

The Arc Academy

TEACHING EMPOWERMENT SKILLS
FOR ADULTS WITH IDD OR AUTISM

About the Program

- For adults with an Intellectual or Developmental Disability or Autism
- Classroom style program that will offer time for group discussion, guest speakers, and networking with peers. (NOTE: This is a learning time, not a social gathering)
- Topics will cover self-awareness, self-advocacy, empowerment, independence, social skills, communication skills and more!

**Group Meets In-Person
One Evening Per Month**

116 W Airport Road, Suite A
Lititz, PA 17543

Main Areas of Focus



Get to Know YOU

Discover your thoughts, feelings, interests, strengths, and needs. Be excited and confident as you "dream" about all things possible for your life.



Resources


Identify and utilize natural and community resources to learn about recreation, health and nutrition, employment, your rights, and so much more.





Setting Goals and Planning

Set personal growth goals and plan for the future, maintaining a positive mindset along the way!

Contact Amy Austin, Program Manager, to Learn More:

 717-394-5251

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 www.thearcclancleeb.org



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