



The Down Syndrome Alliance of the Midlands is committed to connecting those touched by Down syndrome through education, advocacy, and support throughout the lifespan.

How <u>DSA</u> can help your family	<u>DSA</u> is here to help individuals with Down syndrome reach their full potential as part of an accepting and inclusive community. Our services, events, and activities are available to families who live in western Iowa and all Nebraska communities.
Services, Activities & Events Offered	<u>Education</u>: Down Syndrome Education Series, Drumming for Wellness, Adaptive Cooking, Dance and Art classes, I Can Bike, Summer Camp. <u>Advocacy</u>: Advocate for an inclusive community through legislative action, education presentations to schools, medical professionals and other businesses in the community. Advocate for respectful language (Spread the Word to End the Word), World Down Syndrome Day Celebration, Down Syndrome Awareness Month activities. <u>Support</u>: Teens Connect, Adults Connect, Moms Group, D.A.D.S Omaha, <u>Grupo en Español</u>, GRANDS, and Sibling Connect, Recreational Scholarships, Conference Scholarships, Team members to help answer questions and help find resources and services
How to access services	There is no cost to be a member of <u>DSA</u>. Some activities and events are exclusive to individuals with Down syndrome and their families, while others are open to the community. Visit our website: 🌐 Down Syndrome Alliance of the Midlands Omaha Call the office: 531-375-5791 email us: info@dsamidlands.org
Next Steps	<u>Get involved today!</u> Join one of <u>DSA's</u> social groups, attend a family event, watch or attend a Down Syndrome Education Series (<u>DSES</u>), or talk to a <u>team member</u> about any questions you have.
Additional Resources	🌐 National Down Syndrome Society (NDSS) 🌐 Employment and Volunteer Work 🌐 Transitioning from School to Adulthood 🌐 Exploring the Life Domains - LifeCourse Nexus