

ORGANIZATION	PROGRAM TYPE	PROGRAM DESCRIPTION	POPULATION & AGE	WEBSITE	CONTACT
ABILITIES TENNIS- 20+ NC locations	FITNESS	Tennis clinics and tournaments, fitness and nutrition groups. In-person and virtual	Ages 8+	https://www.atlantic.org	lou@atlantic.org
ABLE SC- COLUMBIA, SC	SOCIAL	EQUIP Leadership Group, peer-to-peer support, monthly hangouts, summer leadership series.	Ages 13-28.	https://www.able-sc.org/get-support/equip-program/?fbclid=IwAR0pGzCvQ-ZH9H	equip@able-sc.org
ALL ABILITY SOLUTIONS- NC & SC	EMPLOYMENT	A firm specializing in connecting the disability community to meaningful employers.	Adults with disabilities	https://allabilitysolutions.com	all@allabilitysolutions.com
ARC OF NORTH CAROLINA	SERVICE PROVIDER	Case management, advocacy, independent living skills training, vocational training	All ages.	https://www.arccnc.org	info@arccnc.org
ARC OF SOUTH CAROLINA- CAYCE, SC	SERVICE PROVIDER	Case management, advocacy, independent living skills training, and Best Buddies at USC.	All ages.	https://www.arccsc.org	(803) 748-5020
A SPECIAL BLEND- GREENSBORO, NC	EMPLOYMENT	*Support this business that hires and trains people with disabilities. Social activities, speed dating event.		http://aspecialblend.org/	asblinfo@aspecialblend.org
AUTISM NEWS NETWORK- CHARLESTON, SC	EDUCATIONAL	OT for consultation services for executive functioning skills, goals setting, life transitions, independent living skills, self-regulation, sensory pr	Adults with autism.	https://www.autismnewsnetwork.com/	https://www.facebook.com/TheAutismNewsNetwork/
AUTISTIC ADULT AND TEEN CONSULTING- NC & SC	THERAPEUTIC	OT for consultation services for executive functioning skills, goals setting, life transitions, independent living skills, self-regulation, sensory pr	Autistic teens and adults with fewer support needs.	https://www.autisticadultandteen.com/	rdurbin@autisticadultandteen.com
BEACH COWBOY FITNESS, MOUNT PLEASANT, SC	FITNESS	Small group fitness for children and adults with disabilities. At home, park, and/or beach locations.	Ages 5+.	https://beachcowboyfitness.com	cameron@beachcowboyfitness.com
BEND BASIC LIFE- MOUNT PLEASANT, SC	SOCIAL & EDUCATIONAL	Adult life skills programs in Summerville and Mount Pleasant.	Adults with disabilities.	https://www.beyondbasiclifesc.com	beyondbasiclifesc@gmail.com
BLOOMING KIDS TOO, YORK, SC	SOCIAL	Group therapy, birthday parties, graduation, second chance prom, s'mores n more, community outing training.	All ages.	https://www.bloomingkidstoo.com	bloomingkidstoo@gmail.com
BRIGHT START- THROUGHOUT SC	SERVICE PROVIDER	Case management and therapeutic services throughout the lifespan.	All ages.	http://www.brightstartsc.com	columbia@brightstartsc.com
BUILDING ABILITIES DAY PROGRAM- RALEIGH, NC	SOCIAL & EDUCATIONAL	Full or half day program providing Fine Arts, Exercise, Independent Living Skill Building, Recreation & Leisure, Vocational & Civic Engagement	Ages 18+.	https://www.arctriangle.org/services-programs/day-program/	npratt@arctriangle.org
BUILDINGS CONNECTIONS, RALEIGH, NC	SOCIAL	Social skills groups.	All ages.	https://buildingconnectionsnc.org/?fbclid=IwAR081AxCauUxSD0VW6Ht4	connect@buildingconnectionsnc.com
CAMP LIFE @ NC- SC, GA	SOCIAL CAMP	Hosts camps for adults with IDD in NC, SC, and GA.	Ages 21+.	http://campsforlife.org/	roeder@mac.com
CAMP SPEARHEAD- GREENVILLE, SC	SOCIAL CAMP	Overnight summer camp for individuals with disabilities	Ages 8+.	https://campsforlife.org/conference/special-needs/	campspearhead@greenvillecountync.org
