



WHAT YOUR CHURCH CAN DO

Every church can lend a H.A.N.D. in the following ways:

Host an event in your church so we can share our heart with those in your congregation.

Advocate on behalf of those in your community who have a disability.

Nurture people with disabilities and help them to feel welcomed, to become a vibrant and active member of your congregation.

Donate to UMAR by adding us into your annual budget. Your contributions help to fund programs locally and throughout western North Carolina.

WAYS TO SERVE

UMAR can provide resources to help educate, empower, and engage your congregation to work alongside families and adults living life affected by disabilities.

Here are some ways we can partner together:

- Foster relationships with our participants by inviting them to a function at your church or business.
- Volunteer for projects needed in our residential homes or day programs.
- Donate to insure that our programs are going to be there for the people who need us.



UMAR is a nonprofit dedicated to promoting community inclusion, independence, and growth for adults with intellectual and developmental disabilities through residential, vocational, and cultural enrichment opportunities.

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Want more information?
Contact Ruby Mossor
RubyM@UMARinfo.com | 704.408.3223