MEMBERSHIP MONDAY: GROW Associates Inc.

PROVIDERS' COUNCIL

Highlighting the GROW Associates Inc.'s Impact on the Community

This week, for Membership Monday, we are featuring GROW Associates, a Randolph-based organization that has supported adults with intellectual and developmental disabilities for more than 50 years. Through its Day Habilitation, Community-Based Day Services, Supported Employment and GROW Bistro programs, GROW provides opportunities for individuals to develop essential life skills, explore employment and volunteer opportunities, build meaningful relationships and become active members of their communities. With a person-centered approach focused on independence, inclusion and personal growth, GROW continues to empower individuals to pursue their goals and lead fulfilling lives.

Who is GROW Associates Inc. and What do They do?

For more than 50 years, GROW Associates has supported adults with intellectual and developmental disabilities in building greater independence, developing meaningful relationships, exploring employment and volunteer opportunities, and becoming active members of their communities.

Based in Randolph, Massachusetts, GROW takes a person-centered approach to its services, recognizing that each individual has different interests, abilities and goals. Across its programs, the organization works to create opportunities for the people it supports to learn, work, contribute to their communities, explore new interests and pursue goals that are meaningful to them.

Community inclusion is central to GROW's mission. The organization believes meaningful inclusion goes beyond simply being present in the community. It means having opportunities to participate, contribute and belong.

GROW offers a range of programs designed around the individual needs and goals of the people it supports, including:

- Day Habilitation: Individualized services that include nursing; physical, occupational and speech therapy consultation; behavioral supports; activities of daily living; skill development; and community experiences.
- Community-Based Day Services (CBDS): Opportunities for community inclusion through volunteerism, recreation, education and skill-building. Participants explore experiences throughout the community, including arts, culture, recreation and service opportunities.
- Supported Employment: Job developers and coaches work with individuals to identify employment goals, build workplace skills and pursue meaningful employment. GROW also provides access to employment-related training and certifications, including OSHA 10 and ServSafe.
- GROW Bistro: A culinary and hospitality training program that combines GROW's mission with hands-on workplace experience. In addition to serving the GROW community, the Bistro provides catering services and opportunities for individuals to develop practical employment skills.

Through these programs and partnerships with employers, businesses, nonprofits and community organizations, GROW works to expand the opportunities available to the individuals it supports.



When did GROW Associates Inc. join the Providers' Council and why?

GROW Associates has been a proud member of the Providers' Council since 2022, connecting the organization to a statewide network of human services providers committed to strengthening the sector in Massachusetts. Through its membership, GROW values the Council's advocacy efforts, professional development opportunities and collaborative initiatives, as well as the ability to learn from fellow providers, share ideas and stay informed about developments affecting the human services community.



A Voice from the NEEDS Center

At GROW, everything begins with the individual. Success looks different for every person, and our responsibility is to listen to what is important to them and create opportunities to help them achieve their goals. Whether that means finding meaningful employment, becoming more independent, developing relationships or simply experiencing something new, we want the individuals we support to have opportunities to participate fully in their communities and build lives that are meaningful to them.

– Sarah Palin, Executive Director, *GROW Associates Inc.*

Looking Ahead: GROW Associates Inc.'s Continued Support to Families and Communities

As GROW looks toward 2027 and beyond, the organization is focused on expanding opportunities for the individuals it supports while strengthening its programs, staff, community partnerships and long-term sustainability.

GROW plans to continue developing relationships with employers and businesses, expanding community and volunteer partnerships, creating new educational and recreational experiences, and investing in the technology, transportation, training and resources needed to provide high-quality services. One example of this commitment to inclusive participation is GROW's involvement in the Flutie 5K for Autism. Recognizing that not everyone it supports can attend the official event, GROW is bringing the experience to its own community through an inclusive week of activities where individuals can walk, roll, move, cheer and cross their own finish line in whatever way works for them.

GROW is also investing in its long-term sustainability. In 2026, the organization received a $500,000 grant through the Massachusetts Department of Energy Resources' Low-Income Services Solar

Interested in learning more or getting involved? Explore the links below to learn more about GROW Associates Inc., their services, and upcoming opportunities to support their work and connect with the Providers' Council.

Providers' Council

GROW Associates Inc.