CAROLINA LIFE @ USC	EDUCATIONAL	An inclusive certificate college program for students with diverse learning needs.	Ages 18+.	https://usc.edu/study/colleges_schools/education/study/carolinainlife/index.php	bl12@mail.sc.edu
CATALYST PROGRAM @ NC STATE- RALEIGH, NC	EDUCATIONAL	STEM program for students with disabilities.	High school students.	https://sciencehouse.ncsu.edu/	jrlumen@ncsu.edu
CLEMSON/IF- CLEMSON, SC	EDUCATIONAL	A post-secondary experience for students with intellectual disabilities	Ages 18-26 at time of admission.	http://www.clemson.edu/culfife	clermsonife@clemson.edu
COASTAL BUDS- WILMINGTON, NC	SERVICE PROVIDER	Support and programs for individuals with Down syndrome & their families in New Hanover, Perdue and Brunswick Counties	All ages, with Down syndrome.	http://coastalbuds.org	ed.coastalbuds@gmail.com
COLLEGE LIVING EXPERIENCE	EDUCATIONAL	Provides tutoring and self advocacy support to students with disabilities while attending post secondary programs	Adults with disabilities	https://www.experiencecollege.com	info@experiencecollege.com
COURTESY PROGRAM CENTER- ALBEMARLE, NC	SERVICE PROVIDER	Day program, social activities and events.	Adults with disabilities	https://www.facebook.com/Covenant-Dream-Center-100916859164067	cons.info@covdreamcenter.com
DA- GREATER WINSTON SALEM, NC	SERVICE PROVIDER	Phen Ph Program, Advocacy, awareness.	All ages, with Down syndrome.	http://www.dsdsports.org	info@dsdsports.org
ENDLESS SPORTS	FITNESS	Inclusive lacrosse for all abilities.	All ages.	http://www.endlessports.org	info@endlessports.org
FOUR POWER KIDS COOK STUDIO- VARIOUS LOCATIONS IN NC & SC	SOCIAL	Offers once monthly, free/cheap what you can cooking classes to people with disabilities.	All ages.	http://www.fourpowerstudios.com/columbia	info@fourpowerstudios.com
GABBY'S GROUNDS- RALEIGH, NC	EMPLOYMENT	Employs people with special abilities at their warehouses in Raleigh & Creedmoor.	Adults with disabilities.	https://gabbysgrounds.com	gabbysgrounds@gmail.com
GASTONIA FREEDOM SCHOOL	EDUCATIONAL	Self directed learning center for students with autism, ADHD, and intellectual disabilities.	Ages 3-17	https://gastoniafreedom.org	gastoniafreedomschool@gmail.com
GHA AUTISM SUPPORTS- ALBEMARLE, NC	SERVICE PROVIDER	Service provider.	All ages, Autistic.	https://www.ghaautismsupports.org/tarboro-county-operations/	bethholvien@ghainc.org
GHA AUTISM SUPPORTS- WILMINGTON, NC	SERVICE PROVIDER	Service provider.	All ages, Autistic.	https://www.ghaautismsupports.org/wilmington-operations/	cmymore@ghainc.org
GIGGS PLAYHOUSE- RALEIGH, NC	SOCIAL	Down syndrome achievement center. In person & virtual, social/purposeful programs.	All ages, with Down syndrome.	https://giggsplayhouse.org	raleigh@giggsplayhouse.org
GOOSE CREEK THERAPEUTIC INC- GOOSE CREEK, SC	FITNESS	Intuitive fitness, social, and camp activities.	All ages.	https://www.goosecreekrecreation.com/recreation/programs-classes/camps/therapeutic/	troutner@goosecreekrecreation.com
HEALING FARMS- MT. PLEASANT, SC	SOCIAL	Day program, camp, and social gatherings.	Teens & adults.	http://www.healingfarms.com	info@healingfarms.com
HEALS 2 TRANSITION	EDUCATIONAL	Addresses key skill areas of transition to adulthood: career exploration, self-management, social participation, independent living, and safety.	Emerging adults.	http://www.heals2transition.cdd.unc.edu	heals2transition@med.unc.edu
