

What is Authentic Adventures Central California?

Authentic Adventures Central CA is a tour operator that provides guided day trips in national parks as well as trips to various places in Central California.

We also have a sub program, Authentic Adventures Recreation Therapy Services that focuses on individuals with disabilities.

What makes us unique is that we love serving individuals no matter their ability level. This promotes community integration and allows participants of different ability levels to interact.



WHY CHOOSE US

- 01 Certified Recreational Therapist, WFA Certified, First Aid/ CPR
- 02 16 plus years experiences curating recreation experiences for people of all abilities.
- 03 Central Valley Local

GET IN TOUCH

Interested in learning more about AARTS? Contact us and we'll be happy to tell you more and see if our program is a good fit!

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FOLLOW US



**Therapeutic Recreation
Services**



WHAT IS THERAPEUTIC RECREATION?

The goals of therapeutic recreation to improve or maintain physical, cognitive, social, emotional and spiritual functioning in order to facilitate full participation in life. We do this by creating client centered programming based on leisure interests.

WHAT IS AARTS?

"Authentic Adventures Recreation Therapy Services (AARTS) provides specialized, adaptive, and inclusive recreation/leisure services that empower people with disabilities to gain the knowledge and skills for the development of a leisure lifestyle that meets their interests and needs. AARTS serves young adults 18-30 with cognitive/developmental disabilities and head injury related disabilities.

WHO WE SERVE

Currently AARTS works with young adults ages 18-35 in Fresno, Clovis and Madera areas who are a client of Central Valley Regional Center. We wanted to focus on this age group as it can be a time of transition and we wanted to provide a place where young adults can meet up and do fun things together.

As the program grows, we hope to expand services to South Valley areas as well.



AS A PARTICIPANT OF AARTS YOU WILL BE ABLE TO:

- Try fun new activities!
- Meet new people!
- Visit new places with others!
- Improve social skills!
- Plan fun trips!
- Meet up weekly with other young adults!

WE LOVE INPUT FROM OUR PARTICIPANTS! PLEASE LET US KNOW WHERE YOU WANT TO GO AND WHAT YOU'D LIKE TO DO.



Caregivers are welcome. If you feel more comfortable with a family member or friend joining in, we want them to be a part of the fun!