



iREC is a non-profit, community-based program in partnership with the Valley Center Recreation Commission, designed to support individuals of all abilities and their families through inclusive opportunities, education, and resources.

## Inclusive

A focus on designing and providing equal access to community programs and other opportunities for all individuals regardless of ability.



## Rec and Leisure

The first pillar of iREC aims to promote meaningful community engagement, peer interaction, and provide a safe space to explore lifelong hobbies and interests.

## Employment

The Employment pillar focuses on helping individuals understand professional behaviors, build job-related skills, all while receiving support in natural work environments.



## Connected Living

This pillar provides access to community resources, health system navigation, and personalized support for individuals and families in planning life transitions to achieve their desired lifestyle.

**Want to Participate?**

iREC Participant Interest Form



**Valley Rec**

**Want to Volunteer?**

iREC Volunteer Interest Form