HEART INCLUSIVE ARTS COMMUNITY- CHARLESTON, SC	SOCIAL	Visual arts, music, and performing arts mentorships and community engagement for adults with disabilities	Adults	http://www.heartinc.org	info@heartinc.org
HIRE ME SC	EMPLOYMENT	Employment support and advocacy. Peer support groups.	Group offered to ages 13-28.	https://www.hiremeinc.org	mphalen@able-sc.org
HOWDY HOMEWIDE ICECREAM	EMPLOYMENT	*Support this business that hires and trains people with disabilities.		https://howdytriangle.com	https://www.facebook.com/howdytriangle
ICAN HOUSE- WINSTON SALEM, NC	SOCIAL	Social groups for ages 8-14, 14-17, and 18+. Meet in a real life setting to practice life skills.	Ages 8+ with social challenges	https://icanhouse.org	info@canhouse.com
ILLUMIN- MOUNT PLEASANT, SC, GREENSBORO & WINSTON SALEM, NC	SERVICE PROVIDER	Educational Testing (ADHD, Dyslexia, Autism, Gifted), Counseling, Executive Function Coaching, Advocacy, and more!	All ages	https://www.illuminc.org	hello@illuminc.org
KEY CHANGES THERAPY SERVICES- COLUMBIA, SC	THERAPEUTIC	Art based therapies, music, speed OT, music lessons, community events.	All ages.	https://www.keychangesmusictherapy.com	admin@keychangesmusictherapy.com
L'ARCHE, DURHAM, NC	SERVICE PROVIDER	An inclusive community in Durham where adults with and without intellectual disabilities share life & friendships.	Adults with disabilities.	https://www.larchenc.org	info@larchenc.org
MELODY MUSIC THERAPY- CHARLESTON, SC	THERAPEUTIC	Individual, group, and adapted music therapy. Birthday parties, neighborhood classes, and doorstep performances.	All ages.	https://www.melodymusictherapy.com	sciacr@melodymusictherapy.com
MIRACLE LEAGUE- SUMMERVILLE, SC	FITNESS	Buddy baseball program for all abilities and ages.	All ages.	https://www.facebook.com/pages/Summerville-Miracle-League/53268564679534	judysue417@gmail.com
MIRACLE LEAGUE OF THE TRIANGLE- RALEIGH, NC	FITNESS	Buddy baseball program for all abilities and ages.	All ages.	http://www.MTriangle.com	cvagle@mitriangle.com
MOJI COFFEE- WINSTON SALEM, NC	EMPLOYMENT	*Support this business that hires and trains people with disabilities. Social activities, speed dating event.		http://www.mojicoffee.com	info@moji.org
MOUNT JUBILEE MINISTRIES-REIDSVILLE, NC	SOCIAL- RELIGIOUS	Christ-centered camps and day program.	Ages 13+.	https://mountjubilee.org	mountjubileeministries@gmail.com
NC START	SERVICE PROVIDER	Crisis support, assessment and treatment planning, therapeutic home, collaboration with other agencies.	Ages 6+.	https://ncthehealthservices.org/nc-start/	kyndr@nlpk.org
NONPARCEL- VIRTUAL	EDUCATIONAL	Technical skills training and workplace readiness program for adults with autism	Ages 18+ with autism.	https://ncnonparcel.org	support@ncnonparcel.org
NETWORTHY MUSIC THERAPY- CHARLESTON, SC	THERAPEUTIC	Group and individual music therapy	All ages.	https://www.networthymusictherapy.com	gossett@networthy@gmail.com
PALS PROGRAM- WILMINGTON, NC	EDUCATIONAL	Inclusive camp at UNCW, for individuals with and without Down syndrome.	Ages 18+.	https://www.palsprograms.org	support@palsprograms.org
PART & PARCEL	EMPLOYMENT	*Support this business that hires and trains people with disabilities. Social activities, speed dating event.		https://www.partandparcel.com	l.tand@assadurham.com
PATTONS ACADEMY- CHARLESTON, SC	EDUCATIONAL	Early intervention, school, therapies, and camps.	Individuals with disabilities up to age 26	https://pattonssacademy.com	
