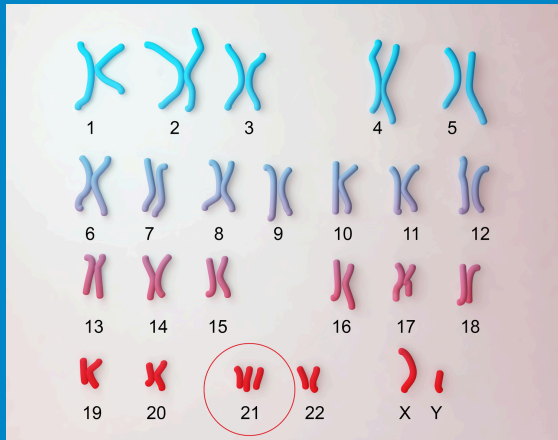


## WHAT IS DOWN SYNDROME?

Down syndrome is the most commonly occurring chromosomal condition. It occurs in 1 out of every 691 births and affects people of all races and socio-economic levels. A baby with Down syndrome will, for unknown reasons, have three copies of the 21st chromosome instead of two. This extra genetic material will affect a baby's development; however, the baby will also inherit many physical and personality characteristics from his/her parents as well. People with Down syndrome are active, vital members of their families and communities.



### *A life with Down syndrome is a life well worth living!*

An individual with Down syndrome is an individual first and foremost. The emphasis is on the person, not the disability. A person with Down syndrome has many other qualities and attributes that can be used to describe them. Encourage people to use "the person with Down syndrome" not "Down syndrome person".

The correct name of the diagnosis is Down syndrome. There is no apostrophe (Down). The "s" is not capitalized (syndrome).

## MISSION STATEMENT:

Club 21 provides the educational tools and resources that enable individuals with Down syndrome to be fully included.

## OUR GOAL:

To equip and teach, at every step of the journey, so that individuals with Down syndrome will have:

1. Opportunities for Lifelong Learning
2. Independence/Interdependence
3. Communities of Belonging
4. Meaningful Employment

## WAYS TO GIVE:

### Volunteer:

Our organization cannot effectively serve the needs of the community without a strong volunteer base. We have many opportunities for people who want to become involved in our organization by sharing their time and talent.

### Donate:

By donating to Club 21, you will be serving and supporting individuals with Down syndrome, their families and their educational and medical support teams throughout the Greater Los Angeles Area.

### Together is Better Walk:

Together is Better Walk occurs each October to raise funds and promote inclusion and belonging for people with Down syndrome. It is Club 21's largest fundraising event with over 2,000 participants.



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Club 21 is a non-profit, 501(c)(3) organization Tax ID #26-2887301





Club 21's programs support individuals with Down syndrome, their families, and their educational and medical support teams from birth through adulthood.

### **First Call/First Steps (Diagnosis-3 years)**

Events and opportunities for new parents to connect with a peer mentor, learn alongside other families, and gain access to professional advice from therapists.

### **Stepping Up (18 months-8 years)**

A program specifically designed for families of young children as they transition from Early Intervention services with their regional centers through the early years with their school districts. Parents develop a clear understanding of how their child learns and how best to support their child's educators while their child practices fundamental motor, learning, and social skills.

### **Every Child a Reader (ECAR)**

Weekly one-to-one tutoring program for Kindergarten through High School students focusing on the development of reading skills.

### **Club F.U.N. (Friends Understanding Nuances) Ages 8-12 years:**

A social competencies program that uses Social Thinking Vocabulary and concepts to enhance understanding and build social skills.

### **The CREW (Middle School):**

Continues to build the social skills for fostering friendships with peers and the pathway toward independence.

### **Club Connections: (High School-Age 25)**

Teens and Young Adults learn social competencies and foundational skills (relationships, independence, employment) that will help each individual achieve a life of their choosing.

### **Educational Partnership (School Aged)**

Parent education and educator professional development throughout the year to prepare both groups to best support their students with Down syndrome in inclusive school classrooms.

### **Transition Support (age 13 +)**

Parents learn about the mandatory Individual Transition Plan (ITP) process and how to navigate school and support systems, as well as opportunities and resources to map out a path for a meaningful life of belonging after high school.

### **Transition Pathway (18-30 years)**

Includes virtual classes focused on important skills to develop a young adult's independence at home, at work, in relationships and in the community. Adult Social Group outings and events foster friendships and practice social skills in authentic settings.

### **IEP Support (Individual Education Plan)**

Regular workshops for parents, led by experts in the field, to learn about their rights, the IEP document process and how to best advocate for their child.

### **Self Determination Learning Circles (all ages)**

Parents learn about the new California Self Determination Program (SDP) and how to transition from services approved through the traditional regional center model to more autonomy and options for their child with SDP.

### **Community Support Groups**

Community support groups create opportunities for families to network, share common interests, concerns, and information through community events, informational meetings, playgroups, and online chat groups. These include Sibshop, Dads Appreciating Down syndrome (D.A.D.S), Mom's Meet Up, Bienvenidos, and Dual Diagnosis Groups.

