

IM 4 Q OPPORTUNITIES GUIDE



Independent Monitoring for Quality

331 Gordon Drive, Exton, PA 19341

610-594-0290

IM4QCC@aol.com



OPPORTUNITIY GUIDE

(Updated September 2022)

The intent of this guide is to assist self-advocates, families, supports coordination and provider staff to access recreational and other resources in Chester County and surrounding areas.

Additions of local events, resources and activities are welcome. Please contact IM4Q at 610-594-0290 or IM4QCC@aol.com with any information you would like to share.

Listed events and contacts are subject to change. Please notify IM4Q if you find any information in error.

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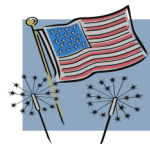
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AREA YMCAS



Brandywine, 610-380-YMCA www.ymcagbw.org
Jennersville, 610-869-YMCA www.ymcagbw.org
Kennett, 610-444-YMCA www.ymcagbw.org
Lionville, 610-363-YMCA www.ymcagbw.org
Octorara, 610-593-YMCA www.ymcagbw.org
Phoenixville, 610-933-5861 www.philaymca.org
Pottstown, 610-323-7300 www.philaymca.org
Upper Main Line, 610-647-YMCA www.ymcagbw.org
West Chester, 610-431-YMCA www.ymcagbw.org
West Chester-Downtown, 610-696-YMCA
www.ymcagbw.org

*THE YMCA FINANCIAL ASSISTANCE PROGRAM
OFFERS REDUCED RATES FOR MEMBERSHIP AND
PROGRAMS. CALL ONE OF THE ABOVE PHONE
NUMBERS FOR MORE INFORMATION.*



TRANSPORTATION

ADA Paratransit/CCT: 1-215-580-7145
www.septa.org

Chester Co. Paratransit/Rover: 1-877-873-8415
or www.krapfbus.com/transportation/rover/

TMACC Transportation: 877-612-1359/www.tmacc.org

TRAINS: SEPTA—215-580-7800 or www.septa.org
AMTRAK—1-800-USA-RAIL or www.amtrak.com

UBER: www.uber.com

CHESTER COUNTY SPECIAL OLYMPICS

www.pasocc.org

PH: 610-590-5370

FX: 610-590-5371

350 Eagleview Blvd. #160, Exton



Activities include aquatics, basketball, bocce, bowling, golf, power lifting, skating, skiing, soccer, softball, track and field, tennis and volley ball.

*Some sports are seasonal and subject to change.
Please check website.*

Manager: Angie Robinson, 610-431-2098

angie.robinson@robinsonsales.com

Treasurer/Asst. Mgr: Len Weiner, 330-883-7046

Secretary: Diana Kilfara, djkilfara@gmail.com

**Constant Contact: Maria Swanenburg, 610-380-8918,
novasdtr@yahoo.com**

**Athlete Council: Sally Kinsey, 610-383-7856,
sbearkinsey@hotmail.com**

**Sports/Competition Dir: Joan Grimley, 610-772-7724,
rjcj209@dejazzd.com**

DELAWARE COUNTY

SPECIAL OLYMPICS

www.sodelco.org

Visit the web site or call for other activities and sports.



MONTGOMERY COUNTY

SPECIAL OLYMPICS

www.specialolympicsmontco.org or 215-542-1140



MORE SPORTS



The Believers

Contact: Kristin Shillingford, shillfamily603@gmail.com

Flag football registration at marshcreekeagles.org

Flag Football in the fall

Basketball in the winter

Kimberton Young Athletic League Baseball

Renee Harris, 610-909-3080

Little League Challenger Senior Teams

Almost every municipality that has a little league or youth association has a Challenger Baseball Division. This is an adapted division for adults with physical or intellectual challenges. There is no age limit on the senior teams. Contact your local association (or you can contact any municipality).

Monday Night Rockers - Devon Lanes

Saree Lough, 610-551-0238

Open Doors

Berwyn: 610-647-9622 or emcdonnell@ymcabgw.org

Lionville: 610-363-9622

Kennett Square: 610-444-9622

Abilities Program: Sport Assessment and bowling league.

