

ORGANIZATION	PROGRAM TYPE	PROGRAMS	POPULATION & AGE	WEBSITE	CONTACT
A CHANCE TO DANCE	<b>FITNESS</b>	Inclusive dance program.	Kids and teens with disabilities.	<a href="http://achancetodancecharlotte.com">achancetodancecharlotte.com</a>	achancetodancemds@gmail.com
ADVOCATIONS	<b>EMPLOYMENT</b>	Experts in disability and employment. Job training and placement.	Adults with disabilities	<a href="http://www.advocations.io">http://www.advocations.io</a>	http://advocations.io
ALLABILITY SOLUTIONS	<b>EMPLOYMENT</b>	A firm specializing in connecting the disability community to meaningful employers.	Adults with disabilities	<a href="https://allabilityrecruiting.com">https://allabilityrecruiting.com</a>	all@allabilityrecruiting.com
ALLEGRO FOUNDATION	<b>FITNESS</b>	Combines movement instruction with educational & medical expertise.	All ages.	<a href="http://www.AllegroFoundation.net/">http://www.AllegroFoundation.net/</a>	pallegro@aol.com
AMAZING GRACE ADVOCACY	<b>SERVICE PROVIDER</b>	Family support and youth social programs.	All ages.	<a href="https://www.amazinggraceadvocacy.org">https://www.amazinggraceadvocacy.org</a>	connect@amazgracedadvocacy.com
THE ARC- MECKLENBURG/UNION/CABARRUS CO	<b>SOCIAL</b>	Aktion Club- Service projects for adults with disabilities to serve. Members serve as officers in the club and direct their own activities.	Adults (18+) with disabilities.	<a href="https://www.thearcathere.org">https://www.thearcathere.org</a>	steve@thearcsthree.org
ARIN'S GOOD GIRL DOG TREATS	<b>EMPLOYMENT</b>	*Support this business that hires and trains people with disabilities.		<a href="https://www.arinsgoodgirldogtreats.com/">https://www.arinsgoodgirldogtreats.com/</a>	contactus@arinsgoodgirldogtreats.com
AUTISM AFTER 18	<b>SOCIAL</b>	Virtual social, fitness, and music groups.	Autistic Adults	<a href="http://autismafter18.org/">http://autismafter18.org/</a>	mnelson@autismafter18.org
AUTISM CHARLOTTE	<b>EDUCATIONAL</b>	Educational programs, afterschool, summer camp, i CAN bike camp, transition to adulthood programs	All ages with ASD and related diagnoses.	<a href="https://www.autismcharlotte.org">https://www.autismcharlotte.org</a>	info@autismcharlotte.org
AUTISM CONSULTING OF THE CAROLINAS	<b>SOCIAL</b>	Adult dinner club (2nd Saturday of the month in Stateville/Davidson area), Autism consulting, IEP advocacy, kids social skills groups	Autism, ages 3+	<a href="https://www.autismnc.com">https://www.autismnc.com</a>	johannbanksicw@gmail.com
AUTISM FITNESS	<b>FITNESS</b>	1-on-1 fitness training (in person). Zoom consults to develop in home workouts.	Teens & Adults with ASD and related diagnoses	<a href="https://autisfitness.com/">https://autisfitness.com/</a>	eric@autisfitness.com
AUTISTIC ADULT AND TEEN CONSULTING	<b>THERAPEUTIC</b>	OT led consultation services for executive functioning skills, goals setting, life transitions, independent living skills, self-regulation, sensory processing	Autistic teens and adults with fewer support needs.	<a href="https://www.autisticadulthoodteen.com">https://www.autisticadulthoodteen.com</a>	rdurban@autisticadulthoodteen.com
BAMNIO BUDDY-BALL PROGRAM	<b>FITNESS</b>	FREE baseball program at Matthews Athletic fields. Runs on Sundays from April-June.	Age 5-20... but will consider ages outside of that range.	<a href="http://www.MARASports.org">www.MARASports.org</a>	msbrooks4@carolina.ri.com
