

## Workshop Descriptions

### **#1: *The Building Blocks of Self-Advocacy*, presented by The Arc Muskegon**

Providing tools & supports to people with intellectual & developmental disabilities to have a say when decisions are being made about their future and have an active role in this process. We will review strategies and user-friendly guides to enhance self-advocacy and self-determination practices and increase overall understanding of how to be a successful self-advocate.

### **#2: *Red Cross Ready: How to be prepared for emergency situations*, presented by Sandy Shellenbarger Red Cross of America.**

Communities, families, and individuals of all ages should know what to do in an emergency. Learn what you need to know when an emergency happens, so you can make the best decisions for your own safety.

The workshop will help participants to be prepared to shelter at home or go to a community shelter. We will discuss what you need to have ready for either situation. You will also get a brief overview of what a shelter is like.

### **#3: *Budgeting & Financial Literacy*, presented by Frank Cox, MSU Extension.**

Learn strategies to set and stretch your personal budget to make the most of your resources.

#### **Lunch:**

Lunch will be available at 11:20am and will consist of a hearty ***South of the Border***, Mexican style buffet that can be customized to your liking.

As an additional choice, if a specific or special diet is required, an attendee will be allowed to bring their own lunch.

## Spring Into Action Self-Advocacy Conference Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Registration fee of \$10.00 is due with your registration by 5/5/2023**

Complete and Return to **The Arc Muskegon**  
601 Terrace St Ste:101  
Muskegon, MI 49440

Questions? Call 231-220-2316 or  
e-mail: [arevell@arcmuskegon.org](mailto:arevell@arcmuskegon.org)  
*Please call our office if you would like assistance with the registration form.*

### **Timeline for the Day**

8:30-8:45am Registration & Welcome  
9:00-10:00am 1<sup>st</sup> Breakout Session  
10:10-11:10am 2nd Breakout Session  
11:20-12:20pm Lunch & Learning Activity  
12:30-1:30pm 3rd Breakout Session  
1:30-1:45pm Final Thoughts/  
Certificates of Attendance

Portions of this event will be photographed/recorded for educational & promotional purposes. Check here if you do not want to appear in photos/videos: \_\_\_\_\_

[www.arcmuskegon.org](http://www.arcmuskegon.org)

**Registration Available Online**



**Friday, May 12, 2023**

**MAISD Career Tech Center  
200 Harvey St.  
Muskegon, MI 49442**

**Thank You, Sponsors:  
The Arc United States**



*Spring Into Action  
Self-Advocacy Conference*

Please join Arc's one-day event for and about people with intellectual and developmental disabilities(I/DD). The Arc Muskegon has long supported people with I/DD to advocate for themselves, and this conference will give you further tools, resources, education and support to do so.

- **You will learn more about the basics of self-advocacy that will open many new doors!**
- **You will learn how to share your opinions and speak up about what is important to you!**
- **You will learn how to make a difference for yourself and others!**
- **You will meet new people and gain new skills at the same time!**

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Certificates of Attendance

**Cost to attend is only \$10 which includes lunch, presentation materials & conference goody bag!**

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**#3: *Budgeting & Financial Literacy*, presented by *Frank Cox, MSU Extension.***

Learn strategies to set and stretch your dollars and create a personal budget to make the most of your resources.

**What is Self-Advocacy?**

Self-advocacy on the individual or systems level is acting with or on behalf of yourself or a group to resolve an issue, obtain a needed support or service or promote a change in the practices, policies and/or behaviors of third parties. Self-advocacy is essential for promoting and protecting the civil and human rights of people with intellectual and/or developmental disabilities and for establishing, maintaining or improving their quality of life.

**How to Register**

- 1) Complete the information on this brochure and return to The Arc Muskegon. If you need assistance with this form please call The Arc office at **231-220-2316**
- 2) Send in your **\$10** conference registration fee to The Arc. This will secure your place at the conference & a lunch. If registering via PayPal payment is made online at <https://www.paypal.com/donate?token=2t5jLup0txJH6MLq3RrG8XBm6eKjuC3KhVatljOzO2tstCfDIi3i9HORIQd09V9eIJAQOyQDOviWIbS> please indicate "Conference Registration" and your name in the *Special Notes Box*
- 3) Registration must be received by **Friday, May 5, 2023.**
- 4) Attend the conference on **Friday, May 12, 2023!**