



## The Arc Lancaster Lebanon

All the ways we work to empower and connect you!

### **INDIVIDUAL AND FAMILY ADVOCACY AND SUPPORT**

Individual, Educational & Systems Advocacy and Support for people with intellectual and developmental disabilities (I/DD) and their families (by phone or attendance at meetings) to make sure their voice is heard and their concerns are addressed at an individual, local or statewide setting.

### **COMMUNITY EDUCATION and TRAINING**

Information session on topics related to disability issues such as Relationships, Funding, Guardianship, ABLE Accounts, Special Needs Trusts, Waiver 101, etc. for people with disabilities, agencies, families, businesses.

### **PATHways**

A program that works with families during pivotal transition times, helping to think through and plan for upcoming life needs and work through what is needed to get to the next point in life. We will work with families to help identify concerns, hopes and fears; guiding to a plan and goal for moving forward.

### **SELF-ADVOCATE.**

**Peer Group:** to connect folks for social opportunities and leadership opportunities

**Relationship and Boundaries Training:** For adults with disabilities and their friends. A time to talk about getting along with the people like friends, boss, coworkers, boyfriend or girlfriend. Contact The Arc to be notified of upcoming events.

### **SIBTalk**

A fun gathering for kids ages 8 to 12 who have a sibling with a disability where they can meet others who have a brother/sister with a disability. Includes discussions, snacks, games and activities. Pre-registration is required.

### **disABILITY ACCEPTANCE TRAINING - DAT**

A presentation given for schools, Scouts, and businesses to help participants achieve a greater understanding and acceptance of their peers with disabilities. Our trained personnel present information showing all have value. This training can be modified for assembly programs.

### **ARC ANGEL**

Connecting community givers with people who need Christmas presents in collaboration with Lancaster County Behavioral Health and Developmental Services.

### **BOWLING! Rocky Springs Entertainment Center**

Rocky Springs (1495 Millport, Rd. Lancaster) for a fun time every Wednesday 6 to 7:30 p.m. Wheelchair Accessible. No RSVP needed. [www.rockysprings.net](http://www.rockysprings.net)

### **BEST BUDDIES**

Fosters one-to-one friendships between adults with Intellectual and Developmental Disabilities and college students at either Millersville University or Elizabethtown College. Best Buddies provides opportunity for those with I/DD to be involved in campus and community life.



# The Arc Lancaster Lebanon Become a member today!

Your support and membership enables us to provide advocacy, community education, information and referral services for Lancaster and Lebanon residents with intellectual and developmental disabilities and their families.

### Your membership comes with the following benefits:

1. Advocacy, support, and referral for issues and concerns.
2. Program registration fees waived (if applicable)
3. Newsletter from The Arc of Lancaster County highlighting current issues and events
4. Membership with The Arc of PA and The Arc US. [www.thearca.org](http://www.thearca.org) and [www.thearc.org](http://www.thearc.org)
5. Your voice represented at a local and state level
6. Bowl for \$1 game at Rocky Springs Family Entertainment

### Ways to support The Arc of Lancaster County:

1. Become a member.
2. Make a donation.
3. Place clothing items in *Community Aid bins* sponsored by The Arc. See our website for Arc sponsored locations.
4. Place a *Community Aid bin* at your location for The Arc of Lancaster County and keep your donations local!
5. Get a swipe card to use at Knight & Day or Park City Diners. A 10% donation will be made to The Arc Lancaster Lebanon with each use. Contact The Arc for a free card.
6. Ask your employer to consider The Arc for their Community support.



## ACHIEVE WITH US - BECOME A MEMBER and SUPPORTER TODAY

To become a member of The Arc, complete the membership application form and return it with your check to: The Arc Lancaster Lebanon, 630 Janet Avenue, Lancaster PA 17601.

Or on-line via PayPal at our website at [www.thearcoflancasterco.org](http://www.thearcoflancasterco.org)

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Employer: \_\_\_\_\_

New member

### Membership Level

\$35 Individual/Family

\$150 Silver VIP

\$300 Gold VIP

\$500 Platinum VIP

Thank You!

Please accept this gift of \$ \_\_\_\_\_