



*BUDS Social Groups  
Welcome Letter*



*www.bringingupdownsyndrome.org*

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**Welcome Back & Mission**

Welcome back to another year of fun and exciting Bringing Up Down Syndrome (BUDS) social activities. The BUDS organization is committed to providing age appropriate social and athletic activities for individuals of all ages who have Down Syndrome. Our goal is to provide organized and fun opportunities that will facilitate social interaction and hopefully result in lasting friendships with peers and their respective families.

**BUDS “Teen & Young Adult” Social Group (ages 13 and up)**

We would like each “Teen & Young Adult” social event to have the feel of a “weekend night out.” Our family members who have Down Syndrome often feel left out when they hear the conversations at school or work about social activities that others attended over the weekend. Through the commitment of several BUDS families in the tri-county area, we have already planned at least one weekend activity per month. **Some dates are tentative**, so watch for monthly e-mails with the final details for each event. If your family would like to organize and sponsor any additional events (sporting events, plays, barbeques, etc.) during the year, please contact Nancy Hennefer at [golforlife@comcast.net](mailto:golforlife@comcast.net). We are open to ideas and would like to involve as many families as possible.

**BUDS “Kids” Social Group (ages 12 and under)**

We would like each “BUDS Kids” event to be an intimate social activity whereby approximately 15 to 20 children are able to socialize in a group activity and begin to form lasting friendships with other children who have Down syndrome. We have an exciting calendar of events including a Halloween hayride, basketball clinic, The Little Gym and Discovery Museum. Some dates are tentative, so be sure to sign up for our e-mail distribution list for the most up to date information.

**FOR MORE SOCIAL GROUP INFORMATION, CHECK OUT OUR WEBSITE**

[www..bringingupdownsyndrome.org](http://www..bringingupdownsyndrome.org)

Welcome to a fun year of activities  
and we hope to see you each month!

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