



The Arc Northern Chesapeake Region



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[ABERDEEN, MD] – VOLUNTEERS PRE-PAIRED FOR FRIENDSHIP AT THE ARC

The Arc Northern Chesapeake will host an Information Session on *Pairsuits* at 7PM on Wednesday, March 21 at The Arc's administrative offices, 4513 Philadelphia Road (Route 7), Aberdeen. *Pairsuits* matches individuals with developmental disabilities with community partners who have common interests, goals, dreams or personal passions for activities of mutual interest.

Each new group of *Pairsuits* volunteers becomes acquainted with their new partners during small group activities such as crafts classes at Michaels, bowling, Bel Air Athletic Club, bingo at McDonalds, or volunteering at a local soup kitchen. Once both partners are comfortable, they pursue their individual activities with the support of Arc staff. A regularly scheduled check-in by the Volunteer Program Coordinator answers any questions and ensures that both partners are happy with the new relationship and shared activities.

According to The Arc Volunteer Program Coordinator Mara Walter, "We have experienced tremendous success with *Pairsuits*. It is a perfect example of how being a good friend can make a difference in your own life as well as in the life of someone with a developmental disability. Enriching others' lives enriches our own."

For questions about *Pairsuits* or to attend the *Pairsuits* no-commitment Information Session, call Mara Walter at 410 836-7177 ext. 381.

The Arc offers a wide variety of services to individuals with developmental disabilities in Harford, Cecil, and Kent County, both children and adults, to make informed choices in their lifestyles, vocations, education and recreational pursuits, and to assure stable and nurturing lives among their families and friends.

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