

Welcome!

The Community Life & Advocacy program at The Arc Eastern Connecticut provides opportunities for people with intellectual and developmental disabilities to independently and actively engage in the community in ways that serve personal choices and goals and demonstrate the measurable contributions to the community that each one of us is capable of making.

- ▣ Learn teamwork
- ▣ Learn about local culture
- ▣ Practice your new social skills
- ▣ Get lots of exercise
- ▣ Order in restaurants
- ▣ Improve your budgeting skills
- ▣ Support events that are raising money for causes
- ▣ Find out what's going on in YOUR community!

The Arc Eastern Connecticut's **mission** is to partner with people living with intellectual and developmental disability for **EQUAL participation and inclusion** in the communities of Southeastern Connecticut. We offer a variety of residential, employment training, personal enrichment, and health/fitness programs, and **serve over 800 people and their families yearly.**

IN PARTNERSHIP FOR FULL EQUALITY



Did you know . . .

There are an estimated **6.5 million people** in the United States with an intellectual or developmental disability.

The Arc Eastern Connecticut supports 108 adults in its employment program who **work an average of 15 hours per week** at an average pay of \$11.00 per hour. The Arc ECT **always** pays minimum wage or higher.

The Arc ECT's **Community Life & Advocacy program offers over 250 life-enhancing activities** throughout Southeastern Connecticut each year.

The Arc ECT operates 80 vehicles which drive over 1 million miles per year, **providing door-to-door transportation** for people participating in day programs and community activities.

Main Offices:
125 Sachem Street
Norwich, CT 06360
860.889.4435

Northeast Offices:
687 Cook Hill Rd.
Danielson, CT 06285
860.774.2827



The Arc
Eastern Connecticut

COMMUNITY LIFE & ADVOCACY

Health & Fitness

Community Involvement

Social and Personal Enrichment



Achieve with us.[®]



info@thearcct.org
TheArcECT.org

Discover The Arc Eastern Connecticut . . . In Partnership for Full Equality

Discover the Empowerment/Enrichment Component

Part of CL&A's activities include six Empowerment/Enrichment groups, which introduce participants to the concept of viewing themselves as part of a broader community in which they have a voice, an interest, and a right of inclusion.

VOICES is a group for women at-risk of sexual, physical and/or emotional abuse and exploitation. Participants focus on their own healing in order to move forward, realize their goals, and lead independent lives.

ELEMENTS OF ELLEN is a series of workshops designed to advance self-presentation skills and enhance self-esteem.

SELF-ADVOCACY GROUPS in both Norwich and Danielson are chapters of the statewide organization People First. Members identify challenges, organize activities, and advocate for themselves at the local and state level.

SPARCS (Student Peer Advocates Raising Community Support), a youth advocacy project for those age 16-23, addresses the often difficult transition to life away from a school setting. It focuses on employment, housing, social engagement and civic responsibility.

In the **VOLUNTEER CORPS**, participants are exposed to the importance of civic responsibility and increased social interaction. Last year the Corps completed 16 projects, totaling 528 hours of service to the community.

CULTURE QUEST broadens participants' awareness of history, art and culture in the region and beyond.



Discover Community Life & Advocacy

The Community Life & Advocacy (CL&A) program is unique in eastern Connecticut. We offer a wide range of activities that include outings, dances, leisure activities, and our own Special Olympics contingent!

Choose from our many **social, fitness, or support/enrichment activities**, held at The Arc ECT's Norwich location or offsite at various locations.

- Computer classes
- Parades and musters
- Training for a 5k race
- Picnics at Camp Harkness
- Films at local libraries
- Outdoor festivals and fairs
- Bingo
- Scrapbooking
- Bowling
- Museum trips
- Concerts
- Dining out
- Holiday parties
- Volunteer activities
- Snow tubing

Transportation: CL&A is one of the only programs that provides door to door transportation for a small fee to its participants. Transportation fees are just \$4.00 each way.

All activities are supported by our caring and well-trained staff and drivers.

Signing up is easy!

Contact CL&A at **(860) 889-4435, x 108**. All participants fill out an Intake form so we can find out the activities that interest you and determine how best to support you during our activities.

Participants receive a monthly calendar of events and a signup sheet and can sign up for as many activities as they wish.

The goal of CL&A is to provide **fun and safe activities for everyone who attends**; we always maintain an appropriate participant-to-staff ratio.

Program Costs: Program fees are \$2.00 per program hour for each activity. These fees are reduced to \$1 per program hour for anyone who attends with their own staff supports. Participants also pay the cost of admission to events and activities, as well as the cost of their meals.

