



CBDS PROGRAMS AND ACTIVITIES

The CBDS program provides a variety of community and center-based experiences to develop and enhance skills in personal, social, job and independent living areas based on a person's preferences and needs.

Center Based Activities Include:

- Career Exploration and Planning
- Exercise and Wellness
- Art Exploration
- Music and Dance
- Cooking and Baking
- Education and Skill Building
- In-house Employment

Community Based Activities Include:

- Swimming, Exercise and Wellness
- Volunteer Opportunities
- Internships
- Hiking and Walking
- Bowling, Golf and Sporting Activities
- Community Experiences and Outings

Supporting Families and Individuals with Varying Abilities in Southeastern MA



Community Based Day Supports



Day Habilitation



Family Support Center



Employment Services



Redemption Center



Lawn Care

PROUDLY SERVING THE FOLLOWING COMMUNITIES:

Abington • Avon • Bridgewater
Brockton • East Bridgewater • Easton
Holbrook • Rockland • Stoughton
West Bridgewater • Whitman

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United Way of Greater Plymouth County



The Arc®
Greater Brockton

Community Based Day Supports



DEPARTMENT OVERVIEW

The Arc of Greater Brockton Community Based Day Supports (CBDS) is a program designed to enable a participant to enrich his or her life and enjoy a full range of community activities by providing opportunities for developing, enhancing, and maintaining competency in personal, social, and community activities.



Utilizing the expertise of our staff and outside vendors, participants are able to take advantage of numerous in-house and community based programs throughout the year. These programs and activities are designed to provide meaningful experiences and help participants achieve their personal goals and objectives established in their Individual Service Plans.



SPECIALTY "ZONES" TO SUPPORT AND MOTIVATE INTERESTS

The Arc of Greater Brockton has established unique Specialty Zones throughout the facility to support and nurture a variety of interests and ability levels.

Fit Zone

Our health, wellness and nutrition program is administered by trained staff who guide participants in the utilization of fitness equipment consisting of recumbent bicycles, TRX systems, hand weights, step systems, punching bags, exercise bars and more.

Chill Zone

Two sensory rooms are designed to provide a space for participants that need a quiet place to gather their thoughts and emotions. The rooms include a variety of sensory elements and images to help participants reach a place of comfort during the day.

Music Zone

Participants are provided the opportunity to express their creative energy as they learn how to create and play music utilizing a variety of available instruments.

Art Zone

An ever-changing art gallery space features local artists in collaboration with Brockton Arts, providing inspiration to participants as they express themselves in one of the many art classes held throughout the year.

EMPLOYMENT SERVICES OPPORTUNITIES

The Arc of Greater Brockton operates a comprehensive Employment Services Program for participants, offering placement assistance in local businesses and within our own internal business operations. Many CBDS participants utilize the programs and resources provided by the Employment Services Program during their in-house experiences.

Our dedicated staff assist adults with varying abilities to prepare for, achieve and maintain gainful employment in the community.

Individualized Employment Services Encompass:

- Assessment of skill sets and interests
- Training and skill building exercises and resources
- Job Matching to maximize the employment experience
- Job Coaching to build confidence and comfort
- Transportation coordination

Our goal is to help participants secure a quality employment experience that effectively meets their personal interests and ability, and create a successful experience for all involved.

