



The Down Syndrome

Association of San Diego (DSA)

was established in 1978 by concerned families who identified a need to organize a network for the purpose of providing emotional support, information and resources. The Family Support Network is invaluable in mentoring parents and people with Down syndrome to effectively advocate for quality education, healthcare, employment and social opportunities throughout the life span. DSA strives to empower families with knowledge and resources, enhancing opportunity for each person with Down syndrome to realize their hopes, dreams and life aspirations.

DSA is the lead organization on Down syndrome in San Diego County, serving more than 1000 families and professionals. Throughout the years, DSA has established numerous community partners who support and augment services for families, and enrich the lives of people with Down syndrome. DSA is actively engaged in key local, state and national initiatives, influencing policy and practices that impact health care, education and social service programs.

DSA offers a complimentary annual membership to “new” parents (recent diagnosis of Down syndrome, pre/post natal). We respect the individual values of members and strive to meet the diverse needs of families and individuals with Down syndrome. Services and events are free or low cost and include monthly informational meetings, conferences, workshops, support groups and social/recreational events.

DSA is a non-profit organization affiliated with the **National Down Syndrome Society**, the **National Down Syndrome Congress** and the **Exceptional Family Resource Center**.

VISION

The Down Syndrome Association of San Diego envisions all people with Down syndrome will be afforded the same life opportunities, and will be valued and respected as contributing members of society.

MISSION

Our mission is to enhance the quality of life for people with Down syndrome and their families through education, social and support programs.

GOAL

Our goal is to promote the inclusion and acceptance of people with Down syndrome in all aspects of life.

SUPPORT

- Family Support Network: Early childhood/School-age/Teen & Adult
- Information & Referral Services
- Peer Parent Mentors
- Social Events

EDUCATION

- New/Expectant Parent Resource Guide: “Reach for the Stars”
- Information & Resource Packets
- DSAsdonline.org/E-News
- Resource and Lending Library (books-periodicals-audio/video tapes)
- Speakers Bureau
- Conferences & Workshops

ADVOCACY

- Local, State and National Partnerships
- Legislative alerts, updates and visits
- Public Awareness Campaign
 - Annual Buddy Walk
 - Annual Reach for the Stars Gala
 - Community Presentations

