

# Self-Advocate Retreat

## May 1-3, 2026



The Down Syndrome Partnership of North Texas has been awarded an opportunity to take 12 self-advocates on a retreat to a fully operational retreat center located just east of Abilene. We will leave Fort Worth at 10AM on Friday, May 1st via chartered transportation and spend two nights doing activities and programs that will include horseback riding, yoga, fishing, hiking, archery, art, campfire and s'mores, and a dance. DSPNT staff will attend alongside some specially trained and screened volunteers. There will be two self-advocates per room (two twin-beds) and each room has their own bathroom. Males and females will have separate ranch houses with staff and volunteers at each location. Since space is limited, preference will be given to individuals who actively participate in DSPNT programs. If you have questions, please call 682-316-3121.

### **Minimum Requirements to attend:**

- Must be 18 years of age or older
- Must be able to manage their own hygiene needs (showering daily, using the restroom without assistance)
- No significant behavior issues
- Participants must be willing/able to participate in all activities

Applicants will be reviewed by staff and members of the DSPNT Board of Directors and chosen based on their application and current participation in DSPNT activities.

