

# What is a Special Recreation Association?

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# A Special Recreation Association is...

- A community-based Therapeutic Recreation program that offers recreation opportunities to individuals who have disabilities.

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# Community-Based Opportunities

- Cooking Classes
- Enabling Gardens
- Arts and Crafts
- Trips
- Games
- Sports
- Education
- Special Events



# Outcomes



Independence

Mental Health

Communication Skills

Physical Health

Community Integration

Independence

Leisure Awareness

Social Skills

# Find the SRA closest to you

- [http://www.specialrecreation.org/index.php?option=com\\_content&task=blogsection&id=8&Itemid=48](http://www.specialrecreation.org/index.php?option=com_content&task=blogsection&id=8&Itemid=48)

# Web Clips and Helpful Info

- Can: World's Strongest Dad

<http://www.youtube.com/watch?v=f4B-r8KJhIE>

- Ode to Terry

<http://www.youtube.com/watch?v=Bk-BneWnaNA>

- Correct Terminology

[Shortcut to correct terminology](#)