

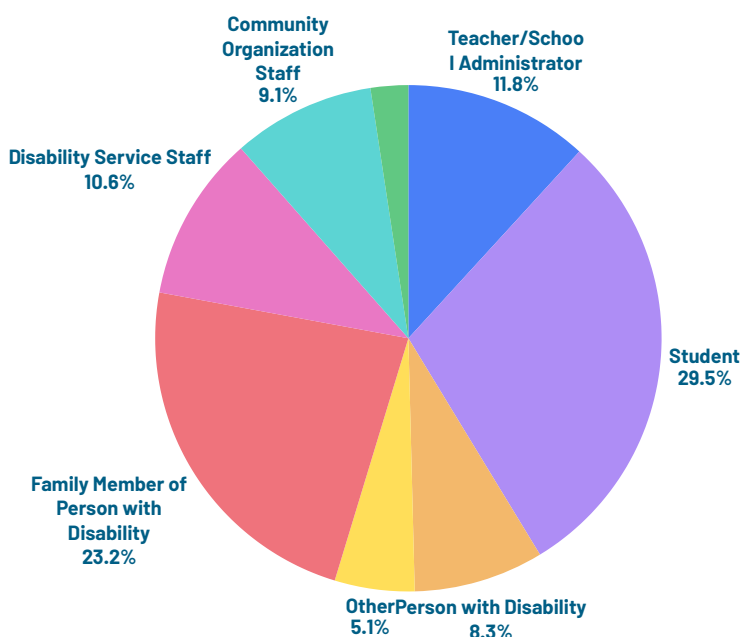
PATHWAYS TO FRIENDSHIP

There is nothing more human than our need for connection and relationships. Friendships make us happier, healthier and safer!

OUR IMPACT AT A GLANCE

WHO HAVE WE REACHED

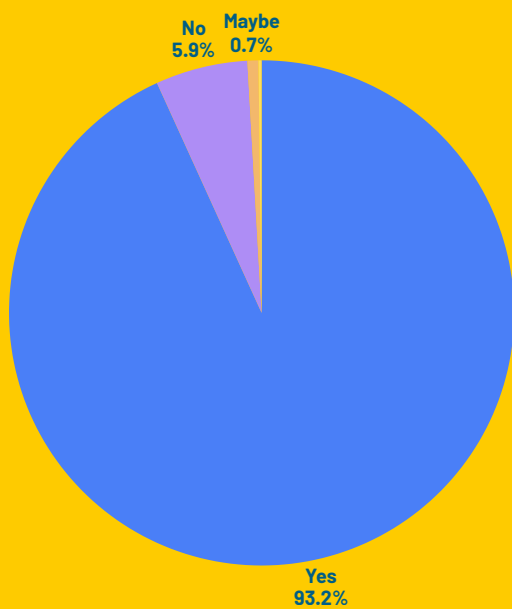
So far the Pathways to Friendship team has reached more than 500 Individuals!



WHAT WAS THEIR EXPERIENCE

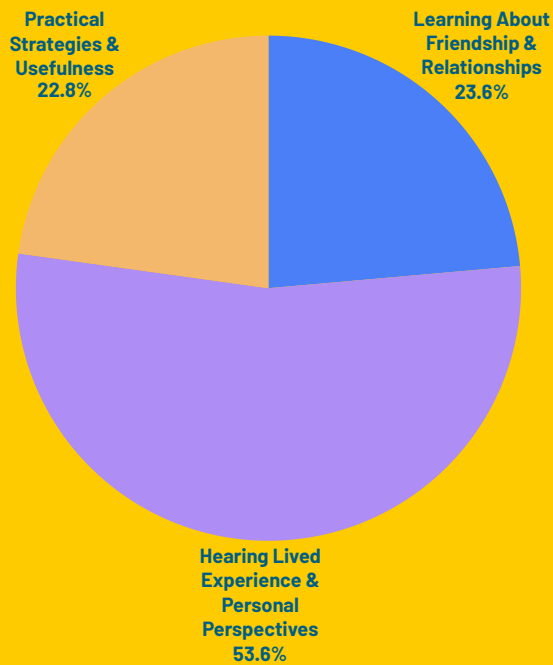
OVER 90% OF PARTICIPANTS IN PATHWAYS EVENTS AND TRAININGS REPORTED A SATISFACTION RATING OF VERY GOOD OR EXCELLENT

THE POWER OF UNDERSTANDING THE IMPORTANCE OF FRIENDSHIP



MORE THAN 93% OF PARTICIPANTS IN ARC EVENTS AND TRAININGS REPORTED AN INCREASE IN THEIR UNDERSTANDING OF THE IMPORTANCE OF FRIENDSHIPS

THE MOST VALUABLE EXPERIENCES OF PARTICIPANTS



PARTICIPANTS HIGHLIGHTED THE IMPORTANCE OF LEARNING FROM PEOPLE WITH DISABILITIES AND HEARING THEIR LIVED EXPERIENCES.

THE ROLE OF INSTRUCTORS

OVER 95% OF PARTICIPANTS IN PATHWAYS EVENTS AND TRAININGS REPORTED THE PERFORMANCE OF OUR INSTRUCTORS AS VERY GOOD OR EXCELLENT

THE MAIN TAKEAWAYS

- Trainings and events were well received
- Initiatives reach a broad and diverse group of participants
- Participants demonstrate a strong understanding of the importance of friendship
- Lived experience and firsthand perspectives are central to participant learning
- Participants report concrete strategies they can apply in their settings
- The data reflect motivation and a sense of shared responsibility



VOICES FROM THE COMMUNITY



Click the icons to hear from those impacted by Pathways to Friendship



Creating the Conditions for Friendship

Participants described Pathways to Friendship as helping organizations create welcoming environments where authentic friendships can develop and grow.



"It wasn't something that I had to control or create, I just had to provide the environment."



From Inclusion to Belonging

Participants emphasized that true inclusion is measured not simply by participation, but by whether people feel genuinely known, valued, and connected within their communities.



"It's not just being in a space, you do need to look at making friendships and the relationships with the people at the spaces"



Supporting Friendship Beyond the First Connection

Through their involvement with Pathways, many came to recognize the importance of ongoing support, guidance, and intentional relationship-building.



"It's an ongoing process, and everything to do with Pathways supports that goal."



Challenging Assumptions and Expanding Perspectives

Pathways contributes to broader cultural change by promoting understanding, reducing stigma, and fostering more positive attitudes toward disability and friendship.



"It's okay to be friends with someone who's disabled, who's different from you."



Building a Network for Inclusive Communities

Beyond its impact on individual friendships, participants described Pathways as strengthening connections among organizations, advocates, and community leaders committed to inclusion.



"[They] introduced me to two monthly groups... with similarly minded inclusive organizations."

Contact Us

Email: friendship@arcmass.org

Website: <https://thearcofmass.org/friendship/>

Facebook: <https://bit.ly/PathwaysFacebook>

