on children interacting with others and increasing participation.

Contact: Jeff Williamson- 205-281-7327

Special Olympics-Statewide (specialolympicsalabama.com/home.html)

The Special Olympics are an international nonprofit organization dedicated to empowering individuals with intellectual disabilities to become physically fit, productive and respected members of society through sports training and competition. The Special Olympics offers children and adults with intellectual disabilities year-round training and competition in 30 Olympic-type summer and winter sports. Sports currently offered by Special Olympics Alabama are: Alpine Skiing, Aquatics, Athletics, Baseball, Bocce, Bowling, Cycling, Equestrian, Figure Skating, Flag Football, Football (Soccer), Golf, Gymnastics, Motor Activities, Powerlifting, Snowshoeing, Softball, Speed Skating, Tennis and Volleyball.
Contact by phone: +1 (334) 242-3383 or +1 (800) 239-3898
Website: https://www.specialolympics.org/programs/united-states/alabama

TopSoccer- Vestavia Hills Soccer

The TOPSoccer program is designed to foster the physical, mental and emotional growth of kids with special needs through soccer. The program is open to children in the U4-U19 age group with any physical or mental disability**.** Groups will be formed based on player needs and not necessarily by age. Each player will be paired with a Sidekick.
Contact: topsoccer@vestaviasoccer.com
Age: 3-19
Website: http://www.vestaviasoccer.com/programs/topsoccer/

Tumble Bus (http://www.Tumblebus.com)

Tumblebus is the premier mobile gymnastic and fitness business in the United States.
Contact: (813) 395-2668
Age: walking toddler- 7yo
Website: Home (tumblebusal.com)

YMCA Aquatics Programs- Birmingham and surrounding area

(http://www.ymcabham.org/**)**
The YMCA offers both private and group swim lessons for all ages and levels of swimmers. Several facilities offer these swim programs. The website (above) has more information about the programs themselves and information about a facility near you. Different YMCA's have varying levels of experience in teaching lessons to children with special needs. Be sure to talk to the aquatics director and ask questions about instructor's experience with children with special needs.

Dance Programs:

The Dance Foundation-Birmingham and surrounding area

http://www.thedancefoundation.org

Children's Dance Foundation offers a nurturing, non-competitive and creative environment for students – toddlers, typical, special needs and at risk children - to dance; to express themselves; to acquire skills; to have fun with friends; to learn technique; to move.

Contact: (205)870-0073

Dance Without Limits

A 501c3 non-profit located in Homewood, Alabama providing dance programs for children and young adults with special needs who may not otherwise have an opportunity to experience the joy of dance.

Contact: 251-610-4969

www.dancwwithoutlimitsfoundation.org

Horseback Riding Programs:

Equines Assisting Special Individuals – Jasper, AL

Equines Assisting Special Individuals (EASI) provides safe and effective therapeutic riding for people with disabilities or special needs in Walker County and surrounding areas. EASI is a nonprofit organization conveniently located just off Highway 69N.
Phone: 205-387-7846
Email: easi.ranch@gmail.com
Age: recommend for 2yo and up (includes both children and adults)

The Red Barn – Leeds, AL (http://theredbarnfoundation.org/)

Located on the banks of the Little Cahaba River, The Red Barn is peaceful and family-friendly. We can easily accommodate those with special physical or emotional needs and circumstances. We welcome individuals, home school groups, and referrals from other nonprofit agencies. Our programs include traditional riding lessons, therapeutic riding, equine assisted therapy, and related academic enrichment activities.
Contact: info@theredbarn.org **Phone:** (205) 699-8204

Camps, Classes, and Rec Programs:

The Exceptional Foundation-Birmingham

http://www.exceptionalfoundation.org

Exceptional Foundation was established in order to expand recreational and social opportunities for exceptional individuals. They provide services throughout the school year both during and after school hours, and in the summer with an eight-week-long day camp. The Exceptional Foundation affords children, 5 years old until they no longer need services, with mental and/or physical challenges a place to socialize, play games, participate in sports, and most importantly, a place where they are "at home" and comfortable. They provide daily programs which include team sports, exercise classes, social events, music, and arts and crafts activities. They also provide a place for group support programs for families that include exceptional members.
Contact: 205-870-0776
Age: 5 and up

