

Our Impact

30 In-Person and Online Programs, including:

- Aerobic & Core Exercise
- Annual Gen Ryan Memorial Barbecue
- Art
- Basketball (2)
- Bingo
- Communication Skills (2)
- Chorus
- Exercise & Movement (2)
- Holiday Parties
- Movement and Adapted Dancing for members who use a wheelchair
- Music at Community Companions Program
- “NoteAbles”— featuring music, dance, & singing (4)
- Photography
- Social Saturday with Holy Child Best Buddies
- Social Skills
- Studio 3F Friday Night Social Club
- Transition Times Info Sessions
- Tricia Sullivan Respite Care I
- Tricia Sullivan Respite Care II
- Yoga

150 Program Videos produced and distributed to hundreds of members

Our fun sing-alongs, exercise activities, and art videos are archived on our website, accessible to our members for on-demand viewing at: www.pcr-inc.org/pcr-videos

Our members’ parents tell us that PCR’s innovative programs and videos are “a lifesaver,” “high quality,” and “absolutely awesome!”

Support for the residents of PCR’s James M. Sullivan Memorial House

In partnership with Jubilee Association of Maryland.

Monthly Webinars providing information about critical community resources

Topics include: how to access disability services; Social Security benefits; ABLE accounts; MCPS transition services; disability rights; postsecondary options; and more.

Developmental Disabilities Administration (DDA) Video Series

In partnership with DDA, we produced a 5-part video series explaining the services and supports offered by DDA, and how to access them. **These videos are helpful to users throughout the State of Maryland.**

All our webinars and DDA videos include American Sign Language (ASL) and Spanish-language interpretation, and are archived on the PCR website for on-demand viewing by our members, their families, transition teachers, and I/DD professionals.

Community Collaborations — the hallmark of PCR’s success

PCR is a member of the Montgomery County Commission on People With Disabilities and collaborates with many community partners including the Montgomery County Department of Health and Human Services; Montgomery County Public Schools; Our Lady of Mercy Church; the Montgomery County Transition Work Group; the Community Companions Program of the Catholic Charities of the Archdiocese of Washington; Down Syndrome Network of Montgomery County; Connelly School of the Holy Child; the Graduate Transition Program at Montgomery College; Bradley Hills Presbyterian Church; Ivymount Organization; Sunflower Bakery; North Bethesda Camera Club; and the Little Farms Garden Club.