



Heads Up for Inclusion is a grassroots organization that works to build inclusive communities through connection, mentorship, and education. Since 2001, we've proudly offered the Amigos Program to both students in schools and adults in the community.



Community Program

Want to help build an inclusive community? Care about the rights of people with disabilities? Join our Amigos Community Program where we bring together adults with and without disabilities for fun and friendship through planned recreational activities! Join our vision to end loneliness and social disconnect in our community.

How it Works:



Through structured activities intentionally designed to promote inclusion, folks in our program share interests, work toward common goals, and gain an appreciation for diverse perspectives. By fostering these connections, Amigos reduces social isolation, boosts confidence, and develops empathy and essential life skills.

The Benefits:

- **Connect with others and form lasting friendships based on mutual respect, common interests, and shared values.**
- **Develop confidence, communication, and social skills in an inclusive, accessible, and supportive environment.**
- **Belong to a community that celebrates of difference, belonging, and connection.**



Our Community Values:

- **We know that disability rights benefit everyone. Disability rights are human rights.**
- **We believe that people with and without disabilities can form mutually fulfilling and lasting friendships.**
- **We understand that our differences are what make us strong and that they should be centered and celebrated.**

Sign up today! (705) 876-0383

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Proudly in Partnership with:

