

inclusion



We work to build community, where everyone acknowledges and respects people's differences while celebrating our inherent uniqueness and individual gifts. We provide educational, recreational and social programs and opportunities to individuals and families. We want everyone to share fun, meaningful experiences together.

EARLY CHILDHOOD

- Support for teachers in their classrooms to create and maintain inclusive learning
- Support children one-to-one as needed, (as resources are available)
- Provide social skills instruction for children who would benefit from small social groups

CHILDREN & YOUTH

Staff training and advocacy for children who would benefit from support to attend after-school, sports, and cultural arts programs

ENRICHMENT

- Seasonally offered adapted group classes such as Drums Alive, Yoga, and Zumba!
- Opportunities include art classes, music and theatrical shows, monthly Friendship & Movie night, celebrations, volunteer opportunities and a chance to be with friends
- Tikun Olam Group— projects that provide us an opportunity to give back to our community

For more information about any of our Inclusion programs please contact Anita Lewis, Inclusion Director at alewis@sabesjcc.org or (952) 381-3489.

The Inclusion Program is made possible through the generosity of private donors, through directed donations through the Minneapolis Jewish Federation, and through the support of the Toodie and Frank Trestman Special Needs Collaborative Education Endowment Fund, a designated fund of the Jewish Community Foundation of the Minneapolis Jewish Federation.





CHALLAH

\$4.00 Plain & Seeded
\$4.50 Raisin (Kosher, Parve)
Available Fridays at the J!

Our Challah Baking Program provides adults with disabilities the opportunity to acquire job specific skills, as well as social and independent living skills.

While embracing the spirit of Shabbat, challah baking also offers inclusion participants an active, meaningful role in our community.

SUPPORT

Monthly Support Group

An educational and welcoming group for parents and caregivers of children and young adults with special needs to share resources and voice concerns in a non-threatening, supportive environment. Your child does not have to have a formal diagnosis; facilitated by trained parents of the Hennepin County Children's Mental Health Collaborative. For more information contact Karen Malka at karenmalka@hotmail.com, or Margaret Sullivan at madgemoe@comcast.net, HCPCLG@gmail.com

Information/Education

The Center for Inclusion collaborates with sister agencies like ARC Greater Twin Cities or the Minnesota Downs Syndrome Association to bring informative seminars and support services to the community.

HEALTH & WELLNESS

SPECIAL OLYMPICS TEAMS

The Fireflies

An assisted team (participants are able to have staff and physical supports) who bowl, swim and participate in track and field events. For more information please contact Davin Martinson at dbmartin@umn.edu or (651)734-8626, or Rena Kirchmeir at renatlc@frontier.net or (952)200-2929

The Rams

A highly competitive team that competes in flag football and basketball. For more information please contact David Gray at davidg.maaa@gmail.com or Jona Williams at jonaw.maaa@gmail.com

Bi-Cities Wellness Program

One-to-one personal training and group training tailored to the unique needs of adults with developmental disabilities in the inclusive setting of the JCC's fitness center. Dates and times are flexible and are at the discretion of the participants and trainers. Cost: \$45/hour
Scholarships available to those with financial hardship.

EDUCATION

Youth Darkaynu (Ages K-12)
Youth Transition (Ages 18-21)

Weekly educational and meaningful Jewish community experiences designed to meet the specific needs of Jewish children with disabilities through a fun, multisensory approach to learning. Participants will learn and gain a feeling of connection to each other and to being Jewish.

Adult Darkaynu: Jewish Education Our Way (Ages 18+)

Provides adults with disabilities a weekly opportunity to get together, schmooz, and appreciate Jewish life. Learning about the weekly Torah portion, Jewish holidays, Mitzvot, Jewish rituals and customs in a hands-on, fun and relaxing atmosphere.

Darkaynu Cafe (Ages 18+)

Features live music, sing-a-longs, refreshments and fun in a cafe setting (monthly).

A partnership with Sha'arim, committed to providing an opportunity for every Jewish child and young adult with special needs. For information on all Darkaynu programs or to register, please contact the Sha'arim office at (952) 303-5276 or shaarim@shaarim.org.



“We believe that inclusion is an attitude, not a program. Inclusion is awareness, the way we treat each other, and most importantly, what we do. Inclusion means welcoming everyone, offering opportunities, building community, understanding and respecting differences, implementing changes to accommodate full participation. Inclusion is fostering a sense of belonging, respect, dignity and value in every community member.”

—Anita Lewis, Inclusion Director (bottom right)