



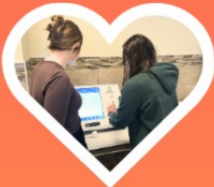
## Give to The Arc of Cass County now through February 13th!

Your support allows us to:



### Advocate

for individuals, and sharing our collective voice to raise societal expectations of people with I/DD.



### Educate

the community about disability related issues and provide individual life and work skills training.



### Facilitate

programs, inclusive events, employment and services for people with I/DD and our community.



**GIVING  
HEARTS  
DAY**

Check out the monthly update to our Director's Corner!

[Director's Corner](#)

# What does The Arc do?



# Advocate

## Guiding you to find your voice

- Self-Advocacy Life Academy Class
- Attend IEP/IPP meetings
- Assist self-advocates with contacting legislators



## Sharing our collective voice

- Participate in groups involving the rights and well-being of people with disabilities in our community
- Provide input in ND legislative sessions
- Participate in public input meetings



# Educate

## Training we do for individuals

- Retail Training Internships
- Rights education (BINGO)
- Life Academy Class
- Voter education opportunities
- United Voices Text Group
- Work Experience opportunities
- Information and referrals



## Training we do for groups

- Restorative Practice facilitation
- Community integration and ADA consultation
- Provide disability-related education to service groups
- Share information regarding current issues and policy changes to the public

# Facilitate

## Programs for individuals

- Book Club
- Yes! I am Creative Art Class
- Adaptive AA meeting
- Provide vouchers for household and clothing needs
- Scholarships
- Grow With Us Gardening
- Event Night

## Inclusive Events

- Fashion Show
- ADA Celebration
- The Arc's Annual Banquet and Dance

## Services for the community

- Individual/group volunteer opportunities
- Host Integrated AA Group
- Household donation pick-ups
- Employment opportunities for people with disabilities and people in recovery



Since 1956 The Arc of Cass County has been promoting and protecting the human rights of people with intellectual and developmental disabilities. The Arc is dedicated to actively supporting people with disabilities full inclusion and participation in the community.  
[arccassnd.org](http://arccassnd.org)

Monday, February 10th



**YES! I AM CREATIVE!**  
Engaging, Encouraging & Celebrating Your Creative Side  
With Kay Hilde



**10:00 am, 1:00 p.m. or 2:00 p.m.** at The Arc

We will be making heart crafts with Kay Hilde!

Please RSVP by Thursday, 2/6 by emailing  
[arccassistent@arccassnd.org](mailto:arccassistent@arccassnd.org) as space is limited.



**215 N University Drive, Fargo, ND 58102**  
**701-293-8191 • [arccassistent@arccassnd.org](mailto:arccassistent@arccassnd.org)**

**Life Academy** - Self Advocacy course that involves vision board planning. 4-6 weeks, one hour session per week

**Self Advocacy Bingo** - Bingo with a self-advocacy theme



Join our **United Voices** advocacy text group!

**Text**

[Join.CCountyUV@gmail.com](mailto:Join.CCountyUV@gmail.com)

**701-935-5381**

Join  
[CCountyUV@gmail.com](mailto:CCountyUV@gmail.com)

**Self Advocacy Bingo** - Bingo with a self advocacy theme, prizes included! One hour session

**Interview Skills Training** - Educational training about how to prepare for an interview. This is a partnership between The Arc and Job Service. Students will practice interviewing and receive feedback about their performance. One hour session

**Practice Interviewing** - Hands-on experience with interviewing at The Arc. Students will practice interviewing and receive feedback about their performance. One hour session

**Virtual Reality Goggles** - An opportunity for students to explore different professions by viewing virtual reality goggles. This is a partnership between The Arc and Job Service. One hour session

**Educational Opportunities** - Ongoing trainings about current issues and events affecting people with intellectual and developmental disabilities. Join our programs list to hear about these opportunities!

For any of the above services please contact Janell Ness at [janell@arccassnd.org](mailto:janell@arccassnd.org) or 701-293-8191. Scheduling is flexible and based on the needs of your group!

[janell@arccassnd.org](mailto:janell@arccassnd.org) to 701.935.5381



**WE WANT YOUR STUFF!**



Clothing, accessories, household items, home decor, garage sale leftovers w/o tags, holiday items and more!

*Want us to pick it up? Call 701-412-2667.*



3201 43rd Street S, Fargo  
255 University Drive N, Fargo

A graphic of a white tag with the word 'SALE' in black, attached to a string.

## February Sales

The logo for The Arc Attic Treasures, featuring a stylized 'A' shape and the text 'The Arc Attic Treasures'.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A simple illustration of a red t-shirt.	An illustration of two elderly people, a man and a woman, standing and talking.	An illustration of a pair of colorful sneakers.	An illustration of two hands, one palm up and one palm down.	An illustration of musical notes and instruments.	An illustration of a small bird perched on a branch.	A graphic of a white tag with the word 'SALE' in black, attached to a string.
<b>SHIRTS</b> buy 1 get one FREE	<b>SENIORS 55+</b> get 20% off your purchase	<b>SHOES</b> 50% off	<b>TEACHERS, STUDENTS, &amp; FIRST RESPONDERS</b> get 20% off your purchase	<b>BOOKS, MOVIES &amp; MUSIC</b> 50% off	<b>EARLY BIRD</b> 10-11:30am 20% off <b>MYSTERY</b>	<b>25% OFF</b> your purchase <b>ALL DAY</b>

Shopping Hours  
Monday-Saturday 10-7:30  
Sunday 12-6:00

Shop with us.  
Achieve with us.

Donations Hours  
Monday-Saturday 10-6:00  
Sunday 12-5:00

[Visit our Website](#)



The Arc of Cass County | 215 N University Drive | Fargo, ND 58102 US

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