

More Opportunities

- **Connect Your Friends and Co-Workers with The Arc:** 10% of people are touched by a disability and a number of people you know may need support for their family member.
- **Volunteerism:** We have many group and/or individual opportunities.
- **Donation Drive:** Give to a good cause! Host a donation drive for The Arc Thrift Store in your neighborhood or workplace (with the permission of your employer). The Arc will pick up the donations of gently used clothing and household items and will provide tax receipts.
- **Sponsor a Self-Advocate:** You can pay \$10 to sponsor a membership for a self-advocate (person with an intellectual and/or developmental disability).
- **Jeans Day:** Talk to your employer about participating in Jeans Day! The Arc partners with North Dakota Special Olympics to host this event. Each Friday, everyone pays \$1 for the opportunity to wear jeans to work. The funds raised are divided between the two participating agencies.

Membership



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What We Do

For over 60 years, The Arc, Upper Valley has been an advocate for people with intellectual and developmental disabilities, preserving and protecting their fundamental rights through advocacy and action in support of legislation at the state and local levels for civil rights, education, employment, health care, housing, and more.

- The dedicated staff members in our advocacy program help individuals and families navigate the system to obtain needed supports and services.
- The professionals who comprise our Behavior Intervention Review and Human Rights committees review programs, services and behavior intervention plans for local service providers to ensure that services are provided in the most appropriate and least restrictive manner.
- We partner with other organizations to promote full community inclusion for children and adults with intellectual/developmental disabilities throughout their lifetimes.



How We Do It

The Arc receives no state or federal funding - we provide these vital services through the support of our members and community partners.

Empower people with intellectual and developmental disabilities to live safe, healthy, productive lives in our community. Become a community partner today.

Partner With Us

Membership Levels

Self-Advocate \$10

Persons with an intellectual and/or developmental disability may purchase an individual membership for the discounted rate of \$10. Receives one discount card for 10% off every purchase at The Arc Thrift Store and True Colors.

Individual \$30

Receives one discount card for 10% off every purchase at The Arc Thrift Store and True Colors.

Family \$50

Receives two discount cards for 10% off every purchase at The Arc Thrift Store and True Colors.

Additional Benefits for all Members

- Complimentary membership in The Arc of North Dakota and The Arc of the United States;
- Voting privileges at meetings and opportunities to attend quarterly membership and stakeholders meetings;
- “achieve” newsletter, publications and relevant information from the state and national chapters;
- Discounted rates on seminars and special events;
- Free notary services
- Free use of The Arc’s family room for birthday parties, meetings and other events.

Memberships are billed annually in April.