HOW CAN YOU HELP?

Volunteer at one of our two Arc Thrift Shops (Dudley or Broadway Ave) by helping sort, tag, and hang donated items. Volunteering at the thrift shop is a great way to learn valuable merchandise skills and retail experience while helping a worthy cause, and can be done Monday - Saturday from 10:00 am to 5:30 pm. Groups and individuals are welcome!

Increase Awareness of Fetal Alcohol Syndrome by funding the printing of wallet size cards that have an FAS message on one side and a guide to tipping on the other. We also need volunteers to deliver the cards to local restaurants.

Sponsor one of the 4 recreational dances of The Arc, or volunteer to help serve snacks (All Dances), take pictures (Valentines Dance). Dances are held at First Presbyterian Church on Juliana Street and attract 250-350 people.

Be a volunteer Guest Chef and teach healthy, easy cooking at The Arc’s Cooking Club which is attended by about 35 adults with disabilities. Cooking Club is held on the first and fifth Tuesdays during the school year from 4:15 – 5:45 pm.

Volunteer with Disability Awareness presentations to 3rd graders (scripted presentation/coloring book for the kids) and/or giving Power Point presentations to community organizations.

Being a Health & Wellth program mentor by volunteering with the walking club, lunch & learns, medical presentations, etc.

Sponsor a person at Christmas for The Arc’s Secret Christmas project and/or volunteer to help shop and wrap. There are three parts to this project. Toiletries & Housekeeping Items, Wrapped Christmas gifts, and Cookies in Tins are all components of this project and are given to those 13 and older who have been determined to have a need, and who have little or no family support.

Become a member of The Arc! For annual dues of $25 you support the local chapter and add your voice to hundreds of thousands of voices across the country advocating for quality services for people with intellectual and developmental and their families.

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Over 3500 Families Interact With The Arc of the Mid Ohio Valley Each Year Through the Following:

**DIRECT SERVICES & ADULT LIVING SKILLS**
- Secret Christmas
- Emergency Preparedness
- Cooking Club
- Adult Living Skills
- Dances, Hayrides, Family Picnics, etc.
- Future Planning Presentations
- Training for Special Education Students
- Summer Day Program
- Linking People to Assistive Technology
- Health & Wellness Program

**ADVOCACY**
- People First Self Advocacy group
- WV Self Advocacy Project
- Individual Advocacy
- Disability Awareness presentations
- State legislative efforts
- Annual contact with federal legislators

**COMMUNITY EDUCATION**
- The Arc Newsletter
- MOV Down Syndrome Newsletter
- TechLink Newsletter
- Awareness talks
- Health Watch Radio Show
- Resource Library
- Newspaper articles
- Special Education Scholarships

**FAMILY SUPPORT**
- MOV Down Syndrome Support Group
- Information & Referral Contacts
- Linking parents to one another
- Sibling Support Group

**VOLUNTEERS**
- 350 people each year