West Bradford Soccer

www.wbya.org

Challenger league soccer fall and spring sessions





PARKS & GARDENS
Chester County Parks web site
www.chesco.org/ccparks

Bellevue State Park—302-761-6963
800 Carr Road, Wilmington

Brandywine Battlefield—610-459-3342
191 Baltimore Pike, Chadds Ford

Black Rock Sanctuary—610-469-1916
53 Black Road, Phoenixville
ADA accessible trail runs with information stations.

Chanticleer Garden— 610-687-4163
786 Church Road, Wayne
Discounted rate for people with disabilities on Medicaid.

French Creek Park—610-582-9680
843 Park Road, Elverson
ADA accessible trails, decks, and fishing piers. ADA accessible pool has ramp with gentle incline. Boat rentals.

Grings Mill Park, Reading— 610-372-8939
2083 Tulpehocken Road, Wyomissing

Hibernia Park— 610-383-3812
1 Park Road, Wagontown

Hopewell Furnace Nat. Historic Site—610-582-8773
2 Mark Bird Lane, Elverson

Jenkins Arboretum—610-647-8870
631 Berwyn Baptist, Devon

PARKS & GARDENS
Chester County Parks web site
www.chesco.org/ccparks



Longwood Gardens—Kennett Sq., 610-388-1000
Discounted rate for people with disabilities on Medicaid.

Marsh Creek Park—610-458-5119
675 Park Road, Downingtown
Accessible pool with lift at poolside |

Nottingham County Park—610-932-2589
150 Park Road, Nottingham

Ridley Creek Park—610-892-3900
1023 Sycamore Mills Rd, Media
Accessible fishing pier and nature trail

Struble Trail—Downingtown 610-942-2450

Springton Manor Farm—Glenmoore 610-942-2450

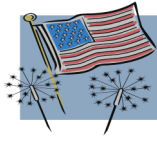
Valley Forge National Park—610-783-1077

Warrick County Park—610-469-1916
383 county Park Road, Pottstown
ADA accessible fishing deck.

White Clay Creek—Landenberg, 610-274-2900

Winterthur—800-448-3883
5105 Kennett Pike, Winterthur, DE

ACCESS LIFETIME PASS ADMITS INDIVIDUALS WITH
A PERMANENT DISABILITY AND THOSE ACCOMPANYING
THEM FOR FREE TO OVER 2000 NATIONAL
PARKS THROUGHOUT THE UNITED STATES.



COMMUNITY/TOWNSHIP EVENTS

COMMUNITY RECREATION PROGRAMS OFFER A WIDE VARIETY OF
ACTIVITIES AT NO COST. YOU CAN ALSO CONTACT YOUR LOCAL
HIGH SCHOOLS AND COLLEGES FOR LOW COST SPORTING EVENTS.

Charlestown Township 610-240-0326

<http://www.charlestown.pa.us/>

Summer concerts, movies, nature activities

The City of Coatesville

<https://www.coatesville.org/>

Sundays in the park series and other events at varying parks.

Downingtown Area Rec Consortium 610-269-9260

<https://downingtowntnpa.myrec.com/info/default.aspx>

Call for Program guide. Variety of classes and other activities. Web
classes now available. Discount tickets for area attractions.

Downingtown (borough) Recreation Program

610-269-0344 or www.downingtowntn.org

Concerts, farmers market, and various activities at Kerr Park.

Eagleview Town Center

<https://eagleviewtowncenter.com/events>

Summer concerts, movies, and weekly seasonal farmer's market

East Bradford Township

610-436-5108 or www.eastbradford.org

Summer concerts, movies and other activities.

East Fallowfield Township

610-384-7144 or www.eastfallowfield.org/

Summer concert series and other activities.

East Pikeland Township

610-933-1770 or <https://www.eastpikeland.org/>

Fishing and bird watching events, summer concerts.

Anson B. Nixon Park 610-444-1416

<https://www.ansonbnixonpark.org/>

Trails, disc golf, basketball, volleyball, tennis courts and concerts.

COMMUNITY/TOWNSHIP EVENTS



Kennett Township

610-388-1300 or <https://kennett.pa.us/>

Community events, walking trails, and Third Thursday events

New Garden Township Park (610) 268-2915

<https://www.newgarden.org/new-garden-township-park>

Summer concerts, movies, trails, Grower's Market held every Saturday

Oxford Area Chamber of Commerce

<https://oxfordpa.org/events>

Movies in the Park and other year-round activities

Oxford Main Street Events

<https://www.downtownoxfordpa.org/downtown-events>

First Friday events and other year-round activities

Borough of Phoenixville

610-933-8801 or www.phoenixville.org/

Summer concert series and other year-round community events

West Bradford Township

610-269-4174 or www.westbradford.org

Yoga nights, movie events, and other activities at local parks

West Chester Recreation Department 610-436-9010

www.west-chester.com

Concerts, festivals, and other year-round activities.

