

## **Parent Support Group**

### **Purpose:**

Empowerment Support Group is a group for parents of children (all ages) with developmental disabilities. The group features speakers and presenters to provide parents with information to empower them to be effective advocates for their children in addition to providing an opportunity for parents to share experiences and emotional support.

### **Meetings:**

The group meets monthly, the first Monday of each month at 6:30 pm.

**Childcare:** Provided free to members of The Arc and must be reserved.

## **PLAY AND LEARN CLUB**

**Purpose:** a program of play, recreation and shared experiences for children with special needs and their families. The program is designed for young children through elementary school-age with developmental delays and/or disabilities. The entire family is invited to participate. The program is planned to assist parents with incorporating recreation into their family life and in adapting recreation to meet the needs of their family member with special needs.

### **Meetings:**

The group meets monthly, the third Monday of each month at 6:30 pm.

## **SibShops**

**Purpose:** provides opportunity for brothers and sisters of people with disabilities to obtain peer support and education on disability issues within a recreational setting. The group is designed for siblings elementary school-aged.

### **Meetings:**

The group meets monthly, the second Monday of each month at 6:30 pm.

## **TEEN and YOUNG ADULT ADVOCACY GROUP**

**Purpose:** provides opportunity for young people with developmental disabilities and/or mental retardation to develop ongoing life skills through leadership, recreation, community awareness and involvement.

### **Meetings:**

The group meets twice per month, the second and fourth Tuesdays at 6:30 pm. Sometimes the group will plan special events and activities on Saturdays.

All events are held at The Arc's office at 3007, Fort Bragg Road, Fayetteville, NC 28303

