

# The Children's Link Society

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## Down Syndrome Resources

- ◆ **Ups and Downs Association – (403)-289-4394.** Ups and Downs is a support and information group supporting families and their children with Down Syndrome. Along with a quarterly newsletter, Ups and Downs has support meetings, social gatherings, *lending library, toy lending library, visiting parents program and it is an excellent source of information and resources.* There is also a teen social program Calgary Friendship Club. Contact Ups and Downs at the above number for more information. (Website: [www.upsdowns.org](http://www.upsdowns.org)) (E-mail: [info@upsdowns.org](mailto:info@upsdowns.org))
- ◆ **The Canadian Down Syndrome Society (CDSS) – (403) 270-8500, (toll free 1-800-883-5608).** CDSS is a vital resource linking parents and professionals through advocacy, education and providing information. (Website: [www.cdss.ca](http://www.cdss.ca), Email: [kirk@cdss.ca](mailto:kirk@cdss.ca))
- ◆ **The PREP Program – (403) 282-5011.** The PREP program is a school and resource centre for individuals with Down syndrome and their families. PREP 1 offers early an early learning program, PREP 2 offers ECS classes and PREP 3 and 4 offers support services for school age students. The PREP Program also offers Family Support Services including Family Support Liaisons to assist families with the transition to new community services (eg. therapy, respite, social, recreational and transition planning etc.). Family Liaisons work with preschoolers (newborn to age 4), school age children (5 to 12 years), and teenagers (13 to 18 years). Please see enclosed brochures for more information.
- ◆ **Down Syndrome Team - Alberta Children's Hospital - Donna Heerensperger – (403) 955-7275/ Fax 403. 955- 7501.** A family-centered multidisciplinary team providing assessment and consultation for eligible children with Down syndrome from infancy to eighteen years of age. ([donna.heerensperger@calgaryhealthregion.ca](mailto:donna.heerensperger@calgaryhealthregion.ca))

The Children's Link Society neither endorses nor recommends any programs, services, supports, therapies, treatments, etc. but provides impartial and, to the best of our knowledge, factual information for families of children with special needs and service providers in the Calgary Rocky View Region.