

The Connection



**Armstrong
Indiana
BDHP**

Behavioral and Developmental Health Program



LETTER FROM YOUR AGENCY

Each and every one of us rely on our communities for a vast array of services and supports throughout all life stages.

On behalf of the Armstrong/Indiana Collaborative, we are looking to grow our Community of Practice by networking with new community partners including, but not limited to church members, service groups, businesses, government representatives, and providers.

Our community partners who join the collaborative understand that people with disabilities are community citizens and recognize the important role of the community in supporting families so they can best support, nurture, love, and facilitate opportunities for the achievement of everyday lives for their family members.

As a collaborative it is our belief that all people and their families should be able to live, love, work, play, and pursue their dreams and aspirations in their communities. Together we will contribute to a collective vision, creating the opportunity to

network, share information, address issues, and enable dialogue.

Members of the collaborative have the opportunity to host meetings in their own environment, spotlighting to fellow members who you are as a business / organization, what you do, and all that you contribute to our community.

On behalf of the Armstrong/Indiana Collaborative, I would love the opportunity to share more about our vision and answer any questions you may have. As a group we recognize the sum of community knowledge is greater than the sum of individual knowledge. The commitment is minimal, the impact meaningful, and the entire community will be better because of your input.

Shari Montgomery

Intellectual Disabilities Program Director
Armstrong-Indiana Behavioral and
Developmental Health Program
smontgomery@aimhmr.net
Phone 724-548-3451 Ex 605



Armstrong/Indiana BDHP
120 South Grant Avenue, Suite 3
Kittanning, PA 16201
Ph: 724-548-3451

Alliance for Nonprofit Resources
127 South Main St.
Butler, PA 16001
Ph: 724-431-3663

Community Guidance Center
793 Old Route 119
Highway N
Indiana, PA 15701
Ph: 724-465-5576

Family Counseling Center
300 South Jefferson St.
Kittanning, PA 16201
Ph: 724-545-1234

Center for Community
Resources
212-214 South Main St.
Butler, PA 16001
Ph: 724-431-0095

Family Links
2644 Banksville Road
Pittsburgh, PA 15216
Ph: 412-343-7166

**GET
CONNECTED**



Disability Pride Pittsburgh

PARADE - ENTERTAINMENT - FUN - RESOURCES - GAMES - FOOD TRUCKS



AUGUST 24TH, 2024
11AM - 4PM
SCHENLEY PLAZA
PITTSBURGH, PA

INFO@DISABILITYPRIDEPA.ORG

**FREE
EVENT**

Crafting Connections

Empowering All Abilities

This program is created for adults with disabilities that want to get out in the community, make friends in a safe environment, and make something to be proud of!



**STEELE'S BRUSHES
AND CERAMICS**

1631 N Main Street Ext
Butler Pa 16001

When:
Every Wednesday and Thursday
10:00 AM - 11:00 AM

Only 12 seats available:
Call to sign up
724-679-0448

All Crafts \$5 Per Painter

Our facility is wheelchair friendly and our staff is very passionate in making sure everyone can create with their abilities. When we say all are welcome, we truly mean it!

All Abilities Welcomed

miss **22**
Quties
special needs beauty pageant

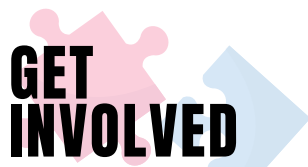
You're Invited!

August 4th 2024

Victory Family Church
21150 Rte 19, Cranberry Twp

Doors open at 3pm & the
Annual Special Needs Beauty
Pageant starts at 4pm
Tickets: \$5 @ the door

Raffle Baskets - 50/50 - Snacks
- T-shirts - AND MORE!



SPRIT OF FOOD CLASS

The Arc of Indiana County in partnership with Giant Eagle is offering a cooking class and a free food box to participants and their households. The Arc is continuing to offer this class for individuals with disabilities to promote community inclusion and combat social isolation and food disparity.

*July 18th and August 8th
5-7pm @ ICCAP (Shelly Drive in Indiana, PA)*

**PLEASE REGISTER BY July 5th for the first class by calling 724-349-8230
or by visiting arcindiana.org**



We are pleased to introduce Team Friends, an organization that creates greatly needed regularly scheduled social and philanthropic opportunities for post-high school adults with special needs, their parents, family, friends, caregivers, and staff. These unique events always include a meal, activity, motivational CARE word to inspire everyone to make a difference in the lives of others, and of course -- fun!

Who benefits from Team Friends?

Adults with intellectual disabilities, their parents, family members, the community, and support staff.



KICKOFF EVENT: June 27th @ 5:30 pm in Kittanning, PA
For more info on future events email
kayla@teamfriends.org

JOIN US



NOW IN ARMSTRONG COUNTY
TEAMFRIENDS.ORG

The Benefits of Laughter & Connection

RESEARCH SHOWS WHEN WE ARE SOCIALLY CONNECTED, WE TEND TO BE LESS LONELY AND ISOLATED. CONNECTION LEADS TO GREATER FULFILLMENT. HERE ARE A FEW FUN TOOLS TO HELP YOU MAKE A NEW FRIEND OR START A CONVERSATION WITH SOMEONE!

FUN CONVERSATION STARTER:

What is the most adventurous thing you have ever done?



LET'S FIND WAYS TO CELEBRATE TOGETHER!



July 4th - Independence Day
July 21st - Ice Cream Day
July 30th - Friendship Day
August 11th - Play in the Sand Day
August 24th - Strange Music Day
September 2nd - Labor Day
September 6th - Read a Book Day
September 8th - Grandparents Day
September 23rd - Family Day
September 28th - Good Neighbor Day

Why did it get so hot in
the baseball stadium after
the game?

ALL OF THE FANS LEFT.

A GOOD LAUGH HAS GREAT SHORT-TERM EFFECTS. WHEN YOU START TO LAUGH, IT DOESN'T JUST LIGHTEN YOUR LOAD MENTALLY, IT ACTUALLY INDUCES PHYSICAL CHANGES IN YOUR BODY LIKE STIMULATING ORGANS AND DECREASING YOUR HEART RATE AND BLOOD PRESSURE.

SHARE A LAUGH. MAKE IT A HABIT TO SPEND TIME WITH FRIENDS WHO MAKE YOU LAUGH. AND THEN RETURN THE FAVOR BY SHARING FUNNY STORIES OR JOKES WITH THOSE AROUND YOU.
(SOURCE: MAYOCLINIC.ORG)



DO YOU HAVE A CONVERSATION STARTER OR JOKE TO SHARE?
EMAIL YOUR SUBMISSION TO [KSEYLER@ANRINFO.ORG](mailto:kseyler@anrinfo.org)

The SUPPORT STAR can be used by an individual, family, or professionals to map current services and supports, problem solve for a specific need, or plan for the future. Each arm of the star represents individual's support in different areas of their life. **EVERYONE** needs access to supports in their day to day lives.



Me First

Who are the important people in MY life?

**MY IMMEDIATE FAMILY
(ESPECIALLY MY KIDS)**

**MY UNCLE EVEN THOUGH HE
LIVES FAR AWAY**

MY TWO BEST FRIENDS

MY NEIGHBORS

MY COWORKER



IT'S YOUR TURN!

MAKE A LIST OF THE PEOPLE WHO CONTRIBUTE TO YOUR LIFE.



FIND US ON
FACEBOOK



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