

Support Groups at The Arc

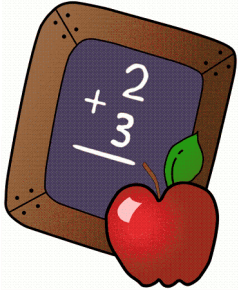
Support Coordinators from The Arc of Frederick County work to build a helpful community to better serve people with developmental disabilities and their family members. Support Coordinators assist people individually, in addition to organizing formal support groups to meet the needs of Frederick County.

To help parents who are looking to connect with other families and learn about services, The Arc offers a monthly Parent Support Group that meets over lunch. For families who speak Spanish, a monthly support group is coordinated through The Arc's Hispanic Outreach Services. For individuals who have sustained a brain injury, The Arc offers a monthly Brain Injury Support Group. The Arc also offers a group for Mothers which offers reflection of having a son or daughter with a developmental disability. We are excited to announce that starting in late September, we will offer a group called "Guy Talk" where participants will discuss challenging subjects regarding relationships and friendships. Additional resources that are available to Frederick families include a monthly Parents' Day Out Program, Sibling Workshops, and individual assistance in establishing Futures and Estate Plans.

New members are welcome to groups and individual assistance can be scheduled. To get connected to a specific service, please contact Support Coordinators at (301) 663-0909:

- **Lunch Time Parent Support Group – Amy Schlitzer extension 129**
- **Hispanic Outreach – David Moreno extension 151**
- **Parents' Day Out – Emily Heiges extension 163 or Karen Patterson extension 142**
- **Sibling Workshops – Alicia Nunn extension 171**
- **Futures and Estate Planning –Anjela McNally extension 153 or Becky Smock extension 148**
- **Mother's Support Group – Bridget Patterson extension 121**
- **Brain Injury Support Group – Anjela McNally extension 153**
- **"Guy Talk" – Josh Neumann extension 177**

Updates from The Arc



Educational iPad Apps



Please visit the link below to see a list of apps that can assist children with learning.

<http://www.educatorstechnology.com/2016/01/a-handy-chart-featuring-over-30-ipad.html?m=1>

Save the Date! Unity Campaign for Frederick County

The Arc of Frederick County is proud to be a part of the 2017 Unity Campaign for Frederick County sponsored by the United Way of Frederick County. From September 12th through September 24th, you can make a donation to the Unity Campaign and designate The Arc of Frederick County. By making a contribution to this campaign, your donation will be matched (your donation will be doubled)! All proceeds will benefit children and adults with developmental disabilities in our community. More information is available at: www.unityfrederick.com. Thank you for your support!



Thanks to Studio 509 Salon & Spa!



We are so thankful to [Studio 509 Salon & Spa](#) for offering haircuts for people we support. We strive to assist people we serve to be connected to our community and it is because of the incredible support from places like Studio 509 that individuals we serve are able to be meaningfully included in Frederick.

Development

Shauna Mulcahy, Development Director · 301.663.0909 · ext. 140 · Smulcahy@arfc.org



Join Us at Charlotte's Coffee House for coffee, tea, baked goods, and lunch!

Charlotte's Coffee House is open **Thursdays and Fridays from 8:00 am– 2:00pm.**

Located at 555 South Market Street in Frederick (enter from Stadium Drive, right next to the Keys).

There are several comfortable rooms to dine-in, and if the weather is this nice, feel free to enjoy your food and drinks on our patio tables.

Hope to see you there!

Thanks To Our Contributors

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*Thank
you*



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September/ October 2017

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See our website for a listing
of upcoming events



thearcoffrederickcounty.blogspot.com



Achieve with us.