

## How We Help

The mission of The Arc of Cumberland & Perry Counties (CPARC) is to empower, inspire, and educate people with intellectual and developmental disabilities, their families, and the community.

A trusted name for more than 65 years, CPARC offers an array of services for individuals with intellectual and developmental disabilities and their families.



## We Need Your Support

You bring our mission to life when you support CPARC financially or donate your time and talents. To learn more, contact our Public Relations Specialist at (717) 249-2611.

## The Arc of Cumberland & Perry Counties

Inspiring, Empowering & Educating

[www.cparc.org](http://www.cparc.org)

### G.B. Stuart Center Administrative Offices

71 Ashland Avenue  
Carlisle, PA 17013  
(717) 249-2611



### S. Wilson Pollock Center for Industrial Training (PCIT)

262 Silver Spring Road  
Mechanicsburg, PA 17050  
(717) 766-8512  
(717) 243-2397



### Life Time Adult Day Care

3 Crossgate Drive  
Mechanicsburg, PA 17050  
(717) 975-9762



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## Advocacy

As an Advocacy organization, CPARC helps ensure that individuals with disabilities enjoy the same rights, privileges, and access to opportunities as other citizens (educational, employment, community living, healthcare, etc.). Services are available at no cost to people with intellectual and/or developmental disabilities and their families. Advocates are trained to provide assistance in areas such as special education, the adult service system, transition processes from school to adult services, and many other issues affecting adults and their families.



## Family Education

The Family Education program provides training, resources, and education to those that have a family member with an intellectual and/or developmental disability. The program provides information about funding systems, regulatory systems, legislative bills, advocacy opportunities, and more. Throughout the year, seminars designed to keep families informed about the ever-changing service system are offered along with training about parenting a child with a disability.

## Residential Services

CPARC provides Residential Services for individuals with intellectual and developmental disabilities in community homes and apartments in Cumberland, Perry, Dauphin and Franklin Counties. Skilled professionals support individuals in becoming more independent and integrated into their community with individualized care—assisting them to reach their potential and to promote happy, satisfied and fulfilled lives in their communities.

## Community Fusion

A unique peer-oriented day program, Community Fusion offers participants experiences that promote citizenship, independent living, and volunteerism. In small groups and under the caring supervision of CPARC staff, participants enjoy exploring their communities by shopping, visiting museums, going to the library or on picnics, and so much more. Community Fusion promotes social inclusion and encourages community involvement.



## The S. Wilson Pollock Center for Industrial Training



Individuals with disabilities receive quality job skill training and opportunities to learn new vocational skills at the S. Wilson Pollock Center for Industrial Training (CIT). At CIT, trainees who face challenges (as a result of injury, illness, economic status, or disability) gain job readiness skills needed to access and maintain employment in the community. Staff support individuals as they explore careers, volunteer, and learn new skills in the workshop or at off-site locations.



## Life Time Adult Day Care

Older adults remain active, socialize, and receive health services in a supportive and safe environment at Life Time Adult Day Care. Experienced and professional staff at the day program organize interactive and fun activities for participants. While their loved ones are safe at the center, caregivers are afforded the time and peace of mind to carry out other responsibilities. Medical concerns, dementia, social isolation, and inactivity are some of the reasons an older individual may benefit Life Time Adult Day Care's care and supervision.