



The Arc of Cedar Valley

Serving persons with intellectual and related developmental disabilities in Black Hawk and Grundy Counties

Sundays at the Waterloo Center for the Arts

From 3:00 p.m.-4:00 p.m.

Art Able Workshops

The Arc of Cedar Valley's Art Able Workshop are designed to make art affordable, accessible, and enjoyable for children of all abilities. The workshops are designed for children and young adults with disabilities and their families or caregivers. Our 2009 workshops are about to begin so now is the time to sign up! The cost is free for Arc members or \$40 per series for non-members. Each workshop series provides adaptive art equipment, communication devices, and adaptive physical space as needed for all individuals to participate fully.

Series 1 dates are: October 18 and 25, November 1, 8, 15, and 22.

Series 2 dates are December 6, 13, and 20, January 10, 17, and 24.

Series 3 dates are February 7, 14, 21, and 28, March 7 and 14.

Highlights

- ◆ Series 1 Workshop:
Play with Clay
- ◆ Series 2 Workshop:
Painting the World
- ◆ Series 3 Workshop:
Explore!



Did you know?

Participation in recreation programs improves social skills, problem solving skills, and communication in people with disabilities

AND

It is a great way to have fun!

Our Mission:

To advance the total well-being, dignity, individual potential, and rights of persons with intellectual and related developmental disabilities and their families

**Sign up today
by contacting:**

The Arc of Cedar Valley
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