

Art, Culture and Community

Art is a great creative outlet as well as a possible career option for participants. Arc Artisans is a group of individuals who love to paint. Their pictures can be purchased to hang on your wall or as holiday card designs. Art museums are a favorite outing for Arc Artisans.

By learning to access community resources, participants can expand their activity options, learn to solve problems, and meet new people. Program activities include:

- Arc Artisans
- Arts and crafts
- Museum and historic site visits
- Volunteering
- Shopping
- Accessing community libraries, merchants, organizations, centers and recreation areas



Minute Man Arc for Human Services, Inc.

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Licensed, Certified or Approved by:

MA Department of Developmental Services

U.S. Department of Labor

MA Department of Labor and Statistics

CARF

Ability One

An affiliated
chapter of



The Arc.

Minute Man Arc: *improving the lives of children and adults with disabilities by increasing independence, personal choice, and self-advocacy.*

Minute Man Arc

Changing Lives, Changing Communities



Community Based Day Supports

MINUTE MAN
Arc

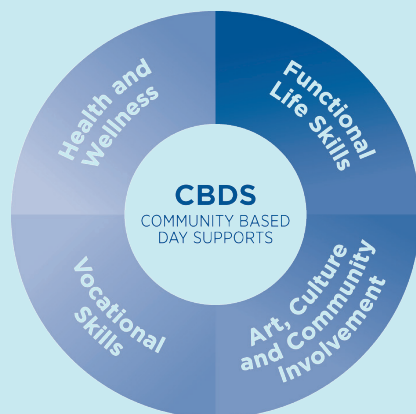
Community Based Day Supports

Minute Man Arc's Community Based Day Support (CBDS) services provides meaningful and enriching activities in the community. This service model explores the interests of our participants while teaching them skills to lead lives that are as independent, healthy and fulfilling as possible. Most people who participate in CBDS services also work part-time in independent or group community employment.

CBDS main areas of focus:

- Health and wellness
- Vocational
- Practical life skills
- Art, culture and community involvement

Positive Behavior Support (PBS) intervention and prevention strategies are woven into all services and staff interactions. This is a respectful way to teach everyone involved to be more effective in handling their emotions and promoting social relationships.



Vocational Skills

Minute Man Arc offers quality vocational evaluation, training, career education and placement services. Our vocational track includes multi-modal activities designed to increase job knowledge and what is needed to get and maintain a job. Activities are completed on a daily basis. For newcomers or people returning to the job market, we offer an intensive four week program to "Jump Start" successful employment.

- Employment/career explorations
- Work skills games
- Vocational evaluations
- Job trials/training
- Computer skills
- Hands-on skills training
- Volunteering
- Pre-vocational skills training including interview skills, appearance and hygiene, teamwork, and communication
- Time management
- Jump Start! 4 week intensive employment training project

Health and Wellness

Maintaining a healthy lifestyle is of vital importance in remaining physically and emotionally healthy. In this area we focus on teaching healthy eating, nutrition, and food preparation. We help people develop active lifestyles through a variety of leisure activities:

- Cooking and nutrition
- Exercise such as walking, yoga, weightlifting, gym activities, dance
- Outdoor adventures
- Meditation
- Stress reduction and anger management

Practical Life Skills

Practical life skills are necessary to be successful in the community and on the job. From basic reading to time management, skills are developed to maintain employment, promote safety at work and improve social relationships including:

- Reading
- Money and banking
- Safety
- Social relationships
- Circles® Curriculum (social boundaries)
- Time management
- Computers and technology
- Consumer skills
- Hygiene

Service Hours: 9:00AM-3:00PM, M-F

Location: 35 Forest Ridge Road, Concord, MA
Fees are paid by referral through the Mass. Department of Developmental Services

Service Availability: Minute Man Arc accepts persons as they are referred. There is rarely a wait time.