



DAY HAB PROGRAMS AND ACTIVITIES

Participants benefit from a variety of therapeutic activities that help them reach their personal goals such as nutrition, communication, fine motor skills, music, arts, exercise, cooking, safety, relationships, community trips, and leisure activities.

Center Based Activities Include:

- Exercise, Wellness and Cooking
- Art and Crafts Exploration
- Music and Dance
- Education and Skill Building
- Drums Alive and Zumba

Community Based Activities Include:

- Exercise and Wellness
- Volunteer Opportunities
- Internships
- Walking and Visits to Local Parks
- Bowling and Visits to the YMCA
- 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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The Arc®
Greater Brockton

Day Habilitation



CENTER OVERVIEW

The Arc of Greater Brockton Day Habilitation Program, located within our Raymond Carchidi Center for Wellness, provides therapeutic programming for adults with intellectual and developmental disabilities. All new participants need to be Mass Health eligible and receive a physical therapy, occupational therapy, and speech evaluation prior to developing a goal oriented plan to help them reach their personal needs and objectives.

In addition, the program incorporates social skills, music, art, movement, nutrition/cooking, community integration, and volunteer projects. The model is ideal for tailoring a program specific to the individual needs of every participant.



Utilizing the expertise of our staff, 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 successfully implement their Individual Service Plans, and understand their rights through Human Rights training initiatives.



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

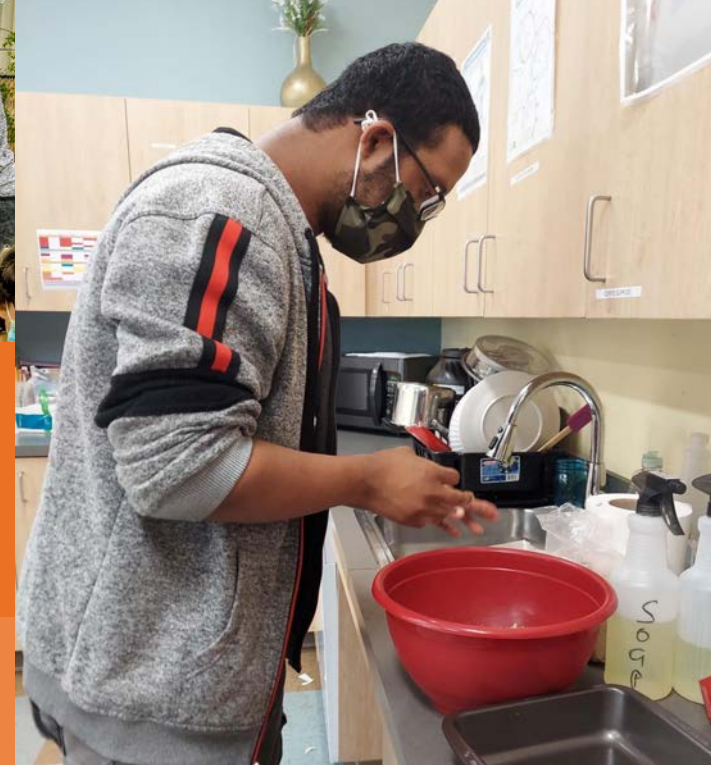
Two sensory rooms are designed to provide a space for participants that need a quiet place to gather their thoughts and emotions. The rooms include a variety of sensory elements and images to help participants reach a place of comfort during the day.

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.



RECREATION, NUTRITION AND HORTICULTURAL EXPERIENCES

The Day Habilitation facility provides participants with direct access to our outdoor recreation space. Whether a participant wants to simply relax in a comfortable space, play basketball, utilize the exercise equipment or care for flowers and vegetables, our outside recreation space provides the perfect venue.

As part of our Health, Wellness and Nutrition initiative participants will learn about growing food in our garden area and then incorporate the bounty in one of our many cooking classes. The value and benefits of eating well and undertaking regular exercise are designed to provide an active learning experience for participants to benefit from.