West Pikeland Township 610-590-5300

office@westpikeland.com

Varying seasonal activities at local parks

West Whiteland Township 610-363-9525

www.westwhiteland.org/

Sponsors summer concerts in Miller Park (between Whiteland Town Center and McDonalds – Rt. 100 and Waterloo Blvd.).

You can also contact your local borough, township or parks and recreation program for further information and events in your area. A complete list is available at www.chesco.org/1742/Municipality-Listing



CLASSES

Chester County Art Association

610-696-5600 or <https://www.chestercountyarts.org/>

Year-round art education for adults, children, and families along with summer art camps.

Chester County Department of MH/IDD 610-344-6265

<https://www.chesco.org/4191/TrainingsWorkshops>

Classes in Mental Health First Aid, Suicide Prevention, and other

Chester County Intermediate Unit Adult Education

<https://www.cciu.org/adulteducation>

A variety of programs for adults looking to earn industry certifications, licenses or general training in high-priority occupations.

Chester County Night School

www.chestercountynightschool.org

610-692-1964 or helpdesk@chestercountynightschool.org

Variety of classes including art, computers, dance, fitness, and trips!

Chester County Opportunities Industrialization Center

<https://ccoic.org/adult-education/>

610-692-2344 or info@cc-oic.org

Offering ESL and GED classes, as well as one-on-one tutoring.

Coreability—Adapted Physical Fitness Classes

Chris@coreability.fit

Downingtown Area Recreation Consortium

610-269-9260 or www.darc.info

Variety of classes and programs plus discount tickets to parks, movies.

EBS Children's Institute of West Chester (Best Buds and Great Feats)

610-455-4040 or <https://ebsciwc.com/>

A community of people collectively committed to enriching the lives of children and families; offering Speech Therapy, Occupational Therapy, Physical Therapy, Behavior Intervention, Counseling, Feeding/ Swallowing Services, Literacy Coaching, Adult Transition, and Social Skills programs.

MORE CLASSES

Empower U Speciality Fitness

Joseph DelViscio- 484-254-2045 or coach@empowerusf.com

VUnited Saturday sessions at Villanova Univ. 610-519-4095

<https://www1.villanova.edu/university/student-life/ods/orgs/vunited.html>

A program that takes place on Saturdays designed to reach young and older adults age 17 and up. The goal is to provide an educational opportunity focused on skills beneficial for living and employment, specifically for individuals with intellectual disabilities following the completion (or soon to be completion) of secondary education.

Contact villanovaunited@gmail.com for more information.

CAMPS

Contact your Supports Coordinator for a complete list as it may change every year.



The Arc of Chester County: 610-696-8090 #235

<http://www.arcofchestercounty.org/>

Bournelyf Special Camp: 610-692-9027, West Chester

<http://www.bscwc.org/>

Compass Point Travel: 610-269-6195

<http://www.compasspointcommunity.org/>

Camp Innabah: 610-469-6111, Spring City

<http://www.innabah.org/>

Easter Seals: 610-289-0114, Allentown

<http://www.easterseals.com/>

Guided Tours: 215-782-1370

<http://www.guidedtour.com/>

ICanBike Camp: Wilmington, DE

<http://icanshine.org>

Valley Forge Educational Services: 610-296-6725, Malvern

<http://www.vfes.net/>

REDUCED CAMPSITE FEE PROGRAM IS AVAILABLE AT STATE PARKS
1-800-63-PARKS OR WWW.VISITPAPARKS.COM

~ ~ ~ DAY TRIPS ~ ~ ~

Art-Reach, 1-267-515-6720 or www.art-reach.org

Discount tickets to many area theatres, museums, gardens etc.

American Helicopter Museum, West Chester

610-436-9600 or www.americanhelicopter.museum

American Music Theatre, Lancaster

1-800-648-4102 or www.americanmusictheatre.com



Barley Sheaf Theatre, Lionville

610-363-7075 or www.barleysheaf.org

Brandywine Zoo, Wilmington

302-571-7747 or www.brandywinezoo.org



Boulder Falls Mini Golf, Downingtown

1426 Marshallton-Thorndale Road

610-383-7973 or www.boulderfallsminigolf.com

Choo Choo Barn, Strasburg

717-687-7911 or www.choochoobarn.com

1700 square foot train layout

Elmwood Zoo, Norristown (Certified Autism Center)

610-277-3825 or www.elmwoodparkzoo.org

Grand Slam USA, Malvern

11 East Lancaster Avenue

610-647-6622 or www.grandslammalvern.com

Hagley Museum, Wilmington, DE

1-302-658-2400 or www.hagley.org

Highland Orchards, Downingtown

610-269-3494 or www.highlandorchards.net

Linvilla Orchards, Media

610-876-7116 or www.linvilla.com



Lititz, PA

www.beenthearedonethatwithkids.com

Treehouse, Pool and water park, Pretzel Bakery, and more.

~ ~ ~ DAY TRIPS ~ ~ ~

Herrs Snack Food Factory Tour, Nottingham

1-800-63-SNACK or www.herrs.com

Lego Land, Philadelphia

267-245-9696 or Legolanddiscoverycenter.com/Philadelphia

Milky Way Farm, 521 E. Uwchlan, Chester Springs

610-827-1484 or www.milkywayfarm.com

Northbrook Canoe Company, West Chester

610-793-2279 or www.northbrookcanoe.com

Plumpton Zoo, Rising Sun, MD

410-658-6850 or www.plumptonparkzoo.org



Railroad Museum of PA, Strasburg

1-717-687-8628 or www.rrmuseumpa.org

Reading Fightin Phils

610-375-8469 or www.readingphillies.com

Reading Royals (Hockey)

Royals hockey.com

Reading United AC (Soccer)

Readingunitedac.com

Peoples Light, Malvern

610-644-3500 or www.peopleslight.org



Renaissance Faire, Manheim (Aug-Nov)

717-665-7021 or www.Parenfaire.com

Roadside America Inc., Shartlesville

610-488-6241 or www.roadsideamericainc.com

Interactive indoor miniature village. Over 600 square feet.

Urban Air Jumps, Downingtown

981 E. Lancaster Avenue, www.urbanair.com

Call for Special needs events - 484-674-6871

~ ~ ~ MORE DAY TRIPS ~ ~ ~

Spring Mountain, Schwenksville

1-888-305-5044 or www.springmountainadventures.com

Strasburg Railroad

1-866-725-9660 or www.strasburgrailroad.com

Turkey Hill Experience, Columbia

717-684-0134 or Turkeyhillexperience.com

Valley Forge Audubon Society, Mill Grove

610-666-5593 ext. 503 or www.valleyforgeaudubon.org



Villanova Theatre

610-519-7474 or www.villanovatheatre.org

Wilmington Blue Rocks

302-888-2015 or www.bluerocks.com

LIBRARIES



Most libraries offer a wide variety of audio books, CDs, videos, and lecture series.

Chester County Library System:

www.ccls.org

EXTON (MAIN BRANCH): 610-280-2600

Atglen: 610-593-6848

Coatesville: 610-384-4115

Downingtown: 610-269-2741

Hen. Hankin: 610-344-5604

Malvern: 610-644-7259

Oxford: 610-932-9625

Parkesburg: 610-857-5165

Phoenixville: 610-933-3013

Avon Grove: 610-869-2004

Chester Springs: 610-827-9212

Easttown: 610-644-0138

Kennett SQ: 610-444-2702

Honey Brook: 610-273-3303

Paoli: 610-296-7996

Spring City: 610-948-4130

Treddyffrin: 610-688-7092

West Chester: 610-696-1721

Arc Recreation Book Club on Zoom

Hilary Boucher- 610-696-8090 x 235

Next Chapter Book Club

Claire Viola- 610-321-1710 or cviola@ccls.org

Henrietta Hankin Library, Chester Springs



THERAPEUTIC RIDING PROGRAMS

Barn at Springbrook Farm—West Chester

610-793-1037 or thebarn@springbrook-farm.org

Hope Springs Equestrian Therapy—Chester Springs

610-827-0931 or director@hopesprings.org

or www.hope-springs.org

Locust Lane Riding Center—Coatesville

484-883-1844 or contact@locuslane.org

or www.locustlandridingcenter.org

Lasata Farm — Coatesville

610-886-4888 or info@lasata.org

Quest Therapeutic—West Chester

610-692-6362 or info@questtherapeutic.com

or www.questtherapeutic.com

Reins of Life Therapeutic—Landenberg

610-274-3300 or judy@reinsoflife.com or www.reinsoflife.com

Sebastian Riding Association—Collegeville

610-489-3741 or www.sebastianriding.org

Thorncroft Equestrian Center—Malvern

610-644-1963 or info@thorncroft.org or www.thorncroft.org



RECREATION, SOCIALIZATION & VACATION PROGRAMS

Arc Recreation & Socialization Program

Contact: Hilary Boucher, 610-696-8090 x235

www.arcofchestercounty.org

Recreation/socialization activities (weekly events/holiday dances/trips).

Acting Antics

610-942-4219 or www.actingantics.org

Workshops in dramatics designed for individuals with social needs.

Compass Point Travel

Contact: Chris Wetzler

610-269-6195 or www.compasspointcommunity.org

Respite, camps, weekend getaways, day trips, one-of-a kind travel vacations.

The Guided Tour, Inc., Elkins Park

Contact: 215-782-1370 or Toll Free: 1-800-783-5841

www.guidedtour.com

Camps and Supervised travel and vacation program for individuals aged 17 and older; staff/traveler ratio 1:3 (lower ratio for individuals who require it).

Helping Hands, Boyertown

Contact: 610-506-6723

www.helpinghandsinc.com

Volleyball, swimming, bowling, dances and day trips.

JCHAI Transitions

BethRosenWasser@jchai.org

610-922-2480 or www.jchai.org

Activities after school and on weekends for young adults ages 18-30.



RECREATION/ SOCIALIZATION & VACATION PROGRAMS



Special Kids Network

1-800-986-4550 or www.gotoskn.state.pa.us

Information on wheelchair accessibility, hearing & vision accommodations and speech & behavioral considerations. Accessible theatres, camps, museums and much more. Click on [Help in PA](#) for resources.



Special Vacations

215-844-1295 or www.specialvacations.net

Supervised vacations offering shore and mountain vacations, cruises, and one day outings and events.

Willowdale Chapel Respite, Kennett Square

610-444-2670 or willowdalechapel.org

Respite usually occurs on the second Saturday of the month from 3:30 to 6 p.m. Age-graded groups so your child will be with peers, Gross motor games to get the kids moving and having fun, Fine motor crafts and sensory activities to celebrate the current season, Pizza at the end of the afternoon to take home to enjoy as a family.

YMCA Open Doors

www.ymcagbw.org

Lionville 610-363-9622

Upper Main Line 610-647-9622

And Kennett Square 610-444-9622

Friday night program offered at the YMCA in Berwyn, Lionville and Kennett Square. Other activities include vacation excursions and Special Olympic activities.



SPIRITUAL OPPORTUNITIES

Rejoicing Spirits

www.rejoicingspirits.org

Rejoicing Spirits works with congregations to provide a meaningful, inclusive worship service in a loving and supportive community for people with intellectual disabilities and the people who love and support them. People are free to be themselves while actively participating as contributing members in an inclusive faith community.

Services in Chester County are currently held at:

St. Paul's Lutheran Church—104 S. Village Ave., Exton,
610-363-6264, <https://www.stpaulslionville.org/>

Worship held on the 2nd Sunday of each month at 4:00 p.m.

Calvary Lutheran Church—730 S. New Street, West Chester
610-696-2475, <https://www.clcwc.org/>

Worship held on the 3rd Sunday of each month at 4:00 p.m.

St. James Lutheran Church—1101 E. High Street, Pottstown
610-326-2810, <https://www.stjamespottstown.org/home>

Worship held on the 2nd Wednesday of each month at 7:00 p.m.

St Luke Evangel. Lutheran Church—203 N. Valley Rd, Devon
610-688-0122, <http://www.saintlukedevon.org/>

Worship held on the 4th Sunday of each month at 4:00 p.m.

Bible Baptist Church

1237 Paoli Pike, W. Chester, 610-692-4492

<https://biblebaptistwc.org/>

American Sign Language interpreters and hearing transmission devices. Sunday at 10:30 AM & 6:00 PM. Services also livestreamed on YouTube

SPIRITUAL OPPORTUNITIES



Christ the King Deaf Church— Calvary Lutheran

730 S. New Street, West Chester, PA 19382

484-319-4256, <http://www.ctkdeafchurch.com/>

Services on Sunday at 10:30 AM, Virtual services offered on demand through website.

