






## Businesses to Support:

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- Gabi's Grounds- The Loading Dock, Raleigh
- "Gabi's provides workforce training, education, and other support programs to people with IDD to help them secure employment, contribute to society, and to live purposeful, rewarding life."

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- Under the Umbrella Thrift Shop – Willow Spring (20 min from CUSOM)
- "We are focused on educating the value, inclusion, and acceptance of ALL who have disabilities."

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- Special Sparkle Jewelry – [specialsparkle.com](http://specialsparkle.com)
- "Kelly is a young lady with Down syndrome and this [jewelry] company was created to assist Kelly in leading a fulfilled and productive life after school came to an end for her. "

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- Matthew's Bonfire BBQ – [bonfirebbq.com](http://bonfirebbq.com)
- "Having Down syndrome has never stopped me from pursuing my passion of using food and fire to bring family and friends together."

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- Colletley's Cookies – [colletteys.com](http://colletteys.com)
- "Shop your own homemade cookies, dog treats & gift packages by Colletley, a young woman with Down syndrome who started her company from passion and hopes."


## Accounts to make your Instagram feed more inclusive:


@ndssorg (National Down Syndrome Society)  
@theluckyfewofficial  
@matthewschwabspeaks


@abigail\_the\_advocate  
@terahbelle @chrisnikic  
@grace\_strobel  
@troymadeit

@sevymarieart  
@madelinesmodelling\_  
@gabisraleigh

## Volunteer Opportunities:

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- Made4Me – Raleigh
- "Made4Me is an independent nonprofit organization located in Raleigh, NC. We work with therapists and the parents of children with special needs to provide them with personalized adaptations (furniture and more) out of industrial cardboard at NO cost to the child or families."

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- Gigi's Playhouse – Cary
- Their mission: "to increase positive awareness of Down syndrome through national campaigns, educational programs, and by empowering individuals with Down syndrome, their families, and the community."

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- North Carolina Down Syndrome Alliance – virtual and local event options
- "NCDSA provides valuable services to individuals with Down syndrome, their families, and our community. Much of what we do depends on the generous work of dedicated volunteers. We have flexible hours and can accommodate almost all schedules."

For more resources about down syndrome and World Down syndrome Day:

