










Our programming supports and empowers individuals throughout their lifespan and includes:

-  Adult Foster Care
-  Autism Resource Center
-  Community-Based Day Services
-  Day Habilitation
-  First Early Intervention
-  Personal Care Management
-  Residential Supports

We ensure that people with disabilities live healthy, safe, independent, and empowered lives.



Since 1951, The Arc of the South Shore has helped over 100,000 individuals with intellectual and developmental disabilities, including autism, live their best lives and achieve high-quality outcomes. We are a family oriented, community-based non-profit located in Hingham, MA that offers information, referrals, and a range of community programs.

Our mission is to empower families and individuals of all ages with disabilities to reach their fullest potential. We achieve this by providing high-quality individualized services and opportunities that foster independence, community inclusion, and advocacy.



## AUTISM RESOURCE CENTER

Visit: [ArcSouthShore.org](http://ArcSouthShore.org)  
Email: [Info@ArcSouthShore.org](mailto:Info@ArcSouthShore.org)  
Call: 781-335-3023



*The Arc of the South Shore is the Heart of the South Shore*

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## AUTISM RESOURCE CENTER

The Autism Resource Center provides information, referrals, and community-based programming for individuals with Autism Spectrum Disorder (ASD) and their families. We do this by developing and building upon existing community collaborations, workshops, presentations, support groups, and therapeutic activities. Relying solely on grants and donations, this family-focused program supports individuals with ASD as well as parents whose children are newly diagnosed, transitioning into or out of the special education system, or navigating adulthood. *We're here for you.*

### FAMILY SUPPORT GROUPS:

We offer monthly support groups for parents and caretakers. Groups help families better understand and cope with the many complex issues that arise by building a supportive network and sharing resources. They are facilitated by an experienced professional/ ASD parent and host speakers and subject matter experts. We also offer semi-annual special events that focus on wellness and self-care.

### COMMUNITY DANCES:

We offer dances for individuals ages 18+ to provide social and recreational opportunities in a safe and supported environment. Attendees enjoy an evening of dancing to popular music provided by a DJ along with refreshments. Dances are a great opportunity for self-expression, meeting new people, and building relationships.

### EDUCATIONAL WORKSHOPS:

We offer a broad range of educational workshops and informational sessions, including our signature Autism Journey Series. These sessions empower families with information and help them network with community resources. Led by experts in their field, parents and caretakers have opportunities to explore topics such as:

- Financial planning
- Guardianship
- Transition training
- DDS eligibility
- Social security
- And more



### Sensational Story Time Yoga

*A Program of The Arc of the South Shore*

### EXPLORING DISNEY ANIMATION:

This is an exciting opportunity for young adults to be part of an interactive social group where we explore the themes, lessons, and animation behind selected Disney movies. This group is ideal for young adults with ASD or those who could benefit from social skills coaching in a fun, supportive setting.

### SENSATIONAL STORY TIME YOGA:

We partner with The Little Bee Yoga Company to offer classes at local libraries that include story time, a take-home sensory book kit, and an interactive yoga class based upon the theme of the book. This family focused, inclusive activity is fun and therapeutic and offers opportunities for children and their family members to share an experience that uniquely fosters literacy and physical, emotional, and social wellness.

### INDIVIDUALIZED INFORMATION AND REFERRAL SERVICES:

The cornerstone of our Center is the caring, personalized, and supportive relationships that we develop with families. Our team of knowledgeable, experienced staff are here for you during all of the ups, downs, and in-betweens of life. Includes:

- Personalized, intensive information and referral services for individuals and their families
- Connections to and support with community resources, entitlement benefits, Early Intervention transition meetings, peer mentorship opportunities, and so much more

### DEPARTMENT OF ELEMENTARY AND SECONDARY EDUCATION (DESE) AND THE DEPARTMENT OF DEVELOPMENTAL SERVICES (DDS) PROGRAM:

We collaborate with DESE and DDS for DDS-eligible students aged 9-22 who are at-risk of a future residential placement. We provide wraparound services that include in-home supports such as therapists and skills trainers, a service navigator to identify and hire staff, life-long skills development, and opportunities to practice skill building, independence, and social integration in their home and community.