

## **Personal Testimony to request funding for Montgomery Parks**

**4/2/2026**

My name is Arminda Frias, and I have two adult children with autism.

Fun and enriching activities for young adults with disabilities are scarce and often come with a high price tag, making it difficult to afford.

Montgomery Parks offers activities that are fun, enriching, promote both physical and mental health, and allow participants to experience nature, right in their own community. Staff and volunteers do an amazing job assisting and encouraging participants, helping them improve physical abilities and gain self-confidence.

I am a retiree from the Federal Government and truly appreciate that most activities are free, or have a low cost, and specialized equipment, such as adapted bicycles, helmets and kayaks, are provided at no additional cost.

Because of the unique opportunities that Montgomery Parks provides and the development I have seen in my children, I am respectfully requesting the County Council to fully fund the Parks budget so participants with disabilities keep thriving and enjoying nature, while having fun at the same time.

Very Respectfully,

Arminda Frias