Social, Recreation & Life-Skills Programs

Near Lexington, Massachusetts • Children, teens and adults

Aspire — Mass General Brigham

Ages 5–adult | Social groups, camps and life skills

Address: Office/intake: 1 Maguire Road, Lexington, MA 02421. Program venues vary.

Small groups support social communication, self-awareness and stress management for autistic participants and those with similar social profiles. Offerings include interest groups, teen outings and adult career supports. Summer programs have separate locations and applications.

Program information | Schedules & events

Academy MetroWest

Ages 6–16 | Activity-based social groups

Address: 31 Union Avenue, Sudbury, MA 01776.

Weekly small groups use cooperative, noncompetitive physical games to practice interaction and build confidence. Groups are matched by age and developmental needs; contact the program about placement and current availability.

Program information

AANE

Teens and adults | Social connection and shared interests

Address: Office: 85 Main Street, Suite 3, Watertown, MA 02472. Confirm each event’s venue or online format.

The Association for Autism and Neurodiversity offers social groups and activities for autistic teens and adults. Age bands and formats vary by group, with opportunities to connect around interests and experiences.

Program information

BILT

Children, teens and adults | Groups and community activities

Address: 215 Lexington Street, Floor 1, Woburn, MA 01801.

Programs for people with disabilities include life skills, art, STEM, music, wellness and community outings. Offerings and age groups change seasonally; ask about participation supports, current schedules and funding options.

Program information | Schedules & events

More Ways to Connect

Outdoor adventure, enrichment and community recreation

Waypoint Adventure

Ages vary by activity; Leaders in Training is 18+

Address: Office: 453 Concord Avenue, Lexington, MA 02421. Adventure locations vary.

Adaptive outdoor adventures offer opportunities for connection, confidence and teamwork. The separate Leaders in Training program combines outdoor experiences with leadership development and has an application, interview and participation requirements.

Program information | Leaders in Training

Riverside Family Support Center

Ages vary; cooking classes are 16+ | Enrichment and life skills

Address: 6 Lincoln Knoll Lane, Suite 103, Burlington, MA 01803.

Social enrichment includes cooking, art, music, movement and community events such as game nights and karaoke. In-person, virtual and hybrid offerings are available. Ask about eligibility and complete both event reservation and required registration forms.

Program information

Lexington Therapeutic Recreation

All ages | Adaptive and inclusive recreation

Address: Lexington Community Center: 39 Marrett Road, Lexington, MA 02421. Activity venues vary.

Town recreation programs support social participation, independence and physical activity for people with disabilities. Review the seasonal offerings and contact staff about inclusion supports and the intake process.

Program information

Burlington Therapeutic Recreation

All ages | Recreation, wellness and social activities

Address: Parks & Recreation office: 61 Center Street, Burlington, MA 01803. Activity venues vary.

Adaptive recreation offers opportunities for people with disabilities to enjoy activities and connect with others. Check seasonal age groups, support arrangements and nonresident registration rules before enrolling.

Program information

Before enrolling, confirm age fit, openings, fees, financial assistance, transportation and support needs (including AAC or 1:1 support). These are community resources, not school transition placements. Listings are informational, not endorsements.