Connected human service program- DeafCAN!

Deaf Community Action Network <https://www.deafcanpa.org/>

Kesher Israel- West Chester

610-696-7210, <https://www.kesher-israel.org/>

Differentiated instruction/individualized attention for those w/ disabilities.

Sacred Heart Roman Catholic Church -Royersford

610-948-5915, <https://www.sacredheartroyersford.org/>

Special Ed CCD program (Lambs of the Lord) on Thursday evenings 7:00-8:00 p.m. during the school year. The program "offers a cordial welcome to anyone who wishes to join in prayer, praise & learning."

938 Church, West Chester

zachb@938.church

<https://www.938.church/disability-ministry>

One of our passions at 938 Church is helping families affected by disability. We are here to help and love on you any way we can. We know it's not easy to find somewhere to belong. 938 Church understands that in order to build community, we must reach those who need community the most. For us to strengthen faith, we need to be able to share that faith to any person with any ability. We want to extend compassion to children, adults, and families who Jesus would want in His family. We believe that's you and we'd like to get to know how to serve you best so you can belong here.



FAMILY & CONSUMER SUPPORT GROUPS ADVOCACY



Best Buddies

610-992-9400 or www.bestbuddies.org/pennsylvania

College and high school students pair up through program with individuals with disabilities who desire a "buddy." Best Buddies Friendship

Chester County Self-Determination Action Team

Julie Moyer: 610-344-6029 or jsmoyer@chesco.org

A working team of parents, providers, educators, advocates, self-advocates and county staff meeting virtually the 2nd Wednesday of the month at 1:00. Email or call to get more information.

Chesco LIFE Program - 215-429-8383

www.accessservices.org/services/family-support

Provided at no cost to Chester County families with children from birth to age 21. Diagnosis and insurance are not required. Bilingual services are available.

Citizen Advocacy - 610-933-1299

www.citizenadvocacycc.org or info@citizenadvocacycc.org

Initiates one-to-one relationships between people in the community who have disabilities and their neighbors.

Family/Caregiver Support Group

Pam Frebowitz: 215-681-0172/267-603-4058 or

pfrebowitz@kfamilysolutions.org

Please contact for schedule. Currently the group meets virtually.

Parents of Special Needs Children

Jim King: 610-935-1261 or dre@stbasils.org

For all ages, meets at St. Basil the Great in Kimberton the third Tuesday of the month, 7:00—8:00 PM

FAMILY & CONSUMER SUPPORT GROUPS & ADVOCACY

Orion Communities—610-415-1167

www.orioncommunities.org or orioninc@netcarrier.com

Offers hope for individuals and families experiencing hardships due to poverty, disability or illness by building bridges that lead to self-reliance.

PA Family Network—1-844-723-2645

Contact Frances Hogan at <http://www.visionforequality.org/>

Advocacy, Family Support, Networking Opportunities, Helping to Create a Vision for a Meaningful Life.

Parent to Parent of Pennsylvania

<https://www.parenttoparent.org/> or 1-888-727-2706

Connecting parents with families of children & adults with special needs or disabilities who've had similar journeys.

PaTTAN - FAMILIES TO THE MAX

<https://www.pattan.net/Parent-Information/FAMILIES-TO-THE-MAX-Pennsylvania-Statewide-Family>

An organization of families and professionals advocating to presume competence and increase opportunities for students with disabilities who have not, historically, received the same grade-level, standards-aligned instruction provided to their same-age peers.

PEAL Center

<https://www.pealcenter.org/>

The mission of the PEAL Center is to educate and empower families to ensure that children, youth and young adults with disabilities and special health care needs lead rich, active lives as full members of their schools and communities.

Speaking for Ourselves

<http://speaking.org>

Contact Thalia Dafermos at tdafermos@gmail.com

Or Beth Barol at bbarol@camphillsoltane.org

Celebrating their 40th anniversary in 2022.

~ ~ ~ OTHER RESOURCES ~ ~ ~



Adult Protective Services

1-800-490-8505

<https://www.dhs.pa.gov/about/fraud-and-abuse/pages/adult-protective-services.aspx>

Arc of Chester County

610-696-8090 or www.arcofchestercounty.org

Advocacy, lectures, support groups and other programs.

