



PARC Pulse

November 2024

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Happy November!

As we celebrate the month of thanks and togetherness, we're happy to be sharing activities this month that focus on teamwork. Our members have been enjoying working together on crafts and community outreach, and capitalizing on that benefits everyone. Our 21st Annual Thanksgiving Bowling Classic will be held on the 23rd; this is always a terrific event with lots of energy! (Sorry, registration has closed.) Be sure to check out the terrific prizes to be won during the event and take a chance!

We wish you all a very happy, healthy, and safe Thanksgiving. -- Erica Donovan, executive director

Library Showcases PARC's Art

PARC had its annual art exhibit at Plainville Library in October and it was a wonderful way to display the creativity of our individuals. Families, friends, and supporters stopped by the reception and throughout the week. Thank you to our art teachers including those from Southington Community Cultural Arts (SoCCA)!



Learning (Delicious) Life Skills

Sure, having breakfast at supper is delightful, but did you know that when our PARC members participate in these activities, they're learning? Food safety and even knife skills, teamwork, and the enjoyment and pride felt at preparing a meal are all things people with developmental disabilities experience with these programs - and we think that's all pretty terrific!

Meet our Team Member Natalie

From the moment I walked in the building, I could feel and see the friendships, bonding, joy, and community that PARC has allowed its members, families, and staff to engage in. I enjoyed my visit



and ended up coming back and eventually began a part-time job as a Healthy Living Activity Team Member.

PARC has allowed me to become a better person and see things from another perspective. It has helped me go from a quiet, shy, introverted individual to a more outgoing individual, although still quiet! Part of my reason for becoming a social worker is because of PARC and my desire to advocate for and with our members.

PARC is a wonderful, safe space for people of all ages and abilities to be who they are and share their thoughts and experiences. PARC is not just a job, it is about making a difference in someone's life and helping members to achieve their goals as individuals and as a group. PARC is family and I'm proud to be part of it.

Save the Date for our Holiday Party!

Our annual Holiday Party will be held on Wednesday, Dec. 11, 6 p.m., at a special location: Wheeler Regional Family YMCA, 149 Farmington Ave.! Watch for your invitation. Need info? Call PARC at 860/747-0316.



Donate Here!



For over 65 years, PARC has been providing family-centered services for people with intellectual disabilities. Interested in supporting PARC? To donate, visit our website www.parcdisabilitiesct.org or click this barcode. PARC is a 501 (c)(3) organization.