

Join The Arc Family!

The Arc New London County is a non-profit organization governed by its volunteer members. In partnership with national, state and local chapters, we are a powerful advocacy force for full inclusion of people with intellectual and developmental disabilities here in Southeastern Connecticut. Currently serving close to 600 individuals in New London County, we strive to offer members...

- **Advocacy** – The Arc advises you on your rights
- **Representation** – The Arc promotes legislation at the local, state, and federal levels to advance opportunities for people with disabilities
- **Information** – Stay current via newsletters, e-Alerts, and make your voice heard through legislative Calls to Action
- **Inclusion** – The Arc supports full inclusion for all people. Through our programs, we break down barriers, educate the public, and develop opportunities for individuals and families

Become a Member Now

Call 860-889-4435

www. **thearcnlc.org**



Achieve with us.

Community Integration

Together we make a difference!



Our program nurtures skills to support and encourage all people with intellectual and developmental disabilities to become active members of the community.

125 Sachem Street
Norwich, CT 06360

T: 860-889-4435
E: info@thearcnlc.org

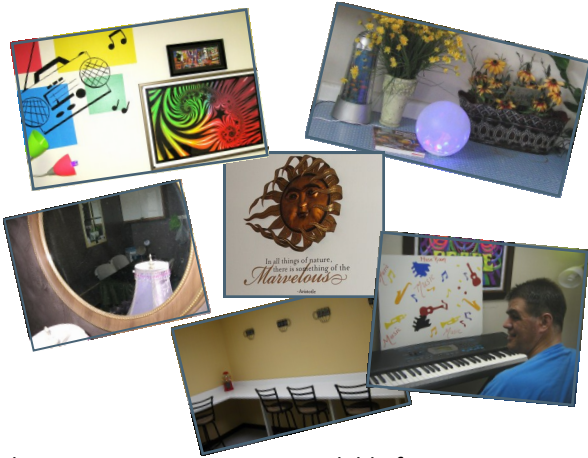
www.thearcnlc.org

Achieve with us.

Community Integration Program

Our mission is to help **you** and others realize anything can be accomplished. There are no limits for **you** within The Arc, within the community, or within the world! Achieve with us!

Sensory rooms at The Arc offer you a home-away-from-home feeling to stimulate the senses or simulate a community outing.



The Arc sensory rooms are available for **you** to use. What makes each room its own special place is what **you** bring to it.

You can:

- ✓ show off **your** musical talents
- ✓ enjoy the sounds of nature at **your** leisure
- ✓ paint a spectacular picture of **your** choice
- ✓ relax with a back massage...just for **you**
- ✓ enjoy a cold soft drink while **you** relax
- ✓ kick back and watch **your** favorite movie

Let **your** imagination be your guide. Nothing is impossible. We provide **you** with the tools and **you** make the choice of what **you** want to do each day.

We offer people with disabilities the opportunity to live as valued members of our community.

Your talent, your interests, and your knowledge will be put to use in our community and on-site programs.

Make friends, develop daily living skills and enjoy a sense of accomplishment and camaraderie with the community.

Have you ever wanted to become a volunteer?

Participate in one of our many volunteer programs! Some past volunteer efforts have included: baking dog biscuits for local animal shelters, donating clothing and various items to local shelters, and adopting a road for annual clean-up. Do you have other volunteer ideas? We are happy to find activities that interest you.



Do you enjoy going to community events?

Enjoy trips to aquariums, parks, libraries, museums, local fire departments, farms, zoos, bowling, and movies. If you have always wanted to go apple picking or pumpkin picking...you can! If a picnic in the spring is what you enjoy, we will find the perfect spot.



Are there days where you don't feel like going out but you still want something fun and interesting to do?

On days that you don't feel like going somewhere, The Arc will bring a program to you. Enjoy massage therapy, pet therapy, folk singers and birthday and Holiday celebrations without leaving the building.