BEST BUDDIES	<b>SOCIAL &amp; EMPLOYMENT</b>	Virtual and in-person friendship matching/programs. In schools & Citizens Program for adults.	Teens & Adults with disabilities	<a href="http://www.bestbuddies.org/northcarolina">www.bestbuddies.org/northcarolina</a>	northcarolina@bestbuddies.org
CAKEABLE CHARLOTTE.	<b>EMPLOYMENT</b>	*Support this business that hires and trains people with disabilities. Cakeable Cafe & Cakeable Bakery	Individuals with disabilities ages 16+	<a href="http://www.cakeablecharlotte.com/">http://www.cakeablecharlotte.com/</a>	hello@cakeablecharlotte.com
CAMP BOOMERANG- BRACE YMCA	<b>SOCIAL/FITNESS</b>	Conventional summer camp activities for all abilities.	Campers ages 5-17	<a href="https://www.ymcacharlotte.org/programs/accessible/camp-boomerang">https://www.ymcacharlotte.org/programs/accessible/camp-boomerang</a>	BraceFamilyCampBoomerang@ymcacharlotte.org
CAMP SOAR- JCC	<b>SOCIAL/FITNESS</b>	Special olympics camp at the JCC	Campers ages 12+	<a href="https://www.google.com/search?client=safari&amp;rlz=c-en&amp;q=camp+soar&amp;https://www.carolinajcccollaborativeprep.com">https://www.google.com/search?client=safari&amp;rlz=c-en&amp;q=camp+soar&amp;https://www.carolinajcccollaborativeprep.com</a>	bobbowler5@aol.com
CAROLINA COLLABORATIVE PREP	<b>EDUCATIONAL</b>	Private school for grades 3-12, students with learning differences including ASD.	Grades 3-12 students with learning differences, ASD, ADHD, Anxiety.	<a href="https://www.carolinajcccollaborativeprep.com">https://www.carolinajcccollaborativeprep.com</a>	Michelle@CarolinaCollaborativePrep.com
CAROLINA FIFTEENS BASEBALL	<b>FITNESS</b>	Competitive, alternative baseball team for teens and adults with disabilities.	Teens & Adults	<a href="https://www.fifteenbaseball.org/frefiesabot/">https://www.fifteenbaseball.org/frefiesabot/</a>	frefies@illuminationnc.org
CLIMBING FOR ALL	<b>FITNESS</b>	1 hour climbing meet ups at indoor rock climbing gyms in Charlotte.	Ages 6-18	<a href="https://www.climbingforall.com/">https://www.climbingforall.com/</a>	climbingforallnc@gmail.com
COVENANT DREAM CENTER	<b>SOCIAL</b>	Day program, social activities and events.	Adults with disabilities	<a href="https://www.facebook.com/covenantcasemanagementservices/">https://www.facebook.com/covenantcasemanagementservices/</a>	ccms.info@covenantoms.com
CPCC i-LEAD	<b>EDUCATIONAL</b>	Independence and Literacy Education for Adults with Disabilities.Rolling enrollment through April.	Teens (16+) and adults with disabilities.	<a href="https://www.cpcc.edu/programs/independence-and-literacy-education-https://www.cpcc.edu/programs/independence-and-literacy-education-https://www.dawnofmindshatters.com/">https://www.cpcc.edu/programs/independence-and-literacy-education-https://www.cpcc.edu/programs/independence-and-literacy-education-https://www.dawnofmindshatters.com/</a>	megan.freeman@cpcc.edu
DOWN FOR DOUGHNTS	<b>EMPLOYMENT</b>	*Support this business that hires and trains people with disabilities		<a href="http://www.dawnofmindshatters.com/">http://www.dawnofmindshatters.com/</a>	dawnfordoughnuts@gmail.com
DOWN SYNDROME ASSOC. OF GREATER CLT	<b>SOCIAL</b>	Summer camps. Adult weekend retreats. Virtual dance group. Virtual Improv group. Advocacy & Support.	All ages, with Down syndrome.	<a href="http://www.dsassoccharlotte.org/">http://www.dsassoccharlotte.org/</a>	victoria.coles@dsa-gc.org
EXCEPTIONAL CHILDREN'S ASSISTANCE CTR (ECAC)	<b>SOCIAL</b>	Youth Advisory Team meets every other Tuesday.	All ages.	<a href="https://www.ecac-parentcenter.org/resource-documents/youth-advisory">https://www.ecac-parentcenter.org/resource-documents/youth-advisory</a>	ecac@ecacmail.org
