

Signature Events



NC Down Syndrome Conference

- Offers plenary and breakout sessions addressing issues covering the **lifespan of individuals with Down syndrome**.
- Includes **nationally and locally recognized experts** in their fields presenting up to date information and resources.
- Is for **everyone** who supports a person with Down syndrome.

World Down Syndrome Day

- Celebrated **globally on March 21st** to signify the triplication of the twenty-first chromosome which causes Down syndrome.
- Observed annually to create awareness of Down syndrome and **honor people with Down syndrome**.



Buddy Walks

- NCDSA **Buddy Walks** are the largest events and fundraisers of the year. Designed as a family fun day, Buddy Walks are also an opportunity for families to gather and connect with each other.
- Funds raised at the annual Buddy Walks allow NCDSA to **provide programing and services** throughout the year across North Carolina.

T-21 Moms Retreat

- NCDSA hosts an annual weekend away for **moms of children with Down syndrome** of all ages.
- New **friendships** are created, and established friendships are strengthened.



Our Mission

To empower, connect, and support the lifespan of individuals with Down syndrome, their families, and the community through outreach, advocacy, and education in North Carolina.

Our Vision

North Carolina Down Syndrome Alliance is an effective, compassionate, and comprehensive resource on Down syndrome throughout North Carolina. NCDSA envisions a culture in which all people with Down syndrome are empowered to achieve their full potential and live healthy, productive lives as valued citizens within the fabric of society.

North Carolina Down Syndrome Alliance

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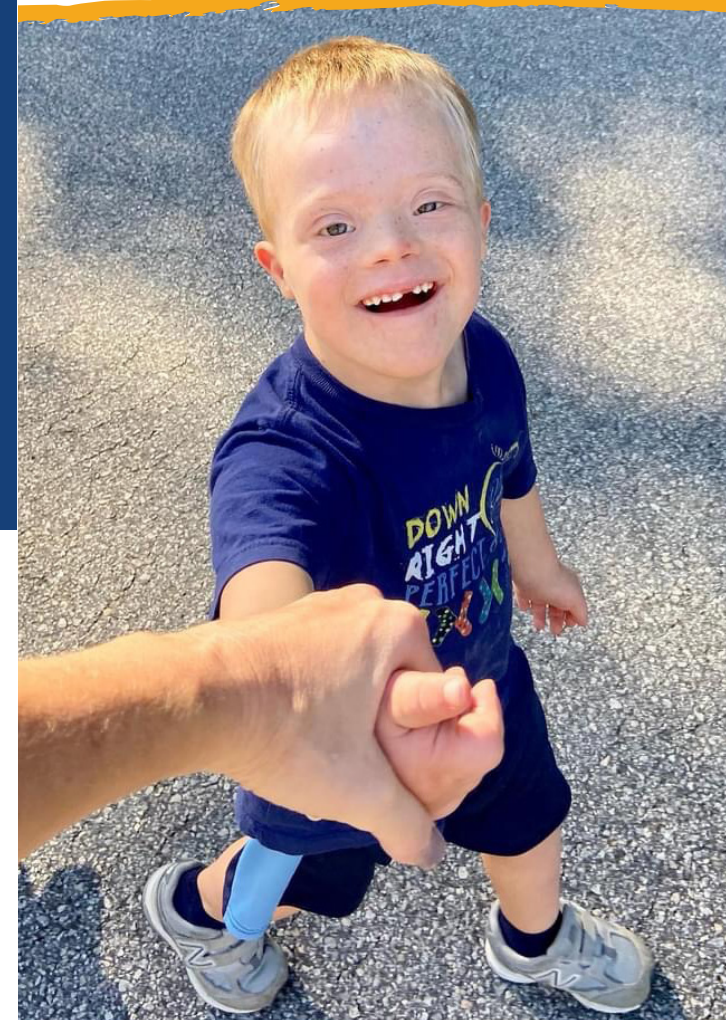
501 (c)(3) nonprofit
NCDSA relies heavily
on the financial support
of the community.



North Carolina Down Syndrome Alliance

empower • connect • support
Covering the lifespan across North Carolina

NCDSAlliance.org



Down Syndrome Training Center



**North Carolina
Down Syndrome Alliance**
empower • connect • support

NCDSA provides people with Down syndrome and their families:

- Encouragement to envision a future with opportunities to work towards their potential
- Training to navigate complex support systems
- Skills and tools for building solid foundations to reach milestones throughout their life

NCDSA supports people with Down syndrome by providing the greater community:

- Education and awareness to change how members of society and professionals view and work with people with Down syndrome

SUPPORT AT EVERY AGE

NCDSA serves the lifespan of individuals with Down syndrome, their families, and the communities who support them. NCDSA helps families assemble the building blocks at every step of development to construct a fulfilling life for an individual with Down syndrome. NCDSA hosts numerous opportunities to receive support across the lifespan including:

- Local Community Groups
- Homeschool Co-op
- Teen and Young Adult Parent Support Meetings
- New Parent Support Meetings
- Age specific programs
- Online Communities

Covering the lifespan of individuals with Down syndrome across North Carolina

NORTH CAROLINA FIRST CALL PROGRAM

NCDSA offers free and confidential services

New and Expectant Parent Program

- NCDSA believes every baby deserves a joyful welcome and provides New and Expectant Parents with resources, Prenatal Diagnosis packet, a Welcome Baby Bag, home and hospital visits, and pairing with trained Parent Mentors mentoring to build positive connections among new families. Multilingual resources are available.

Medical Outreach Program

NCDSA is a resource to the healthcare community by keeping providers updated regarding:

- Best practices on delivering a compassionate diagnosis including accurate and unbiased information about Down syndrome
- Current information on the quality of life for people with Down syndrome
- Healthcare Guidelines developed specifically for children and adults with Down syndrome

North Carolina First Call Program also provides resources for:

- New to Area
- New Caregivers
- New to Adoption



SOCIAL ENRICHMENT PROGRAMS

NCDSA facilitates opportunities for people with Down syndrome and their family members to connect with other people with Down syndrome and their families through a variety of events and activities.

Annual events: family picnics, Hispanic family picnic, holiday parties, teen and adult dances

Regularly scheduled activities: playgroups, Moms Night Out, Dads Night Out, T-21 Club, Sibshops™, community outings, virtual social opportunities, and diverse social groups



LEARNING INSTITUTE

The Learning Institute provides training to all skill and age levels of individuals with Down syndrome, educators, parents, and community members. Programs include Lifespan Transitions Series, The Learning Program™, After School Academy, Lending Library, Educators Institute, Community Classroom, and Workforce Training.

ADVOCACY MATTERS

Advocacy and awareness are key elements to dispelling misconceptions and stereotypes while increasing opportunities for people with Down syndrome. NCDSA trains parents and people with Down syndrome about their rights and how to access services and supports. Advocacy 101 and I Have a Voice Academy programs empower people to seek system-wide policy change as well as speak up for themselves and others. Trained advocates participate in Advocacy in Action campaigns that promote the best interest of people with Down syndrome and the community that supports them.