

# F.R.I.E.N.D.S. - WEST FLORIDA

# CONNECT WITH US



F.R.I.E.N.D.S



West Florida



# F.R.I.E.N.D.S.

Families, **R**espect, **I**nspire, **E**ducate, **N**etworking, **D**own syndrome, **S**pecial needs

A 501(C)(3) Non-profit organization that has been a provider since 2007.

## FRIENDS MISSION

To provide vital special needs information, education, and resources to expectant and new families.

To offer essential support, understanding, and advice to those with Down syndrome and other disabilities.

To provide fun activities in a safe, accepting atmosphere where our families and individuals can meet and connect.

We proudly serve Hillsborough and Pinellas Counties.

F.R.I.E.N.D.S. relies on public donations to bring our year-round programs and services to our Down syndrome and Special needs community. Thank you for your support!

Your donations are tax-deductible.  
F.R.I.E.N.D.S. EIN #65-1261646.



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info@friendssupport.org



**WEBSITE**  
www.friendssupport.org



**FACEBOOK**  
<https://www.facebook.com/FRIENDSWESTFLORIDA>

**FACEBOOK EVENTS PAGE**  
<https://www.facebook.com/FRIENDSWESTFLORIDA/events/>



**INSTAGRAM:**  
<https://www.instagram.com/friendsdownsyndrome/>

# F.R.I.E.N.D.S. PARENT PACKETS

We can deliver or mail our F.R.I.E.N.D.S. Parent Packets to you.

Included in the packets:

- Special Needs information and resources from agencies in our Tampa Bay area.
- A cute Onesie for the baby to wear.
- A free copy of the book "Babies with Down Syndrome, A New Parents Guide" by Susan J. Skallerup.

# F.R.I.E.N.D.S. PARENT LIAISONS

Our Parent Liaisons are individuals who have experienced situations similar to yours and can empathize with your journey. Feel free to reach out at any time for a supportive conversation, either over the phone or in person.

Contact us: at (813)245-2782 or email us at [info@friendssupport.org](mailto:info@friendssupport.org).

# SUPPORT GROUP MEETINGS

Our Parent Support Group meetings are monthly. Come meet other parents, gain knowledge, and share experiences. Check our website calendar for the dates, [www.friendssupport.org](http://www.friendssupport.org).

# BABY FRIENDS PLAYGROU

Meet other special needs parents for a fun playdate. Gain insights and parenting tips while the kids play and make lifelong friends.

**(813)245-2782**

# DOWN SYNDROME FACTS

Down Syndrome occurs when an individual has an extra copy of the 21st chromosome.

Down Syndrome is the most commonly occurring chromosomal condition. 1 in 800 babies is born with Down syndrome each year, with over 400,000 individuals living in the U.S. today.

Individuals with Down syndrome have an increased risk for congenital heart defects and respiratory, GI, and hearing problems. They have an increased risk of Alzheimer's Disease, Leukemia, and Thyroid conditions.

People with Down syndrome can lead fulfilling and productive lives when they have access to quality educational programs, a nurturing home environment, effective healthcare, and positive support from their family, friends, and the community.

Life has its challenges, but people with Down syndrome attend school, hold jobs, and participate in decisions that affect them. They have meaningful relationships, fall in love, get married, and contribute to society in many beautiful ways.



[www.friendssupport.org](http://www.friendssupport.org)

# F.R.I.E.N.D.S. PROGRAMS

- GOOD VIBES MUSIC - ZOOM
- ADULT SPECIAL NEEDS DANCES
- BABY F.R.I.E.N.D.S PLAYGROUP
- BEST FRIENDS - PLAYGROUP
- BUDDY WALK - EVERY OCTOBER
- FUN ACTIVITIES, PICNIC'S, & PARTIES
- VOLUNTEER OPPORTUNITIES

# ADULT SPECIAL NEEDS DANCES & SOCIAL GET TOGETHERS

FRIENDS provides our adult community with an enjoyable evening of dancing and socializing. Monthly dance events and social outings are held in Clearwater and Riverview.

# VOLUNTEERS NEEDED

We need volunteers who love working with our families or alongside our self-advocates. If you are retired, a student looking for service hours, or a parent looking for something fulfilling to do with your time, we would love your help. Contact us at [info@friendssupport.org](mailto:info@friendssupport.org) (813)245-2782.



[Info@friendssupport.org](mailto:Info@friendssupport.org)