

Our Mission

Upcounty Community Resources, Inc. (UCR) is a private, non-profit organization that believes we are enriched by all persons in our community. We promote the full inclusion of persons with developmental differences into every aspect of community life.

Who We Are

UCR is a Maryland non-profit, 501(c)(3) organization. We offer innovative programs and social events for members of our community with developmental differences. These opportunities promote friendships, self-awareness and healthy lifestyles.



Membership is FREE

- UCR membership is free
- UCR programs are held at various locations in upper Montgomery County
- There is a charge for some UCR programs and financial aid may be available

UCR's Therapeutically Based Programs and Social Events

Our programs and activities foster an inclusive community for people of all abilities. UCR's offerings include:

- Finding the Artist Within
- ZamDance
- Fitness, Sports and Nutrition
- Rhythm, Blues and Beyond
- Monday Night Jam 13!
- Guys Night Out
- Social outings to theatrical productions, sporting activities, and other special events

Support Our Work

Upcounty Community Resources, Inc. (UCR) is a 501(c)(3) organization. Contributions are tax deductible. UCR depends on community support to run our programs and events.

We are grateful for the support we receive from:

- Montgomery County Department of Health and Human Services
- Montgomery County Government
- Knights of Columbus
- Catholic Charities of the Archdiocese of Washington
- Corporations
- Individuals



Weekend Enrichment & Respite Program

*Caregivers rest while their
loved ones learn!*

UCR, in partnership with OASIS Farm, is thrilled to offer a one-of-a-kind respite program.

Attendees will spend 4 hours learning and practicing vocational, communication and fitness activities. All classes will be taught by trained and certified special education teachers, assisted by adults and volunteers with extensive experience in the special education field.

Our hope is that our adults can take their skills to the workforce.

Contact Us

*Upcounty Community Resources, Inc.
501(c)(3)*

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www.ucresources.org*

*Follow us on Facebook!
Upcounty Community Resources,
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