

# 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. 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: **Karen Patterson or Emily Heiges at The Arc at 301.663.0909 x142 or x163 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.

## 2018 PDO Schedule

January 20

February 17

March 17

April 21

May 19

June 16

July 21

August Off

September 15

October 20

November 17

December 15