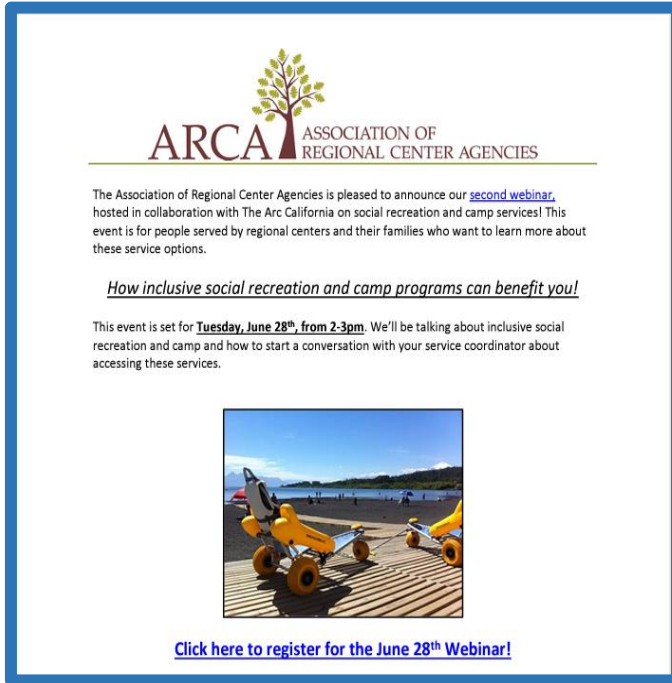


Celebrate Summer

During summer, consider enriching your life with new activities, experiences, skills and adventures. Long periods of social distancing and isolation have increased the generalized stress and anxiety many of us feel today. Now, with



The flyer for the ARCA webinar features the organization's logo at the top, which includes a stylized tree and the text "ARCA ASSOCIATION OF REGIONAL CENTER AGENCIES". Below the logo, the text reads: "The Association of Regional Center Agencies is pleased to announce our [second webinar](#), hosted in collaboration with The Arc California on social recreation and camp services! This event is for people served by regional centers and their families who want to learn more about these service options." The title of the webinar, "How inclusive social recreation and camp programs can benefit you!", is underlined. The date and time, "Tuesday, June 28th, from 2-3pm", are also underlined. A small photograph of a child on a yellow tricycle on a wooden boardwalk is included. At the bottom, a blue button-like link says "Click here to register for the June 28th Webinar!".

The Association of Regional Center Agencies is pleased to announce our [second webinar](#), hosted in collaboration with The Arc California on social recreation and camp services! This event is for people served by regional centers and their families who want to learn more about these service options.

How inclusive social recreation and camp programs can benefit you!

This event is set for Tuesday, June 28th, from 2-3pm. We'll be talking about inclusive social recreation and camp and how to start a conversation with your service coordinator about accessing these services.

[Click here to register for the June 28th Webinar!](#)

summer breaks from work or classes and more time to explore new interests and participate in new activities, look to your local communities for activities that can enhance socialization, spark interest in new activities, and provide an opportunity for relaxation and rest. As you consider summer schedules for you and your family members, be sure to include your **FDLRC service coordinator** in your person centered planning process. Learn about renewed DDS support for inclusive social/recreational programs at the upcoming webinar on inclusion and social recreational activities, provided through the Association for Regional Center Agencies (ARCA). Register for a free Webinar on Inclusive Social Recreational activities by clicking on the flyer at the left of this page.

Social recreation services provide opportunities to regional center recipients to participate in inclusive recreational activities in their own communities.

Participation in inclusive activities at any age fosters development of social skills and personal relationships in the community and enhance enjoyment of daily life. Opportunities for inclusive social recreational activities are available via community colleges, city parks and recreation programs, local libraries, and community based classes like karate, dance, or music, all in support of individual interests and IPP goals. Inclusive Social Recreational Activities may include scouts, little league, soccer teams, library reading programs, gym classes and other organized recreational programs. Community based classes on topics of special interest including art classes, cooking classes, yoga, swim classes, may be found through community colleges or through private businesses in the community. Sleep-over camp and day camp activities open a window of guided fun experiences outside of the routine daily menu of activities available to an individual.



Supports needed for participation in social recreational services should be discussed with your Service Coordinator. For additional information regarding known benefits of social recreational activities on mood, socialization, communication, and learning new skills see [Association for Science in Autism](#) website (asatonline.org). Where specialized teaching is needed to support participation, evidence based strategies including [social skills training](#), [peer supported participation](#), [structured play groups](#), and [cognitive behavior intervention](#) can support participation and enhance skill development in a variety of areas. Learn more about evidence based strategies to support participation in community based activities at the [CAPTAIN](#) website link to autism focused intervention resources and modules ([AFIRM](#)). Speak with your Service Coordinator today to learn more.

References:

[Association of Regional Center Agencies Webinar, June 28, 2022](#)
[Association for Science in Autism Treatment, Learn More about Recreational Sports/Exercise](#)
[California Autism Professional Training and Information Network \(CAPTAIN\)](#)
[Autism Focused Intervention Resources and Modules \(AFIRM\)](#)