



PLACE  
STAMP  
HERE

## The Community REACH Program

Monthly calendars outlining the available activities from each site will be mailed directly to you. You may also access these calendars on our website:

[www.hcrs.org](http://www.hcrs.org)

Health Care and Rehabilitation Services  
390 River Street  
Springfield, VT 05156



HCRS

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**Developmental  
Services**

# COMMUNITY

## Resources for Empowerment, Access, Choice, and Having Fun!

### What is the Community Reach Program?

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We have heard you! Consumers, guardians, providers, families, and advocates have all provided feedback around community supports. We have heard time and time again that you want to spend time with your friends. You want more opportunities and a variety of activities to participate in as part of your community supports.

HCRS' Community Reach program will provide many opportunities to engage in fun, meaningful activities in our communities. Activities are open to everyone, and participation is optional.

### What Activities Can I Expect?

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Available activities may include:

- Hiking
- Cooking
- Yoga
- Fishing
- Gardening
- And much more!

Each activity is an opportunity to have fun, learn something new, be with your friends, and meet new people.

### Who Do I Contact For More Information?

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Please reach out to one of the following contacts if you have any questions, have not received a calendar of activities, have suggestions for additional activities, or are interested in running an activity:

#### **Brattleboro**

Kirstin Cox  
254-7503 x 8038  
kcox@hcrs.org

#### **Springfield**

Terrisa Clark  
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#### **Bellows Falls**

Rena White  
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#### **Windsor/Hartford**

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