



More ways to connect More places to belong



Everyone deserves the chance to connect, belong, and enjoy the activities that bring joy.

Social Compass is a coaching-based service that builds real confidence and real skills, so people can take part in community life in ways that last. It helps people find social and recreation opportunities shaped around their interests, preferences, and goals.

What's getting in the way of the social life you want?

Whether it's confidence, transportation, communication, technology, or simply knowing where to start, Social Compass provides practical support toward meaningful community connections.

Through personalized coaching and virtual interest-based groups, we help individuals discover their interests, build confidence, develop lifelong social skills, and participate in activities that matter to them, while partnering with families, providers, and existing support teams.

Social Compass offers virtual:

Personalized One-on-One Coaching + Monthly Interest-Based Groups:

- Joyful Pursuits: explore hobbies and activities that spark joy
- Makers: hands-on creating, crafts, and projects
- Thrive: wellness, routines, and feeling your best
- Social Connection: practice personal and social skills together
- Family Club (under 18): everything our other clubs offer, for younger members
- Event Planning Club: plan real events together, from idea to invitation

HOW TO GET STARTED

Talk to your Regional Center Service Coordinator about Social Compass.

Your Service Coordinator submits a referral to Compass.

We'll contact you within 1 to 2 weeks to schedule a friendly meet and greet.

Now accepting referrals.

Curious first? Join a monthly virtual info session, 1st friday monthly at 3:00 PM.

TOGETHER, WE WORK ON:



Discovering
potential interests
and resources



Setting personal
community
engagement goals



Practicing real-world
social and community
opportunities



Creating stronger
connections and greater
independence

How It Works

1 Personalized Discovery

We start by learning what matters most to you. Through virtual assessments, we explore your interests, strengths, and goals while identifying anything that may be getting in the way of social experiences.

2 A Plan Built Around You

Your personalized plan outlines the activities and supports that align with your goals. It's developed in partnership with you and your circle of support and included in your Individual Service Plan (ISP).

3 Coaching & Skill Building

- Plan and prepare for activities
- Overcome barriers like anxiety, cost, or transportation
- Learn how to find events, connect with others, and build confidence
- Use tools like event apps to explore opportunities and track your experiences

We empower, not replace, your natural support system.

4 Practice in a Safe, Supportive Space

Virtual interest groups, social skill-building activities, and an Event Planning Club offer fun, low-pressure ways to try new things. We guide you through small steps that build toward bigger successes.

5 Building Confidence with technology

This is a virtual service. We recognize digital engagement can be challenging. We promote inclusion by partnering with recreation providers and supporting them to welcome all individuals.

6 Continuous Growth & Reflection

As you try new experiences, we check in, reflect, and celebrate your progress. Your plan evolves with you, because your goals and interests matter.

Building Confidence with Technology

Social Compass helps participants and their support teams build confidence using digital tools, virtual resources, and community platforms, so accessing social opportunities feels achievable, not overwhelming.

Why It Matters

Taking part in social and recreational activities supports better physical and mental health, stronger communication, higher confidence, greater independence, and reduced loneliness. A vibrant social life opens the door to joy, connection, and personal growth.

Who This Service Is For

Individuals of ages 3+ with I/DD in the RCRC catchment area (Mendocino, Lake, Humboldt, and Del Norte counties) who want to build friendships, gain confidence, explore interests, and participate more fully in community life.

Social Compass is available regardless of living arrangement or service model. It is person-centered, building on each individual's interests, strengths, choices, and goals while complementing existing supports. Funded through the Regional Center, the only requirement is a desire to participate.

**Curious first? Join a monthly virtual info session,
first friday of the month at 3PM.**