Autism Society of Greater Philadelphia

www.asaphilly.org (links to other autism groups in the area)

Chat N Chew

610-696-8090 or www.arcofchestercounty.org

Free information sessions on education and systems support. Bring your lunch, share information, network and learn.

Chester County Department of MH/IDD

610-344-6265 or www.chesco.org/mhidd

Department overview and services, tip sheets, newsletters and special projects.



Chester County Down Syndrome Interest Group Inc.

610-889-0291 or www.ccdsig.org

Social/educational/awareness/fundraising group that meets monthly.

Charting the Lifecourse

The Charting the LifeCourse Framework was created to help individuals and families of all abilities and ages to develop a vision for a good life by exploring what they want their life to look like



and how to find and develop supports to achieve an everyday life. Workshops are held throughout the year and facilitators are available to work individually with families and their relatives. For more information please Contact Julie Moyer, 610-344-6029/ jmoyer@chesco.org or Darcy Elks, 484-459-0538/ delks@visionforequality.org.

~ ~ ~ OTHER RESOURCES ~ ~ ~

Chester County Refer Web

www.referweb.net/chesco/

Counseling, education, employment, financial assistance, housing etc...

Child Abuse Hotline

<https://childhelpline.org> or 1-800-422-4453

Department of Human Services

www.compass.pa.state.us

(Formerly County Assistance Office)

100 James Buchanan Drive, Thorndale,

Chester County: 610-466-1000/ PA State Helpline: 1-800-692-7462

Medicaid, Food Assistance, Cash Assistance

Disability Rights Network

www.drnpa.org

Click on "publications" and "podcasts" links for information and a variety of topics for families and individuals with disabilities.

Networks for Training and Development, Inc.

www.networksfortraining.org or 1-866-683-3651

Training and technical assistance.

Office of Vocation Resources (OVR)

www.pacareerlinkchesco.org

610-280-1010

Provides services to help persons with disabilities to prepare for, obtain, and maintain employment.

Pennsylvania Advocacy and Resources

www.par.net or 1-717-236-2374

Information of providers of services to citizens with Autism and intellectual disabilities.

Social Security/Disability.gov

www.ssa.gov

1-888-306-3216 (local)

1-800-772-1213 (state)

Easy access to comprehensive disability related info and resources.



MEDICAL/DENTAL RESOURCES

www.referweb.net/chesco for complete listing

ChesPenn Health Services, 610-485-3800

Community Dental, 610-383-3888

www.chespenn.org

744 E. Lincoln Hwy, Coatesville

Physicians to monitor health, diagnose, treat, and refer to specialists.

Dental services available to families with government insurances (CHIP, Medical Assistance). A sliding fee scale is also available.

The Clinic, 610-935-1134

www.theclinicpa.org

143 Church Street, Phoenixville

Medical care and counseling for individuals that are uninsured.

Community Volunteers in Medicine, 610-836-5990

www.cvim.org

300 B. Lawrence Drive, West Chester

Medical and dental serving uninsured per the CVIM eligibility guidelines.

Good Rx www.goodrx.com

Spend less on prescriptions.

Harcum College Dental Clinic, 610-526-6113

www.harcum.edu/dentalclinic

750 Montgomery Ave., Bryn Mawr

Low cost dental services.

La Comunidad Hispana/Project Salud

610-444-7550 or www.lchcommunityhealth.org/

731 West Cypress Street, Kennett Square, PA

Health care, social services and education programs.



Oxford Area Neighborhood Services

610-932-8557 or www.oxfordnsc.org

35 N. 3rd Street, Oxford

Prescription assistance, medical equipment, etc...

MEDICAL/DENTAL RESOURCES

www.referweb.net/chesco for complete listing

Penn Dental, 215-898-8965

240 S 40th Street, Philadelphia

<https://www.dental.upenn.edu/patient-care-facilities/care-center-for-persons-with-disabilities-personalized-care-suite/>

Phoenixville Healthcare Access

610-935-3165 or www.hcaphoenixville.org

100 1st Avenue, Phoenixville

Dental Care, Prescription expense assistance, vision screening.



