



## Michigan Resources That Will Help You Reach Your Goals For Recreation

**Community Education Programs** may offer recreation classes. These may be provided by local school districts, intermediate school districts, city or county parks and recreation departments, Michigan State University County Extension Offices, Centers for Independent Living, community colleges, local colleges and universities. These programs can provide a wide variety of classes on many areas of interest such as cooking, sports, finances, art, music, computers and many others.

**The Arc Michigan** exists to empower local chapters of The Arc to assure that citizens with developmental disabilities are valued and that they and their families can participate fully in and contribute to the life of their community. (800) 292-7851 or (517) 487-5426 [www.arcmi.org](http://www.arcmi.org) to find your local chapter.

**Michigan Protection & Advocacy Services, Inc.** works to advance the dignity, equality, self-determination, and expressed choices of individuals. Michigan Protection and Advocacy Service, Inc. (MPAS) promotes, expands and protects the human and legal rights of people by providing them with information and advocacy. (800) 288-5923 or (517) 487-1755 [www.mpas.org](http://www.mpas.org)

**Michigan Centers for Independent Living** are non-profit organizations whose purpose is to advocate for the independent needs of people with disabilities throughout the state, provide access to resources, offer opportunities to become more independent, and provide peer support. For information on the closest one to

you call (517) 339-0539 or go to Disability Network/Michigan, a collaborative organization representing the 15 Centers for Independent Living (CILs), <http://www.dnmichigan.org/>, to find a center in your area.

**Michigan Developmental Disabilities (DD) Council** vision is that all citizens of Michigan have the opportunities and supports to achieve their full potential. The Council works to support people with developmental disabilities to achieve life dreams. Call (517) 334-6123 or visit [http://www.michigan.gov/mdch/0,1607,7-132-2941\\_4868\\_4897-14614--,00.html](http://www.michigan.gov/mdch/0,1607,7-132-2941_4868_4897-14614--,00.html)

**Michigan Department of Natural Resources Accessible Recreation** provides information on accessible programs, services and facilities. To find accessible camping, trails, beaches, hunting, angling, off-road vehicles and more go to [http://www.michigan.gov/dnr/0,1607,7-153-10366\\_41825---,00.html](http://www.michigan.gov/dnr/0,1607,7-153-10366_41825---,00.html)

**Athletes with Disabilities Hall of Fame** reaches through sports, transcends age, race, gender and ability – offering a dynamic opportunity to make the difference in the lives of people in EVERY community. (248) 829-8353 <http://www.adhof.com/>

**The Pump Guide** serving drivers with disabilities in Michigan. An online directory of gas stations offering full pump services at self-serve prices. 800-638-MPVA <http://www.thepumpguide.com/?p=welcome>