EXCEPTIONAL YOGA PROGRAM	<b>FITNESS</b>	Yoga for EVERY body.	All ages.	<a href="http://www.exceptionalyoga.org">www.exceptionalyoga.org</a>	exceptionalyoganc@gmail.com
FITNESS 4 FOCUS CHARLOTTE	<b>FITNESS</b>	Private, in-person training sessions. First session is FREE.	Ages 4+.	<a href="https://www.fitness4focus.com">https://www.fitness4focus.com</a>	charlotte@fitness4focus.com
FLOUR POWER KIDS COOKING STUDIOS	<b>SOCIAL</b>	Offers free/pay what you can cooking class to individuals with disabilities	All ages.	<a href="https://www.flourpowerstudios.com/special/reaforms/specialneedsclg">https://www.flourpowerstudios.com/special/reaforms/specialneedsclg</a>	info@fourpowerstudios.com
FRIENDSHIP CIRCLE	<b>SOCIAL</b>	Art, scavenger hunts, Upcycling University. One to one friendship matching with disabled/nondisabled individuals	Kids and teens with disabilities.	<a href="http://www.friendshipcircle.org">www.friendshipcircle.org</a>	info@friendshipcircle.org
FRIENDS FOR SPECIAL NEEDS	<b>SOCIAL</b>	Hosts 3-4 big social events each year. Parent night out, dances, social meet ups.	All ages.	<a href="https://www.friendsforspecialneedsnc.org">https://www.friendsforspecialneedsnc.org</a>	stange.friendsforspecialneedsnc.org
GASTON CO. SPECIAL OLYMPICS	<b>FITNESS</b>	Partner Up Power Up health and wellness program. Seasonal sports.	All ages.	<a href="https://www.facebook.com/Special-Olympics-Gaston-County-30014891245">https://www.facebook.com/Special-Olympics-Gaston-County-30014891245</a>	gaston@sonc.net
GIGIS PLAYHOUSE- CHARLOTTE	<b>SOCIAL &amp; FITNESS</b>	Down syndrome achievement center. In person & virtual, social/purposeful programs. Cooking classes, fitness classes.	Individuals with Down syndrome, all ages.	<a href="https://gigisplayhouse.org">https://gigisplayhouse.org</a>	charlotte@gigisplayhouse.org
GRAVITATE QUEEN CITY	<b>EMPLOYMENT</b>	Provides free vocational training to teens/adults with disabilities. Specialize in making homemade dog treats.	Teens (16+) & Adults with disabilities.	<a href="https://gravitatequeency.com">https://gravitatequeency.com</a>	info@gravitatequeency.com
HAERFEST COFFEE ROASTING CO	<b>EMPLOYMENT</b>	*Support this business that hires and trains people with disabilities		<a href="http://www.HAERFESTCOFFEE.com/">http://www.HAERFESTCOFFEE.com/</a>	info@haerfestcoffee.com
HOLY ANGELS BELMONT	<b>SERVICE PROVIDER</b>	Service provider	All ages.	<a href="http://www.holyangelsnc.org/">http://www.holyangelsnc.org/</a>	hainfo@holyangelsnc.org
IGNITE	<b>EDUCATIONAL</b>	"Peer-to-peer" community center. Activities/educational groups that foster independence and social interaction.	Young adults w/Autism that have graduated from high school with a regular diploma	<a href="http://www.autismsociety-nc.org">www.autismsociety-nc.org</a>	ignite_davidson@autismsociety-nc.org
IGNITE ACHIEVEMENT ACADEMY	<b>EDUCATIONAL</b>	School for students with learning disabilities, language disorders, ADHD, ASD, anxiety, and depression.	Grades 3-12.	<a href="https://igniteachievementacademy.com">https://igniteachievementacademy.com</a>	704.542.6471
INREACH	<b>SERVICE PROVIDER</b>	Service provider.	All ages.	<a href="http://www.InReachNC.org">http://www.InReachNC.org</a>	kknier@inreachnc.org
INSPIRE INCLUSION DANCE	<b>FITNESS</b>	Dance classes, Camps, Drum circle dance parties for people with and without disabilities. In person and virtual in Charlotte and LKN areas.	All ages.	<a href="https://inspireinclusion.wixsite.com/dance">https://inspireinclusion.wixsite.com/dance</a>	inspireinclusiondance@gmail.com
