

For Immediate Release

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Chelsea Groton Foundation Donates to The Arc New London County's Individualized Home Supports program

NORWICH—The Chelsea Groton Foundation has awarded \$960 to The Arc NLC's Individualized Home Supports (IHS) program, which provides a variety of support services to families living with loved ones with intellectual and developmental disabilities throughout southeastern Connecticut and beyond. The program also operates a Life Skills Center at the agency's Norwich facility, and the Chelsea Groton Foundation's grant will allow the program to purchase weighted blankets and vests for participants with Autism Spectrum Disorder (ASD). Use of the blankets and vests contributes significantly to the reduction of stress and anxiety, and allows participants to positively engage in program activities while using the blankets throughout the day.

For more information on the Arc's programs, including Individualized Home Supports, please contact Bambi Poppick at 860.889.4435 x116 or bpoppick@thearcnlc.org.

Please Note: "The Arc" is not an acronym; please refer to us as The Arc NLC, not "The ARC" and not "ARC". *Thank you.*