

# Down Syndrome



There are some groups that can help people with Down Syndrome and their families to feel connected to others, and to find resources and support.

Did you know that **March 21 is World Down Syndrome Day**? It is a day designated to raise public awareness of Down Syndrome. <https://www.worlddownsyndromeday/>

**Family Resource Information and Education Network for Down Syndrome (F.R.I.E.N.D.S.)** – A local Frederick County non profit group of parents, offering informal meetings, professional speakers, provides age appropriate activities for children and their families, and advocated for community awareness and acceptance. 301-371-7047 or 301-676-4420

[www.friendsoffredco.org](http://www.friendsoffredco.org)

**National Down Syndrome Society**– Supports and advocates for individuals with Down Syndrome by providing resources and support, policy and advocacy, and community engagement. They offer various activities, events, and programs. 800-221-4602

<https://www.ndss.org>

**National Association for Down Syndrome**– Provides resources and publication, parent support, referrals, self-advocacy programs, retreats, conferences and seminars, and they offer public speaking for different community groups. 630-325-9112

<https://www.nads.org>

**Kennedy Krieger Institute**– Down Syndrome Clinic and Research Center. Services from birth-age 21. Offers evaluations and services for people diagnosed with Down Syndrome.

<https://www.kennedykrieger.org> 443-923-9400

<https://www.kennedykrieger.org/patient-care/centers-and-programs/down-syndrome-clinic-and-research-center> 888-554-2080

The Arc of Frederick County

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