

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



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

UCR

upcounty community resources
**Empowering Adults with
Developmental Differences**



General Programming

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.



OUR PROGRAMS

Therapeutic

- Finding the Artist Within
- Rhythm, Blues & Beyond

Literacy

- Let's Read Book Club

Small Group Socials

- Girls on the Town
- Guys Night Out

Fitness

- TGIF
- Walking Workout Club

Follow us on Facebook & Twitter!

LARGE SOCIAL ACTIVITIES

- Dances
- Professional Sporting Events
- Bingo
- Live Theatre
- Outings to restaurants
- Holiday Parties
- Concerts

RESPIRE & JOB SKILLS

Weekend Enrichment

- Expressions
- OASIS
- LIFE

UCR WORKS

Job training in the community!



ADMIN@UCRESOURCES.ORG
240-674-0444



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