

Des Moines Area Family Resources



ASK Resource Center

ASK (Access for Special Kids) Resource Center is a parent training, information, and advocacy center for families of children with special needs across the state of Iowa. ASK is a family-driven 501(c)3 non-profit organization.

askresource.org

The Autism Society of Iowa

The Autism Society of Iowa creates connections, empowering everyone in the Autism community with the resources needed to live fully. Sensory-Friendly Experiences, Resources, Support Groups, Camps and Programs, Crisis Information, and Parent/Caregiver Support Groups via Zoom

autismia.com

Beaming Health

Whether you have early concerns about your child's development, your child was recently diagnosed with ASD, or you're navigating the transition to young adulthood, the professionals with Beaming Health are here for you. They will help you find the best care providers for Autism, ADHD, learning differences, anxiety and other developmental concerns.

beaminghealth.com

binSpire, LLC

binSpire LLC is a local small business offering sensory bin rentals and subscriptions, sensory play events, messy play events, sensory bin products for purchase, and more. Sensory play promotes cognitive development, creativity, problem-solving, and fosters imagination.

binspirellc.com

Compass

Iowa Compass connects people with disabilities and complex health-related needs to services and supports in their communities. Iowa Compass has information about resources for Iowans with disabilities, their families and service providers. Access thousands of local, state and national programs for people with complex health-related conditions and disabilities.

iowacompass.org

Cultivating Hope Farms - Ames

Iowa's first care farm offering adaptive and inclusive farm classes - experiences that change lives! All abilities welcome.

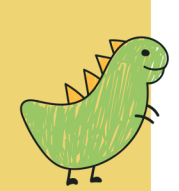
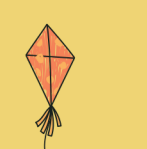
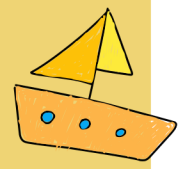
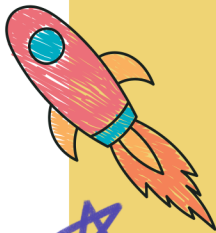
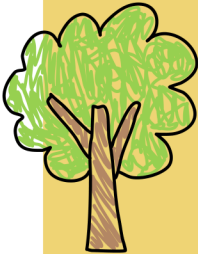
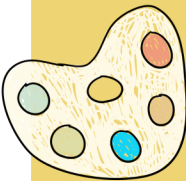
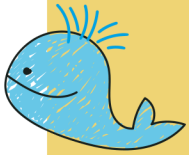
cultivatinghopefarms.org

The Encourage Club with Tricia Calik, M.Ed.

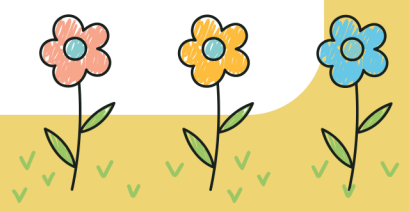
The Encourage Club strives to educate, encourage and equip parents to understand challenging behaviors, minimize the meltdowns, and respond with respect.

Tricia Calik, M.Ed. offers parent coaching, group coaching, live classes, and pediatric sleep consultations.

encourageclub.org



midwestautismservices.com



Des Moines Area Family Resources



Fi & Friends Organization

Fi & Friends is a 501(c)3 non-profit striving to create an inclusive and supportive environment for individuals diagnosed with Autism Spectrum Disorder and their families. They partner with the community to provide access to events and services through collaborative education with local organizations by removing barriers and providing resources and support.

fiandfriends.org



Iowa Family Support Network

The skilled staff at Iowa Family Support Network have the knowledge and experience to help connect you and your family to the right resources in your area. They encourage healthy child development and provide family support and education by connecting you with resources like child care providers, therapy options, housing assistance, employment opportunities, health insurance, legal assistance, and more.

iafamilysupportnetwork.org



Joyful Mind Institute - Ames

Private 1:1 social coaching to help young people navigate friendships and social situations, communicate needs with others, handle arguments and disagreements, regulate emotions and reactions, be confident and assertive, and celebrate who they are.

joyfulmindinstitute.com



Learning Pearls with Nicole Colosimo

Learning Pearls is designed to offer a fun, safe, and supportive learning environment to help children develop the skills they need to reach their full potential, in school and in life. Nicole offers scalable services that can be customized to include any combinations of parent/ child/ family member needed.

learningpearls.com



Music Class for Tots

Music Class for Tots provides music classes for children ages birth - preschool across the Des Moines, Iowa metro! Offering parent/ child evening music classes, partner with daycare centers, in-home daycares and libraries to provide children with a top-notch music education.

musicclassfortots.com



Playgrounds Cafe - Waukee

Playgrounds Cafe offers a parent-first approach to indoor play that was thoughtfully designed for parents and littles alike. Through their full-service cafe and family-centered amenities, parents are met where they're at, while encouraging little ones to learn and explore in a safe environment.

playgrounds-cafe.com



Regional Autism Assistance Program (RAP)

RAP teams help Iowa families navigate local supports and services for children and youth with ASD. This can include connecting them to Autism information and screening, explore insurance and other funding options, and navigate education, health, and social services.

chsiowa.org/RAP



MIDWEST
Autism & Therapy Center



midwestautismservices.com



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