



# Arc GLOW

## Fall Classes 2023

Join us to learn  
more about:

- Arc GLOW's  
GPS - Getting  
People Services
- Transition
- ABCs of Special  
Education
- Taking Care of  
Caregivers
- ABLE  
Accounts!

**All are welcome!**

Classes are online - please check each class for the time. There will be extra time for questions, too after if needed. We hope to welcome you to these great spaces.

**Let Our Family  
Help Yours**

**Friday, September 29 from 12:00-1:00 PM**

**Arc GLOW GPS - Help With OPWDD Eligibility and Services!**

Eligible for Services Or Want to Know What That Means?? Are you stuck and not sure where to turn? Need to understand the system better? What are all these acronyms! We can help!

Register: <https://bit.ly/GPSSept29>

**Wednesday, October 11th from 6:30-7:30 PM**

**Making Transitions Stick**

What do we mean about transition out of high school? What are the basics? Where do we start? With this class from Parent Network of WNY!

Register: <https://bit.ly/PNwnyTransition>

**Wednesday, October 25th from 6:00-7:00 PM**

**ABCs of the Special Education Process**

New to using special education services? Not new but feel a little lost? Join us as Starbridge helps to explain how to have effective communication and collaboration at school.

Register: <https://bit.ly/StarbridgeABCs> to register!

**Wednesday, November 1st from 6:00-7:00 PM**

**Taking Care of Yourself**

Learn to recognize and reduce stressors, as well as increase self-awareness about your role and responsibilities as a caretaker, presented by Starbridge.

Register: <https://bit.ly/StarbridgeTakingCare> to register!

**Wednesday, November 8th Noon-1:00 or 6:30-7:30 PM Intro to ABLE Accounts**

You will learn how to keep Medicaid, SSI, and other benefits while still being able to save for disability related expenses on a tax-free basis, without needing a lot of money to start. ABLE Accounts are like a 529 college savings plan. With Jenna McCloskey from NYS ABLE Outreach

Register @noon: <https://bit.ly/ABLE101Nov8Noon>

6:30 PM <https://bit.ly/ABLENov8evening>

If families need FET credit,  
please have their Care Coordinator contact us!

[jangililli@ArcGLOW.org](mailto:jangililli@ArcGLOW.org)