YOUR DONATIONS PROVIDE SO MUCH!

Ninety-seven percent of the net proceeds from the Buddy Walk go directly back into our programs, activities, and services. Three percent is donated back to the National Down Syndrome Society to help with their national advocacy programs.

1. F.R.I.E.N.D.S. PARENT PACKETS – Parents who receive a diagnosis of Down syndrome and/or other special needs receive a free tote bag full of special needs resource information. The packets are available in English and Spanish and come with a free copy of the book “Babies with Down syndrome, A New Parents Guide” by Susan J. Skallerup.

2. F.R.I.E.N.D.S. PEER TO PEER SUPPORT – We know all too well the challenges that come with raising a child with special needs. We offer peer to peer, in-person, and phone support 24/7. Call (813)245-2782 or email info@friendssupport.org.

3. HOSPITAL NICUS – F.R.I.E.N.D.S. assembles and donates our parent packets and distributes them to eight Tampa Bay Hospital NICU’s (neonatal intensive care units), who in turn gives them to parents. We donate approximately 50 -100 packets each year.

4. HOSPITAL PRESENTATIONS – F.R.I.E.N.D.S. offers presentations to new interns, medical and nursing staff to give them a “parents perspective” of raising a child with special needs.

5. BABY F.R.I.E.N.D.S. – Baby F.R.I.E.N.D.S. (birth to 5yrs) - It’s very important for isolated parents to meet other parents, to share information, and to gain support. This fun playgroup meets in Brandon and Largo at We Rock the Spectrum, and in Tampa.

6. AFTER SCHOOL SPECIALS – A playgroup for 6yr-12yrs - monthly get-togethers to provide social opportunities for those with special needs.

7. F.R.I.E.N.D.S. ADULT SPECIAL NEEDS DANCES – The dances offer our isolated adults a chance to socialize and get together with their peers. Held monthly in Riverview and Clearwater.

8. SWEATING WITH SUNSHINE (ZOOM) – Heather Brudereck, an Occupational Therapist, Bodybuilder, and Swimsuit Competitor, offers free classes every month. She will make you break a sweat and get your heart pumping! All Ages & Abilities Welcome.

9. GOOD VIBES (ZOOM) – Tuesday’s are for getting together with F.R.I.E.N.D.S., listening to good music, and catching up with each other.

10. DADS – Dad’s Appreciating Down Syndrome/Special Needs – Dad’s support meeting.

11. FRIENDS POTLUCK SUPPORT MEETINGS – Our fun parent support meeting is also a fun Potluck! Bring a dish to share and meet other parents who are raising a child with special needs.

12. F.R.I.E.N.D.S. SCHOLARSHIPS – For families who need services, are dealing with a death or hardship.

These programs enhance the lives of those impacted by Down Syndrome and/or other Special needs and provides an invaluable resource for our families in the Tampa Bay area.

THANK YOU F.R.I.E.N.D.S. VOLUNTEERS!

They say, “it takes a village to raise a child, a team to build a dream, and a community to make a difference.” That couldn’t be more true about F.R.I.E.N.D.S. We rely on some really wonderful volunteers (pictured below) who donate their time to make all we do possible. We appreciate them so much and are grateful for their FRIENDShip!