EXPLORE Therapeutic Recreation Program – Hoover Rec Center

Youth Programs | Hoover, AL - Official Website (hooveralabama.gov)
The EXPLORE program is designed to meet the needs of individuals with mental and physical disabilities. We utilize community resources in a therapeutic manner to expand one's leisure and recreational knowledge. The activities are designed and supervised by Certified Therapeutic Recreation Specialists. In an effort to meet these needs, we encourage as much integration in Recreation Center programs as possible. Youth programs include: Hoover Hurricanes Swim Team, Rhythmic Gymnastics, team sports, Express Yourself! Art, and many more.
Contact: Kaly or Jayla, see details below
Kaly Bertella
Kaly.bertella@hooveralabama.gov
205-739-7123

Jayla Maye
Jayla.maye@hooveralabama.gov
205-444-7775

Kindermusik-Statewide (www.kindermusik.com)

In a Kindermusik class, educators lead a group of parents and their children through joyful activities, using music and movement. Parents learn more about their child's unique developmental process, and the shared learning experience creates a unique bond as the child associates learning with fun, musical play. Kindermusik classes are appropriate for newborns to 7-years old**.**
To find a class offered near you, use the "find a class" feature on their website:
https://www.kindermusik.com/kids-music-classes/find-a-class/
Phone: 1-800-628-5687
Email:info@kindermusik.com
Meadowbrook Location: 205-568-6702 or kmwithmichele@gmail.com

The Music Room Music Education – Music Therapy

Drums and Disabilities is a unique percussion-based music therapy program currently serving a large majority of the special needs community in Alabama.

Contact: 205-702-6074 www.themusicroomleeds.com

BIRMINGHAM ZOO

Birmingham Zoo has worked to develop the Sensory Friendly Zoo Initiative to improve our capacity to serve visitors with sensory processing needs. For more information go to www.birminghamzoo.com/visitor-info/accessibility.

Contact: 205-879-0409 www.birminghamzoo.com

Easter Seals Camp ASCCA-Statewide (www.campascca.org)

Camp ASCCA is Alabama's Special Camp for Children and Adults. ASCCA is a nationally recognized leader in therapeutic recreation for children and adults with both physical and mental disabilities. Providing weekend and weeklong sessions, Camp ASCCA is open year-round.
Located on Lake Martin, Camp ASCCA offers campers a wide variety of recreational and educational activities. Activities include horseback riding, fishing, tubing, swimming, environmental education, arts and crafts, canoeing, a "splash pad", outdoor adventure elements like the zip-line, and much more.
Contact: info@campascca.org
Phone: 256-825-9226 **(within AL only):** 1-800-THE-CAMP

RESPITE & SUPPORT:

Aaron's Staff Respite Care Ministry

Respite care at Aaron's Staff means supporting the spiritual, emotional and physical needs of children with disabilities and their families.

Contact: 205-261-9914

Website: www.aaronstaffrespite.org

Alabama Lifespan Respite Resource Network

Works to create and connect family caregivers to quality respite resources.

Contact:256-859-4900 or info@alabamarepite.org

Website: www.alabamarespite.org

KULTURECITY

A non-profit organization in the Birmingham area focusing on creating sensory accessibility and inclusion for those with invisible disabilities. The website offers many programs and resources to local facilities that are considered trained and sensory inclusive.

Contact: support@kulturecity.org

Website: KultureCity - Making the nevers possible

Shades Mountain Baptist Church Special Needs Ministry

Hand in Hand was developed to provide children and young adults of all ability levels the opportunity to fully participate in the life of church. Some children attend their Sunday School class and other activities with a Buddy (a volunteer to assist them). Others attend a self-contained class where they can learn about the Bible through worship time, Bible teaching, crafts, and games. There are also various events throughout the year for Parents' Nights Out, Moms' Morning Out, and Family Days.

Contact: 205-822-1670

Website: www.shades.org/connect/ministries/special-needs