JONI & FRIENDS	<b>SOCIAL- RELIGIOUS</b>	Family Retreats for individuals with special needs and their families to worship and enjoy camp activities.	All ages.	<a href="http://www.jonandfriends.org/north-carolina/">www.jonandfriends.org/north-carolina/</a>	northcarolina@jonandfriends.org
JOY MINISTRY (CARMEL BAPTIST)	<b>SOCIAL- RELIGIOUS</b>	Bible study for teens & adults with disabilities.	Teens & Adults with disabilities	<a href="http://www.carmelbaptist.org/joy/">http://www.carmelbaptist.org/joy/</a>	joyministry@carmelbaptist.org
JULIA'S COMMUNITY	<b>SOCIAL/EDUCATIONAL/INDEPENDENT LIVING</b>	Independent living community on the campus of Wingate. Permanent living, not just for students. Day program, employment, post secondary education	All ages.	<a href="http://www.juliascommunity.org">http://www.juliascommunity.org</a>	joan@juliascommunity.com
KENNEDYSTRONG FOUNDATION	<b>SOCIAL</b>	Let's Go To Work Program	Adults ages 18+.	<a href="https://kennedystrong.org">https://kennedystrong.org</a>	bettyb@thefilterbox.com
LIFESPAN INC.	<b>SERVICE PROVIDER</b>	Service provider.	All ages.	<a href="http://www.lifespanservices.org/">http://www.lifespanservices.org/</a>	lifespan1973@gmail.com
LITTLE-GERALD SERVICES	<b>SERVICE PROVIDER</b>	In home and respite services, and ticket to work program.	All ages.	<a href="https://lgservicesnc.org/2016/">https://lgservicesnc.org/2016/</a>	info@lgservicesnc.org
LYFE SPORTS TRAINING	<b>FITNESS</b>	One on one and small group personal training.	All ages.	<a href="https://www.lyfesportstraining.com">https://www.lyfesportstraining.com</a>	lyfesportstraining@gmail.com
MECK CO. THERAPEUTIC RECREATION	<b>FITNESS &amp; EDUCATIONAL</b>	Adapted sports, outdoor recreation, life skills, community field trips, arts programming, social programs and summer camp.	All ages.	<a href="https://parkandmecknc.gov/Activities/therapeutic-recreation-activities">https://parkandmecknc.gov/Activities/therapeutic-recreation-activities</a>	T1Rin6@mecknc.gov
MIGHTY STRIDERS	<b>FITNESS</b>	Running club for individuals with disabilities.	All ages.	<a href="https://sites.google.com/providenceadv.org/mighty-striders-running-club">https://sites.google.com/providenceadv.org/mighty-striders-running-club</a>	Instagram: @mightystridersrunningclub
NEVINS INC.	<b>SERVICE PROVIDER</b>	Education, community integration, and employment programs.	Teens (16+) & Adults with disabilities	<a href="http://nevininc.org">http://nevininc.org</a>	development@nevininc.org
NEXT STEP CLUBHOUSE	<b>SOCIAL</b>	Day program offering social opportunities and activities to engage with peers.	Teens (14+) & Adults with disabilities	<a href="http://nextstepclubhouse.org/">http://nextstepclubhouse.org/</a>	info@nextstepclubhouse.org
NO LIMITS COUNSELING	<b>THERAPEUTIC</b>	Mental health counseling, relationships & boundaries groups, dating workshops, support groups, and sexuality education. NC & SC	Teens (16+) & Adults with disabilities	<a href="http://www.noLimitscounseling.org">http://www.noLimitscounseling.org</a>	nichelle@noLimitscounseling.org
OLIVIA FOUNDATION	<b>SOCIAL</b>	Provides inclusive activities, promoting social peer interactions and healthy habits for our special needs community.	Teens and adults with disabilities.	<a href="http://www.olivafoundation.net">http://www.olivafoundation.net</a>	info@olivafoundation.net 704-941-9503
