



10 Reasons to Step UP!

Why support the Rio Grande Valley Down Syndrome Association?

1. The RGVDSA provides up-to-date information and regular presentations about Down syndrome to doctors, nurses and social workers at medical practices and hospitals across the RGV.
2. We provide a congratulations gift bag for each family of a new baby with Down syndrome. Included are gifts for mom and baby, as well as a book about Down syndrome and resources in English and Spanish.
3. We have quarterly activities to encourage social connections for each age group – babies, preschoolers, elementary kids, teenagers and adults. Activities have included bowling, park playdates, sign language classes, BBQs, movie nights, etc.
4. RGVDSA maintains a Facebook page that promotes awareness and celebrates the lives and achievements of individuals with Down syndrome in the RGV.
5. RGVDSA offers resources for parents – a private Facebook group for sharing brags and concerns, a lending library, our parent support group and Moms Nights Out.
6. We hosted our first mini-conference this year! Speakers discussed educational advocacy, legal guardianship, behavior and more.
7. RGVDSA has partnered with Region One to provide training to educators from PK through high school.
8. We are spreading awareness! Our Step Up Walks involve thousands of people from the Valley (as far as Brownsville and Rio Grande City) – schools, companies, families, neighbors and community members are learning to support, celebrate and include individuals with Down syndrome.
9. RGVDSA educates. We send presenters to local schools to talk to students about Down syndrome and acceptance. We have also presented for multiple college classes and clubs.
10. **RGVDSA is building relationships, advocacy and support for individuals with Down syndrome and their families in the Rio Grande Valley.**