

Volunteer with UCR

UCR offers volunteer opportunities in the areas of admin support, program assistants and behavior models.

Volunteers must be 16 or older, possess experience working with our community or undergo training by UCR.

Our programs run on weekdays, evenings and weekends at various locations throughout upper Montgomery County.

Visit our website
www.ucresources.org



ucr

upcounty community resources
*Empowering Adults with
Developmental Differences*

Contact Us
Upcounty Community Resources,
Inc.
501(c)(3)
240-614-0444

Follow us on Facebook!

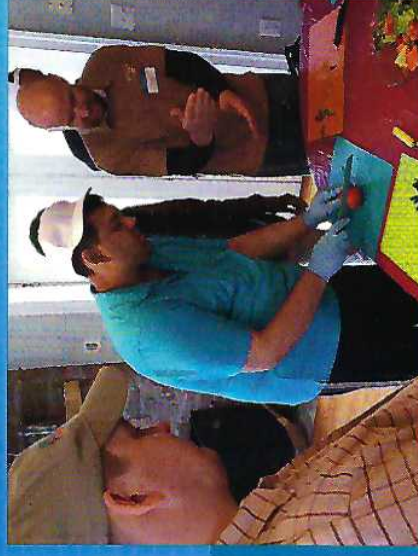
UCR
P.O. BOX 2982
Germantown, MD 20875-2982

admin@ucresources.org



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Weekend Enrichment & Respite Program

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 and intellectual differences. These opportunities promote friendship, self-awareness, independence and confidence.



WEEKEND ENRICHMENT



Expressions

Created for young adults with high needs. The four-hour Sunday session includes intensive therapeutic art, therapeutic music, adapted yoga, adapted communication skills building, sensory exploration, nature appreciation and community lunch!

Attendees must bring a caregiver.

Follow us on Facebook & Twitter!

UPCOUNTY COMMUNITY
RESOURCES
P.O. BOX 2982
GERMANTOWN, MD
20875-2982

Oasis

Created for young adults seeking life skills practice, creativity and independence.

The four-hour Sunday session includes job skills building, creative communication, fitness, agriculture skills, therapeutic art, nature appreciation and community lunch. Caregivers not required.

Living Independence for Everyone (LIFE)

Created for young adults who are independent in the community and interested in building life skills and confidence. The four-hour Sunday session takes place fully in the community. Attendees work on relationship building, budgeting, travel training, housekeeping, and dining together!



ADMIN@UCRESOURCES.ORG
240-674-0444

