



SELF ADVOCACY 101

You will be able to share actionable goals
regarding your self advocacy.

www.arccfdl.org



920-923-3810

OBJECTIVES

Our Training Coordinator and guest speaker(s) will guide you through the lessons below. One lesson will be done each month. We would like you to grow throughout the learning process and be involved in all of the lessons.

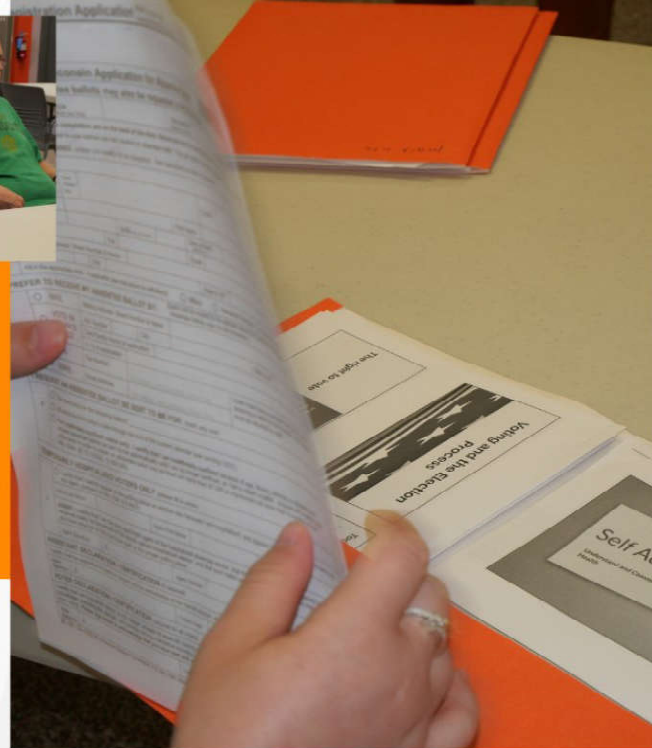
You will receive lessons and materials for each session you attend and a workbook folder to keep your resources. Since we are designing this course to build on each lesson you will be asked to bring your workbook materials each lesson.

SUMMARY

Throughout this course we will discuss your rights, goal setting/planning, creating your support circle, your health (communication and living to your fullest), telling your story, voting/influencing legislation, understanding finances and how you can continue advocating for yourself once the course is finished.

LESSONS

- January-Self Advocates: Assert and communicate their rights
- February-Self Advocates: Set and achieve their goals
- March-Self Advocates: Build and use a circle of support
- April-Self Advocates: Understand and communicate their health
- May-Self Advocates: Take steps to live well
- June-Self Advocates: Check in with their goals
- July-Self Advocates: Tell their story effectively
- August-Self Advocates: Make a plan to vote
- September-Self Advocates: Know how to influence legislation
- October-Self Advocates: Understand their financial situation
- November-Self Advocates: Plan for emergencies
- December-Self Advocates: Keep speaking up to make a difference



AT A GLANCE

REGISTRATION

- Open now through January
- Classes to start early January more details to come

SCHEDULE

- one meeting per month
- meeting is 1.5-2 hours
- members will commit to attend all year

COST

- Direct Cost : \$15 per class
- Snacks and workbook materials

Achieve with us.



"I look forward to
hearing from you.
Contact our office to
register"

CONNIE GENS

Training Coordinator
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"I am really learning a lot about myself
and am looking forward to next class" -a
2024 Self-Advocacy member