



**EFMP** Family Support

## Resources for Down Syndrome Information and Support

Updated Jan 2023 by Angela Ocampo, EFMP-FS

*\*No federal government endorsement intended – please research each agency independently\**

*These resources are not all inclusive & an online search may generate other options.*

### **Down Syndrome: Health Issues** (News and Information for parents and professionals)

A blog & posting site by a medical professional who is a parent. [www.ds-health.com/](http://www.ds-health.com/)

### **Global Down Syndrome Foundation**

Dedicated to significantly improving the lives of people with Down Syndrome through research, medical care, education and advocacy. 303-321-6277; Email: [www.globaldownsyndrome.org](http://www.globaldownsyndrome.org)

### **National Association for Down Syndrome**

The oldest organization in the country for serving individuals with Down Syndrome and their families by providing support & information on Down Syndrome. 630-325-9112; Email: [info@nadsorg](mailto:info@nadsorg) [www.nads.org](http://www.nads.org)

**National Down Syndrome Congress**, 800-232-6372 [www.ndscenter.org](http://www.ndscenter.org)

### **National Down Syndrome Society**

Serving as a national advocate for the value, acceptance, and inclusion of people with Down Syndrome. 800-221-4602

Email: [info@ndss.org](mailto:info@ndss.org) [www.ndss.org](http://www.ndss.org)

### **TAMPA BAY RESOURCES**

**Baby Bungalow, UPSide**: Ages 0-4, This monthly playgroup provides social activities & learning experiences for children with Down Syndrome. Takes place the last Friday of each month. 813-673-4646 Ext 1152; [babybungalow@cfctb.org](mailto:babybungalow@cfctb.org)

<https://cfctb.org/program/baby-bungalow/>

**Buddy Cruise, Inc.** 1-877-239-2789; Email: [joinus@buddycruise.org](mailto:joinus@buddycruise.org) [www.buddycruise.org](http://www.buddycruise.org) Provides education and promotes public special events, namely cruises.

**Down Syndrome Association of Tampa Bay**: <http://dsatb.org> #21Strong. To educate and advocate for individuals blessed with a little something extra with purpose, passion, and the utmost integrity.

**Down Syndrome Resources- Florida Dept Health** 850-245-4465 [www.floridahealth.gov/programs-and-services/people-with-disabilities/bright-expectations/conditions/down-syndrome.html](http://www.floridahealth.gov/programs-and-services/people-with-disabilities/bright-expectations/conditions/down-syndrome.html)

**Down Syndrome Foundation of Florida**: 407-538-3537; Email: [info@dsfflorida.org](mailto:info@dsfflorida.org) [www.dsflorida.org/](http://www.dsflorida.org/)

**F.R.I.E.N.D.S Down Syndrome and Special Needs**: <https://www.friendssupport.org> – <https://friendsdownsyndrometampa.com>

Provides free all-encompassing education and support services impacted by Down Syndrome while advocating and promoting community integration.

**Down Syndrome Resources-Tampa- Gigi's Playhouse**: 813-544-8000 Email: [tampa@gigiplayhouse.org](mailto:tampa@gigiplayhouse.org)

<https://gigiplayhouse.org>

**Manasota BUDS: Bringing Up Down Syndrome** 941-907-0499; Email: [info@manasotabuds.org](mailto:info@manasotabuds.org); [www.manasotabuds.org](http://www.manasotabuds.org)

**211 Tampa Bay**: <https://211tampabay.org>; Call 211 from any phone or text your zip code to 898211

Has multiple resources, one of which is housing search. You can also contact them if you are facing a housing crisis. You can search for resources online, through their App, by calling or texting.

### **MacDill AFB EFMP Family Support**

Monday - Wednesday & Friday • 8am - 4pm

Thursday: 11am - 4pm

(813) 828-0122 or 0136

Email: [6fss.fsh.efmp@us.af.mil](mailto:6fss.fsh.efmp@us.af.mil)

<https://macdillfss.com/efmp>