POCKETS FULL OF SUNSHINE, HILTON HEAD, SC	SOCIAL	Provides inclusive social and vocational opportunities for adults with intellectual and physical disabilities	18+	http://www.pocketsofthefarm.com	spreadthesun@gmail.com
PROJECT REJ- CHARLESTON, SC	EDUCATIONAL	A program for individuals with autism and their families at MUSC.	All ages.	https://www.projectrej.org	call: 843-752-9162
REACH PROGRAM @ COLLEGE OF CHARLESTON	EDUCATIONAL	4 year certificate program for students with mild IDD.	Adults with mild IDD.	http://reach.cofc.edu	REACH-Program@cofc.edu
REASON TO BAKE NC	EMPLOYMENT	*Support this business that employs people with disabilities.		https://reason-to-bake.square.site	info@reasonstobake.com
SENSIBLE SNACKS- NEW BERN, NC	EMPLOYMENT	*Support this business that hires and trains people with disabilities. Food truck and snack-o-gram website orders.	Adults with IDD.	https://sensiblenbsp.com/sensiblenbsp	Leslie.lawrence@sensiblenbsp.com
SOUTH CAROLINA AUTISM SOCIETY- COLUMBIA, SC	SERVICE PROVIDER	Case management and advocacy.	All ages.	https://scautism.org	scas@scautism.org
SPECIAL NEEDS COMMUNITY INITIATIVE- GASTONIA, NC	SOCIAL	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.	All ages.	https://www.snci-nc.org	outsocialcommunity@gmail.com
SPECIAL NEEDS FAMILY & FRIENDS ACTIVITY GROUP- MADISON, NC	SOCIAL	Social activities for individuals with special needs, their siblings, and friends.	All ages.	https://www.facebook.com/groups/specialneedfamily	julianteresa1@gmail.com
SPRUCE GOOSE STATION- MCADENVILLE, NC	EMPLOYMENT	*Support this business that hires and trains people with disabilities.	Adults with IDD.	https://sprucegoose-station-fresh-eats-and-treats.square.site	cherubus@holysanginc.org
STRONGER THAN LABELS FITNESS- CARY, NC	FITNESS	Martial arts and fitness for individuals with disabilities.	Ages 6+.	https://www.strongerthanlabels.com	strongerthanlabels@gmail.com
TEACH- 1:1 TUTORING- ASHEVILLE, WILMINGTON, RALEIGH, GREENSBORO, NC	SERVICE PROVIDER	Post secondary and employment training program through CPCC and TEACCH.	Individuals with Autism, ages 16-21.	https://www.facebook.com/celebratedteachernetwork	1319TEACH@carcc.edu
THEATRE FOR ALL- WILMINGTON, NC	SOCIAL	Theatre company for people with disabilities.	All ages.	http://www.theatreforall.org	info@theatreforall.org
WAKE TECH- PATHFINDER CAREER EXPLORATION PROGRAM- RALEIGH, NC	EDUCATIONAL	Free, grant funded, post-secondary career exploration.	Ages 18+.	www.waketech.edu/programs/courses/non-credit/stronger-basic-skills/adult-b	jaternant@waketech.edu
W.A.V.E.S DAY PROGRAM- WILMINGTON, NC	SOCIAL & EDUCATIONAL	Day program: continued education, friendship, exercise, job training, life skills.	Ages 18+.	http://www.wavesatlm.com	waves.lim.23@gmail.com
WE ROCK THE SPECTRUM- RALEIGH, CARY, KERNERSVILLE, ASHEVILLE, NC	SOCIAL	Life skills groups, drama, art, camps, parent night out events.	All ages.	http://www.werockthespectrumraleigh.com	info@werockthespectrumraleigh.com
WESTERN CAROLINA UP PROGRAM- CULLOWHEE, NC	EDUCATIONAL	2 year on campus living and learning experience for individuals with intellectual disabilities.	Ages 18-25 at time of admission.	https://www.wcu.edu/team/departments-schools-colleges/ocap/hlf/special-educ	wcuprogram@gmail.com
3 BLUE BIRDS FARM	SOCIAL	Day program and camps for individuals with autism.	Ages 5+.	https://www.3bluebirdsfarm.org	hello@3bluebirdsfarm.org

List created & managed by Michele Mattox (No Limits Counseling); email with questions or to be added to list: michele@nolimitscounseling.org