

To learn more about PARC Day Habilitation Services and to receive a tour of our Day Hab programs please contact

PARC
Day Habilitation Services
31 International Blvd.
Terravest Corp. Park
Brewster, NY 10509

Or contact :
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Day Habilitation

At PARC we understand that not every person can or wishes to work each and every day in the community. Therefore our day habilitation programs provide a range of options which teach essential life skills thereby assisting each person to fully explore their communities. Adults who participate in PARC's day hab programs are offered a variety of activities that both suit their personal interests and cultivate their social, physical, cognitive and creative abilities. Our highly-trained staff work to discover each person's strengths, and then assist them in realizing their goals.

Site-Based Day Habilitation provides services by melding center-based learning and community inclusion opportunities, which provide a real-life proving ground for the practicing and development of new skills.

Without Walls Day Habilitation (WOW) implements a community as a classroom approach. These programs operate in the community and are focused on volunteer opportunities by increasing individual abilities in real activities within the community.



Volunteer Activities:

Members of Day Habilitation deliver Meals-on-Wheels, cook for the PCAP Soup Kitchen, volunteer for Goodwill Industries, redistribute produce donated by Hannafords to local agencies, Carmel Florist Shop, collate and organize mailings for local area businesses.



PARC Clinic services:

Psychiatry, Psychotherapy (group and individual), Speech Therapy, Physical Therapy, Occupational Therapy, Nursing, Nutritional Counseling, Vocational Counseling and Rehabilitation Counseling.

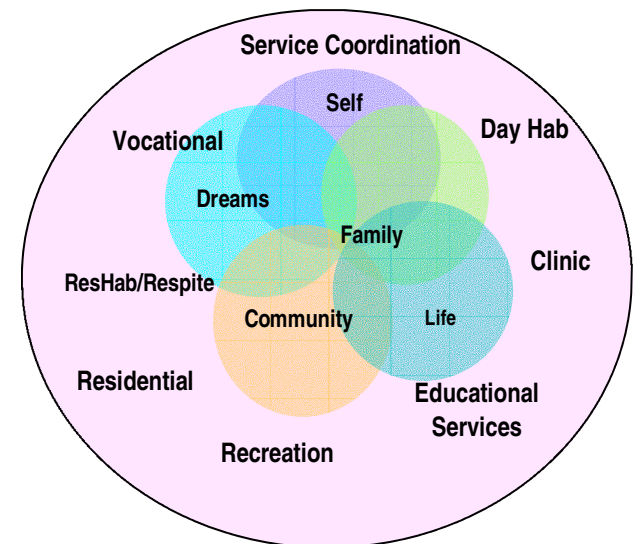
Habilitative Areas of Focus:

Community Membership is achieved through volunteer opportunities and daily opportunities to be involved in the community.

Life-Skill Building activities are designed to enhance one's ability to participate in common, everyday activities such as cooking, doing laundry, etiquette/manners, group interaction and making friends, sharing, and developing hobbies, as well as range of community-based activities such as shopping, handling money, eating in restaurants, and safety basics.

Enrichment Activities encourage self-expression whether through art-making, singing, ceramics, swimming or visiting museums.

PARC Services are Integrated



As a community leader, PARC creates and provides lifelong opportunities for people with disabilities to achieve success.