

The Arc of Bristol County Family Support Center

MARCH 2013

Family Support Center

Support Groups

SibShops

Where: The Arc, Attleboro

Our SibShops' program is specially designed for brothers and sisters, between the ages of 6-12. Registration is required. Contact Amanda to apply or for more information.

Moms' Night Out

Where: This program alternates between Attleboro & Taunton restaurants

When: Every 2nd Wednesday from 6:00-8:00pm. Light food is provided.

Dads' Night Out

Where: The Arc, Attleboro

When: Every 3rd Monday of the month, from 6:00-7:30pm. Pizza is provided.

For more information about SibShops, Moms', and Dads' groups, please call

Amanda Masi at 508-226-1445 ext. 3130 or amasi@arcnbc.org

OVER 22 GROUP! This new group is specially designed for parents and caregivers living with adults with developmental disabilities.

The group will meet one Tuesday a month at The Arc in Attleboro from 6:30pm until 8:30pm.

For more information contact Lindsay Goulet at 508-226-1445 ext. 3200 or lgoulet@arcnbc.org

Spring is Almost Here

As spring approaches we, at The Family Support Center, start to formulate our annual family support survey. Please keep your eyes open for these forms. In addition to getting a gage on how we are doing as a family support center, the survey assists us in planning the types of programs we provide. Your feedback is valuable! Every year we plan the types of educational trainings, recreational programs, and family support around the results of our survey. Thank you in advance for taking the time to give us your input.

You may have noticed a few new support groups over the past few months. These groups were created from direct requests from parents looking for more specified support. If a group peaks your interest but you would like more information, please contact one of our coordinators; they can find a group that best

Legislative Breakfast

Thank you to those who were able to make it to one of our legislative breakfasts held at the start of this month. If you missed it and would like to be involved in creating a legislative change, please contact a Coordinator at the Family Support Center to see what advocacy opportunities await.

February Vacation Club

We had a blast at our February vacation club. Again this vacation over 20 children and teens joined our programs. In February we bowled, played games, participated in arts and crafts, watched movies, sang songs, played sports and overall had a good time. Our clubs are staff to meet the needs of participants so if you are interested but not sure about the types of supports available please give us a call. We can chat about your **child's needs and will look for staff who will best support those needs.**

Keep your eyes open for April's list of events!

Upcoming Events and Trainings

For more information about the following events and trainings, please find enclosed flyers.

Since our Attleboro youth basketball program was so successful The Family Support Center has decided to provide a basketball clinic in Middleboro starting at the end of March.

On March 25th at 6pm Self-Help will be at 141 Park Street office to talk with families about financial resources and other programs available to access. Come to hear

about program and see if you are accessing everything you can.

Over April and May we will host a variety of trainings. Starting with our Transition Expo. The expo is a collaborative effort between The Arc, Attleboro Enterprises, and Attleboro Public Schools. Wondering what Adult services will be like, come join us to hear from **other's experiences as** well as hear from services providers about adult programs. Also in

April The Family Support Center will host a training on Social Security Benefits. Kim Thacker will be talking about how to navigate the social security system.

In May The Family Support Center will host a Three Part Series in Self-Care. In the past this program has been very positively received. More details about this event will be in our April Newsletter.

As always, unless specified, The Family Support Center Programs are free of charge.