PHILLIPS ACADEMY	<b>EDUCATIONAL</b>	Middle, High School & Post-Secondary. The curriculum combines academics, job training, and social/life development skills. Real learning for real life	Students ages 12-27 with IDD.	<a href="http://philippsacademy.org">http://philippsacademy.org</a>	info@philippsacademy.org
PIEDMONT MUSIC THERAPY	<b>THERAPEUTIC</b>	Virtual & in-person. Music therapy treatment, classes, lessons, teen/adult groups. NC & SC	All ages.	<a href="http://www.piedmontmusictherapy.com/">http://www.piedmontmusictherapy.com/</a>	director@piedmontmusictherapy.com
PROJECT SEARCH	<b>EDUCATIONAL/INTERNSHIP</b>	Provides young adults with IDD onsite internship experiences	Young adults with disabilities.	<a href="http://www.projectsearch.org">http://www.projectsearch.org</a>	ngarcia@inreach.org
QUEENS UNIVERSITY MUSIC THERAPY	<b>THERAPEUTIC</b>	Music therapy sessions are offered to children and young adults with special needs.	All ages.	<a href="https://www.queens.edu/community/music-therapy-clinic.html">https://www.queens.edu/community/music-therapy-clinic.html</a>	johnsonm@queens.edu
RAE'S PLAYZE ADULT DAY CENTER	<b>SERVICE PROVIDER</b>	Adult day program	Adults with disabilities.	<a href="https://raeplayze.com">https://raeplayze.com</a>	chazal@raeplayze.com
RAINBOW EXPRESS MINISTRIES	<b>SOCIAL- RELIGIOUS</b>	Young adults social groups, summer camps, respite care.	Young adults with disabilities.	<a href="http://www.rainbowexpressministries.com/">http://www.rainbowexpressministries.com/</a>	Laurie@rainbowexpressministries.com
RYAN'S BRIDGE	<b>SOCIAL</b>	Educational, vocational, and social programs for adults with disabilities.	Ages 18-25.	<a href="http://www.RyansBridge.org/">http://www.RyansBridge.org/</a>	ryansbridge17@gmail.com
RYAN'S PLACE	<b>SERVICE PROVIDER</b>	Service provider and Day Program in Waxhaw area.	Ages 16+.	<a href="https://www.ryansplacecdt.org/">https://www.ryansplacecdt.org/</a>	info@ryansplacecdt.com
RYZABIVE FITNESS	<b>FITNESS</b>	In-person/outdoor and virtual fitness programs, all over Charlotte and surrounding areas.	Teens & Adults with disabilities	<a href="http://www.Ryzabive.com/">http://www.Ryzabive.com/</a>	ryan@ryzabivefitness.com
SELF ADVOCATES OF MECKLENBURG COUNTY (SAM)	<b>SOCIAL</b>	Group of adults with IDD that plan and participate in social events and attend disability advocacy events	Adults with disabilities.	<a href="https://samesackeburg.weebly.com">https://samesackeburg.weebly.com</a>	LNewell@inreachnc.org
SHINING HOPE FARMS	<b>THERAPEUTIC</b>	Therapeutic horseback riding, family and caregiver support, and social and recreational activities for children and adults.	All ages.	<a href="http://www.shininghopefarms.org/">http://www.shininghopefarms.org/</a>	shininghopefarms@gmail.com
SKILLS GROUP OF CHARLOTTE	<b>SOCIAL</b>	Instruction in academics, gardening, cooking, fitness, music, and art.	Adults with disabilities.	<a href="http://www.SKILLSGroupofCharlotte.net/">http://www.SKILLSGroupofCharlotte.net/</a>	skillsgrowgroup@gmail.com
SOLVING AUTISM & SPECTRUM ACADEMY	<b>SERVICE PROVIDER</b>	ABA, life skills training, parent groups, sibshop siblings groups.	Up to age 21.	<a href="https://www.solvingautism.com">https://www.solvingautism.com</a>	renee@solvingautism.com
SPECIAL BLENDZ COFFEE & ICE CREAM	<b>EMPLOYMENT</b>	*Support this business that hires and trains people with disabilities.	Adults with disabilities.	<a href="https://specialblendzcafe.com">https://specialblendzcafe.com</a>	jroathier@yahoo.com
