

# Parent's 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. 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 employees from The Arc 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 3-14.

Registration is required and a form can be mailed to you by contacting: **Kourtney Merriam or Jessica Sommer-Essex at The Arc at 301.663.0909 x137 or x127 respectively.** Parents are also required to call in after the 1st of each month to reserve a spot for their child for that month. Space is limited and the list fills up quickly.

## 2020 PDO Schedule

January 18

February 15

March 21

April 18

May 16

June 20

July 18

August 15

September –OFF

October 17

November 21

December 19