

WORKSHOPS FOR YOUTH AND ADULTS WITH DISABILITIES AGE 14-26

Our Youth Coordinator and team are excited to work with youth and adults with disabilities (age 14-26) in our 12 county region! If your school or organization would like to host one of our workshops, please connect with us.



WORKSHOPS ARE
AVAILABLE THROUGH
ONLINE PLATFORMS.

Workshop topics include:

- **VIP at my IEP**
IEPs are all about YOU. Understand the process of the IEP and how to speak up and share with your team.
- **Get (and Stay) Organized**
Tips for being prepared for school and life
- **Health & Hygiene**
Eating right and staying clean help us feel better and stay healthy
- **Discovering my Dreams**
Creating a 5 year plan for my future
- **Dollar\$ & \$en\$e**
Discuss needs vs. wants in this money focused workshop
- **Get Interview Ready**
Dress for success and practice skills for interviewing for a job

...and more!



Check out the **Annual Self Advocacy Conference for Youth and Adults** (14-26 years old)
Join us in partnership with Resources for Independence Central Valley and
Central Valley Regional Center. Message us for more information!

FOR MORE INFORMATION ABOUT ANY OF OUR SERVICES OR WORKSHOPS, PLEASE CONTACT US:

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