

Social Recreation Program

For individuals with intellectual and developmental disabilities

- Building self-esteem
- Community fun
- Friendships
- A safe, supportive environment
- Building community integration and independence

GPS Mission

GPS is supported by evidence-based research that promotes the development of interpersonal and communication skills necessary for successful interaction within the home and community. We focus on social skills such as eye contact, listening, sharing, taking turns, interpreting facial expressions, making friends, and initiating and maintaining conversations. We also encourage self-advocacy and meaningful social interaction with others.

Our goal is to encourage parent participation in social training programs for adults. GPS helps develop these important skills so participants can use them in other settings and strengthen successful integration within their communities and homes.

Our Activities

- Cooking classes
- Gym and fitness
- Martial arts
- Dance lessons
- Go-karts
- Escape rooms
- Golf lessons
- Arcades
- Bowling nights
- Arts and crafts
- Music and dance
- Parks and nature trips
- Community events
- Sports and games
- Group social events

Additional activities can be discussed during intake.

Our Activities: Detailed Overview

Sports and Recreational Activities

Join GPS for activities that promote teamwork, coordination and physical fitness. Team sports may include basketball, soccer and volleyball. Individual sports may include tennis and track and field events tailored to personal goals and interests. Each participant receives support to ensure readiness.

Martial Arts

Experience fun and fitness through martial arts classes that build self-confidence, discipline and respect. Options may include karate, judo or taekwondo.

Hiking and Biking

Enjoy guided excursions tailored to various fitness levels while exploring local trails and parks with GPS support staff.

Dance Lessons

Join classes that promote physical movement and creativity through styles including hip-hop, ballet and contemporary dance.

Go-Karts

Experience the thrill of go-kart racing in a safe environment built for fun, friendship and memories. Develop a sense of driving independence and build self-esteem.