

Save the Date!

Catalyst Awards Dinner

Thursday, March 13th, 2025

The Clarion Hotel | Toms River, NJ

More details coming soon...

Step Up for The Walk and 5K Race

Saturday, May 17th, 2025

Jersey Shore BlueClaws | Lakewood, NJ

Join the Planning Committee and Volunteer:

email Development@arcocean.org.

The Arc Spirit Wear pre-orders will be available for pick-up on the lunch break and at the end of the day. Limited inventory available for purchase.



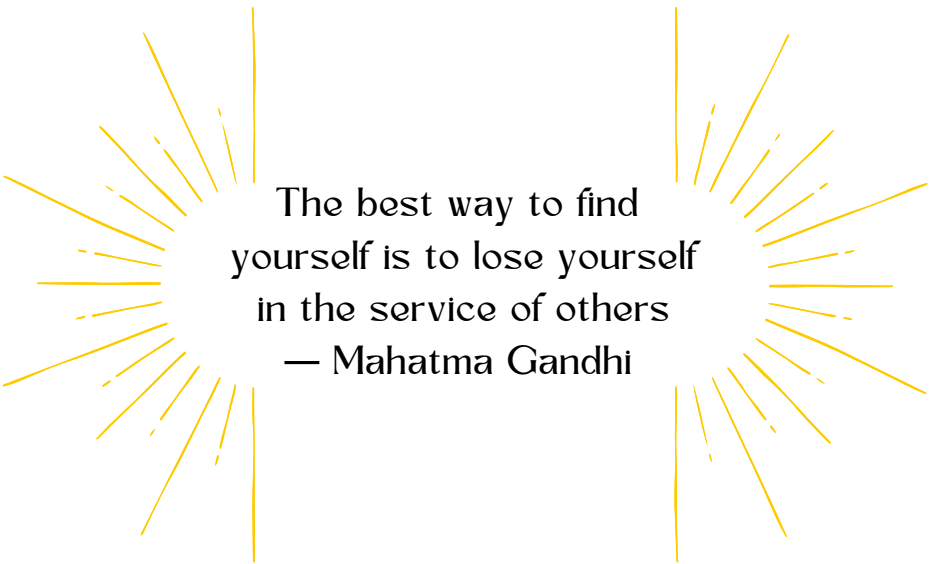
Renewal Day 2024



The Arc.
Ocean County Chapter

December 13, 2024
9:00am to 3:00pm

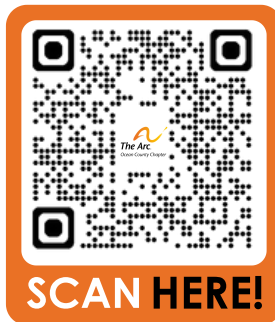
The Mainland
151 Route 72 West
Manahawkin, NJ 08050



The best way to find
yourself is to lose yourself
in the service of others
— Mahatma Gandhi

Renewal Day Agenda

Registration
Breakfast | Video Booth Open
Walk-In Activity: Fill Your Cup
Co-Chairs Welcome
What Brought You Here?
Executive Director Welcome
Clue Game
You Matter Video #1
Stress Less Strategies
Staying Grounded
Executive Director Update
You Matter Video #2
Lunch | Video Booth Open
Our Voice, Your Impact
The You Matter Project
The Strength Within
Executive Director Update
You Matter Video #3
Closing Remarks



Renewal Day
Digital Notebook

Committee Members

The Renewal Day Chairs –Heather Hans, Jill Herbst, and Janice Kinchen– would like to thank the Committee!

Alex Modrow	Kathy Gonzalez
Alfonso Vargas	Lauren Gandulla
Ally Smith	Lauren Sarno
Bob Cairns	Matt Brady
Danyelle Morales	Meridith Shields
Erin Neary	Mollie Coolahan
Ilire Goca	Monica Godin
Jackie Cabell	Peter Bilgrav
Jasmine Wilker	Rebecca Wood
Karla Donato-Matos	Sarah Finlay
Karolina Rivera	

Guest Speakers

Veronica R. Stocker
MA/Certified Yoga Instructor

Bobby Walsh, DBH, OTR/L, BCMH
OTA Board Certification in Mental Health
Rehab Therapy Director, RTS Psych
Director of Mental Health Occupational Therapy Fellowship
The Johns Hopkins Hospital
Instructor of Physical Medicine and Rehabilitation

Self-Advocates

James Brodie	Daveen Frinzi
Ashley D'Amato	Justin Tecchio
Laurie Estelle	Amanda Walsh

A special thank you to our Table
Leaders and Renewal Day Volunteers!