



Western DuPage Special Recreation Association (WDSRA)
www.wdsra.com

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We are the Western DuPage Special Recreation Association providing social and recreational programs for children, teens and adults right here in DuPage County.

Who is WDSRA?

Western DuPage Special Recreation Association provides fun, recreational opportunities to individuals of all ages with disabilities. We are a cooperative extension of 9 park districts and serve the communities of Bloomingdale, Carol Stream, Glen Ellyn, Naperville, Roselle, Warrenville, West Chicago, Wheaton, and Winfield.

We serve children, teens and adults with special needs through 4 seasons of programs, trips, and special events. WDSRA offers Special Olympics and adapted sports programs, dance and art programs, as well as social clubs and camps. There is definitely something for everyone and every interest!

In addition, we provide a full range of inclusion services for any program offered through a participating park district... at no cost to the resident. And as a service to the community at large, we offer educational disability awareness programs that educate groups, such as schools, about living with a variety of disabilities.

WDSRA is a not-for-profit, **nationally acclaimed**, award-winning agency. That means we do our jobs really well!

Why is Special Recreation Important?

For many of us recreation is a way to reduce stress or something we do to get in shape, but for individuals with disabilities, recreation outside of family can be their life.

While recreation does provide stress reduction or keeping physically fit, both very important for anyone, it provides a crucial component to the growth and development of anyone with a special need. Through play we learn life skills that will carry over into every aspect of our daily life. The benefits of recreation include

- Fostering independence
- Reinforcing existing skills
- Providing opportunities to learn new skills
- Increasing self esteem
- Fostering social interaction and peer relationships—making friends

And this is all done while creating a fun environment in which to participate, after all, learning through play is more fun! Importantly we are creating a sense of belonging throughout a lifetime.

How are Programs Customized?

It is our goal to provide all individuals with opportunities that allow them to perform at their highest level of ability. We recognize the need for flexibility to provide the best environment for each individual based on their disability, level of function, age, and interest. Accommodations are based on individual needs. That is specific to that person.

Design programs that ensure low child to instructor ratio

- Create safe and supportive environment
- Provide activity modification
- Utilize adaptive equipment
- Foster opportunities to learn and practice new skills
- Provide interaction opportunities with peers

Our expert staff takes all of this into account when designing our programs.

If you have someone in your family with a special need or know of someone who does, ask them if they know about WDSRA. If they don't, encourage them to give us a call or learn more from our website. It really can change a life.

For more information contact us at 630-681-0962 or visit our website at www.wdsra.com.

Wrap

With that, all I can do is wrap it up. If you have any questions about anything we talked about here today, please give us a call. We are happy to answer them all! Contact us at 630-681-0962 or check out our website at www.wdsra.com. And please, stay connected with us by following us on Facebook or signing up for our enews.

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WDSRA

Western DuPage Special Recreation Association (WDSRA) provides engaging, community-based recreational programs and inclusion services for children, teens, and adults with special needs. WDSRA offers Special Olympics, adapted sports, dance and art programs, camps, trips, special events, and more. WDSRA's mission, the development of individuals through recreation, makes it possible for individuals to grow personally, connect with their community and discover their potential.

WDSRA is an award-winning organization and a cooperative extension of nine park districts serving the communities of Bloomingdale, Carol Stream, Glen Ellyn, Naperville, Roselle, Warrenville, West Chicago, Wheaton, and Winfield.

MISSION *We enrich lives, connect communities and create fun through inclusive recreational opportunities.*

VISION *A world of opportunities, belonging and individuals reaching their full potential.*

Learn more at www.wdsra.com.