



Creating Enviable Lives for People with  
Developmental Disabilities.

# Parents' Day Out

Parents' Day Out provides much needed respite care to parents and guardians of children with developmental disabilities. The program, offered each month free of charge, is usually held the third Saturday of every month from 10:00 AM to 2:00 PM in The Arc training room. On those Saturdays the training room magically evolves into a playroom full of toys, games, books and laughter. Children can participate in a wide variety of activities including crafts, games and outdoor play while in a safe, supervised environment.

The program is staffed by two Arc employees and young adults from local civic and church groups as well as other volunteers from the Frederick community.

The program is open to children from ages 3 to 14. Pre-registration is required and a form can be mailed to you by contacting Angela Neiderlander at The Arc at 301.663.0909. Parents are also required to call in after the 1st of each month to reserve a spot for their child for that month, between the hours of 9:00 AM to 5:00 PM. Space is limited and the list fills up quickly.

Parents' Day Out has become a vital component in the lives of many families in Frederick. Parents' Day Out is the only form of respite that some receive each month. The Arc of Frederick County hopes to continue its outreach into the community and provide the much needed service for as long as possible. Please call The Arc for more information.



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The Arc is a member of  
The United Way of  
Frederick County