SPECIAL NEEDS COMMUNITY INITIATIVE	<b>SOCIAL</b>	Offers social opportunities and life skills/relationships groups. Working to develop an independent living community for adults with disabilities to learn, work, and play together.		<a href="http://www.snci-nc.org">http://www.snci-nc.org</a>	ourspecialcommunity@gmail.com
SPECIAL OLYMPICS LAKE NORMAN	<b>FITNESS</b>	Exchange community service club for all abilities.	All ages.	<a href="http://www.sonc.net/">http://www.sonc.net/</a>	lakenorman@sonc.net
SPECIAL OLYMPICS MECKLENBURG COUNTY	<b>FITNESS</b>	Year round athletic training and sports competitions	Ages 8+.	<a href="https://sonc.net/local-programs/mecklenburg-county/">https://sonc.net/local-programs/mecklenburg-county/</a>	mecklenburg@sonc.net
TAKE ON SPORTS	<b>FITNESS</b>	Baseball, soccer, football, basketball, bowling leagues for individuals with disabilities of all ages.	Ages 5+.	<a href="http://takeonsports.org">http://takeonsports.org</a>	info@takeonsports.org
TEACCH, T-STEP PROGRAM	<b>EMPLOYMENT</b>	Post secondary and employment training program through CPCC and TEACCH.	Individuals with Autism, ages 16-21.	<a href="https://teacch.com/clin/t-step-teacch-school-transition-to-employment-https://teacch.com/clin/t-step-teacch-school-transition-to-employment-https://www.trustedparents.org/">https://teacch.com/clin/t-step-teacch-school-transition-to-employment-https://teacch.com/clin/t-step-teacch-school-transition-to-employment-https://www.trustedparents.org/</a>	TSTEPinfo@med.unc.edu
TRUSTED PARENTS	<b>SOCIAL</b>	Virtual and in-person summer camp. Parent support.	Ages 7-21.	<a href="http://www.trustedparents.org/">http://www.trustedparents.org/</a>	info@trustedparents.org
UMAR	<b>SERVICE PROVIDER</b>	Service provider	Adults with disabilities.	<a href="https://umarinfo.com">https://umarinfo.com</a>	
WHAT MATTERS MOST	<b>SERVICE PROVIDER</b>	Service provider	Teens & Adults.	<a href="https://whatmattersmostnc.com/">https://whatmattersmostnc.com/</a>	info@whatmattersmostnc.com
WINGS OF EAGLES RANCH	<b>THERAPEUTIC</b>	Therapeutic Horseback Riding & Outdoor Adventure Center for the special needs and at-risk communities.	All ages.	<a href="http://www.wingsofeaglesranch.org/">http://www.wingsofeaglesranch.org/</a>	wingsofeaglesranch@gmail.com
WREATHS BY JACOB	<b>EMPLOYMENT</b>	*Support this business that employs people with disabilities.		<a href="https://www.facebook.com/profile.php?id=61562534695790">https://www.facebook.com/profile.php?id=61562534695790</a>	putnambb@gmail.com
YOGA INCLUDES ME- SARAH HENDERSON YOGA	<b>FITNESS</b>	Adaptive and accessible yoga and mindfulness	All ages.	<a href="https://www.yogaincludesme.com">https://www.yogaincludesme.com</a>	sarahhendersonyoga@gmail.com
ZABS PLACE	<b>EMPLOYMENT</b>	*Support this business that hires and trains people with disabilities. Non-profit thrift boutique.		<a href="http://zabsplace.org/">http://zabsplace.org/</a>	info@zabsplace.org
210 Collective	<b>EMPLOYMENT</b>	Meaningful vocational work for individuals with intellectual and physical disabilities.	Adults with disabilities.	<a href="https://www.210collective.org">https://www.210collective.org</a>	info@210collective.org
360 CARE SOLUTIONS	<b>SERVICE PROVIDER</b>	Service provider. In-home care and respite.		<a href="https://360caresolutions.us">https://360caresolutions.us</a>	Darqita.stewart@gmail.com


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