Special Smiles Dental Care

1-267-639-6250 or www.specialsmilesdental.com

West Chester Lions Club

610-594-7021 or www.e-clubhouse.org/sites/westchesterpa

Support for visual impairments, eye screenings and glasses



FACEBOOK SUPPORT GROUPS

- ◇ **Chester County (PA) Special Needs Community**
- ◇ **Chester County (PA) Autism Support Group**
- ◇ **PA Family Members of Adults with Autism and/or Intellectual Disabilities**
- ◇ **PA Special Needs Events**
- ◇ **Social Meet Ups for Young Adults with Autism and/or Intellectual Disabilities**
- ◇ **Southern CHESCO Social Group for Young Adults with Autism**

UTILITY ASSISTANCE

For a complete listing,
www.referweb.net/chesco



C.C.I.L.: Free Internet and Refurbished Computers
484-238-0579 or www.ccil.org

Good Works: 610-363-6311 or www.goodworksinc.org
Christian non-profit which exists to improve living conditions for low income families.

Kennett Area Community Service:
610-925-3556 or www.kacsonline.net
Rent and utility assistance.



Lifeline & Linkup: www.lifelinesupport.org
Providing more affordable telephone service for individuals who meet the income guidelines.

Oxford Area Neighborhood Services:
610-932-8557 or www.oxfordnsc.org
Rent/utility assistance, clothing, furniture, etc.

Phoenixville Area Community Service:
610-933-1105 or www.pacsphx.org
Rent/utility assistance, clothing, food, etc.

Safelink Wireless: 1-800-723-3546 or www.safelink.com
Free cell phone/minutes for individuals who meet income guidelines.

The Salvation Army : www.thesalvationarmy.org
West Chester: 610-696-8746 / Coatesville: 610-384-2954
Housing, utility, food assistance.

Team Children
610-666-1795 or www.teamchildren.com
Low cost refurbished computers.



United Cerebral Palsy
610-524-5850 or www.ccdisability.org
Refurbished Computers for individuals with physical disabilities.

FOOD ASSISTANCE

For complete listing,
www.referweb.net/chesco or www.foodpantries.org



The Bridge

610-869-9500 or www.avongrove.church

Chester County Food Bank & Hot Meal Sites

610-873-6000 or www.chestercountyfoodbank.org

Kennett Food Cupboard

610-925-3556 or www.kaonline.net

Lasagna Love:

www.lasagnalove.org

A global non-profit that works to connect neighbors with neighbors through homemade meal delivery

Lord's Pantry Downingtown:

610-873-1149 or www.lordspantryofdowningtowndowningtown.org

Meals on Wheels:

610-430-8500 or www.mowcc.org

West Chester Food Cupboard:

610-344-3175 or www.westchesterfoodcupboard.org

~ ~ ~ ~ ~ MORE ~ ~ ~ ~ ~

**Churches, Synagogues, and other places
of worship offer another source of
community outreach.**

**Many Senior Centers have activities and programs
for socialization and to fulfill healthy lives for
individuals aged 60 and over.**

Don't forget Fire Companies & Ambulance Services.

***They often have flea markets, inexpensive brea
fasts and dinners, BINGO and other activities.***

**Local newspapers list weekend activities in Chester
and surrounding counties as well as Philadelphia.**

~ ~ ~ ~ ENJOY !! ~ ~ ~ ~

**PLEASE USE THE NEXT PAGES TO WRITE
DOWN YOUR INFORMATION ON PLACES
YOU HAVE VISITED.**

**Contact the Independent Monitoring office at
610-594-0290 or im4qcc@aol.com and let us know
what you enjoyed, and we'll add it to
the Opportunities Guide.**

**Your contribution of fun things you like to do
will benefit others!**

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**INDEPENDENT MONITORING
CORPORATION (IMC)**

**331 Gordon Drive
Exton, PA 19341
610-594-0290**



PROGRAMS

- **Independent Monitoring for Quality (IM4Q) :**
IM4Q assists the Commonwealth by interviewing individuals with intellectual disabilities and their families to determine their satisfaction with the quality of services. IM4Q assists people to achieve self-determination and the values of “every day lives”.
- **Representative Payee Services :** IMC assists people to improve the quality of their lives through financial management of their Social Security Benefits.

The Mission of Independent Monitoring Corporation is to provide monitoring, advocacy and education to enable people with disabilities to obtain the services and supports of their choice that will facilitate a life of dignity and respect. We serve as a voice for those who can't speak up for themselves.