



Did You Know?

* The Arc Quinebaug Valley has a nurse who is a Medication Administration Trainer certified by the Connecticut Department of Developmental Services?

- * The Education Department in conjunction with the agency's Self Advocate Coordinator will start our Youth Self Advocacy Group on February 27th? The group will meet the 2nd and 4th Wednesday at 3:30 p.m. at the Cook Hill Road office. Some of the topics for the group will be "Believe in yourself," "Realize you have Rights," "Bullying is not OK" and "Differences are OK." Having our own Self Advocate to work with the students will make a big difference for them. Hearing these messages from someone who has lived them will help to empower the students to believe in themselves and learn how to advocate without getting angry.
- * This spring The Arc will start our own garden at Cook Hill? Gardening provides different forms of engagement for everyone, including designing, planting, and maintaining gardens; harvesting, preparing, and sharing food; working cooperatively in groups; learning about science and nutrition; and creating art and stories inspired by gardens.

Check back each Monday for the next issue of "Did You Know?" to learn more about The Arc Quinebaug Valley!