

# The Self-Advocate

A Newsletter Produced by the New Jersey Self-Advocacy Project Team



**SATURDAY, SEPTEMBER 16, 2017**

**The 34th Annual New Jersey Statewide  
Self-Advocacy Network Fall Conference**

**“United In Self-Advocacy!”**

Please flip to page 3 for the

**OFFICIAL REGISTRATION FORM**

**Registration deadline is Friday, September 8, 2017**

Also included in this issue of **The Self-Advocate:**

Conference Schedule, Workshop Choices,  
2017 Council Calendars, and T-Shirt Design!

# Conference Schedule

8:30 - 9:30 am	Registration and Continental Breakfast
9:30 - 10:00 am	Welcome and Opening Remarks
10:15-11:15 am	Workshop Session A
11:30-12:30 pm	Workshop Session B
12:30 - 1:30 pm	Lunch in the Main Ballroom
1:30 - 2:00 pm	General Session
2:00 - 3:00 pm	Socialize, dance, & network!

## Workshop Choices

All of the following workshops are offered during both Workshop Session A and Workshop Session B. Please indicate your first and second choices for each workshop session on the registration form (page 3).

1. Transportation: Getting Around In Your Community
2. Stress Management: Techniques to Reduce Anxiety
3. Stamping Out Bullying
4. Are You Prepared For an Emergency?
5. Legislative Affairs and Advocacy Tactics
6. Express Yourself: Building Communication Skills
7. Healthy Adult Relationships
8. Speaking Up at Medical Appointments: It's Your Right!

Registration deadline is Friday, September 8, 2017.

A \$10- late fee will be assessed to all registration forms received after this date.

# United In Self-Advocacy!

**Saturday, September 16, 2017**

DoubleTree Hotel and Executive Meeting Center

200 Atrium Drive, Somerset, NJ 08873

**\*PLEASE NOTE:** EVERY PERSON WHO PLANS TO ATTEND THIS EVENT IS REQUIRED TO COMPLETE A REGISTRATION FORM, DESIGNATE 2 WORKSHOP CHOICES AND PAY \$55.00.

Conference fee is \$55 before September 8th. Please note that a **\$10 late fee** will be assessed to all registration forms received after the deadline. By completing this registration form, you permit The Arc of New Jersey the free use of your name and image in promotional media for future events.

First Name: \_\_\_\_\_ ☐ Staff ☐ Self-Advocate

Last Name: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Group Home or Agency: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

County: \_\_\_\_\_ Phone Number: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

## Dietary Requests

Pureèd	Chopped	Vegetarian	Fruit for dessert	Gluten free or allergy: _____
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## Conference Workshops

Please refer to page 2 of the newsletter for workshop choices.

Workshops	Time	Workshop Choices	1st Choice	2nd Choice
Workshop A	10:15 AM	Workshops 1 - 8		
Workshop B	11:30 AM	Workshops 1 - 8		

Please mail your completed registration form and \$55.00 payment by **September 8th** to:

ATTN: Frankie Bayak, New Jersey Self-Advocacy Project

985 Livingston Avenue, North Brunswick, NJ 08902

**Please make all checks payable to The Arc of New Jersey.**

Credit Card # \_\_\_\_\_

Amex ( ) Master Card ( ) VISA ( ) Expiration Date \_\_\_\_\_

(Required) Signature x \_\_\_\_\_

# 34th Annual New Jersey Statewide Self-Advocacy Network Fall Conference

Saturday, September 16, 2017



200 Atrium Drive  
Somerset, NJ 08873

## From Route I-287 North

Take exit 10 for Route 527 New Brunswick/Easton Ave.  
Follow Route 527 North to the first traffic light and make a left onto Davidson Avenue.  
Continue on Davidson Avenue for one half mile and make a left into Atrium Corporate Park.  
Follow to the front entrance of the hotel.

## From Route I-287 South

Take exit 10 for Route 527 Easton Ave/New Brunswick.  
Follow Route 527 North and bear left toward signs for Davidson Avenue.  
At the first traffic light, make a left onto Davidson Avenue.  
Continue on Davidson Avenue for one half mile and make a left into Atrium Corporate Park.  
Follow to the front entrance of the hotel.

## From the New Jersey Turnpike

Take Exit 10 for Metuchen/Edison to I-287 North. Follow directions above for I-287 North.

## From the Garden State Parkway North

Take Exit 127 for I-287 North. Follow directions above for I-287 North.

## From the Garden State Parkway South

Take exit 129 for I-287 North. Follow directions above for I-287 North.





**May 2017:** Members of the New Jersey Statewide Self-Advocacy Network meet with Commissioner Connolly following a Senate Budget Committee Hearing at the State House

# *United* *Self-Advocacy!*



**March 2017:** Advocates from Hudson County accept an Assembly Resolution in honor of Developmental Disabilities Awareness Month presented by Assemblyman Mukherji

# Annual T-Shirt Fundraiser



## **Sizes Available:**

**S - 3XL**

**\$15**

**CASH ONLY**

T-shirts will be available for purchase  
at the conference.

**Sorry, no pre-orders accepted.**



# NJSSAN Regional Council 2017 Meeting Dates

## Council One

**Counties:** Sussex, Warren,  
Morris, Hunterdon

**September 21**

**October 19**

**November 16**

**December 21**

## Council Two

**Counties:** Union, Essex,  
Bergen, Passaic, Hudson

**September 28**

**October 26**

**December 7**

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## Council Three

**Counties:** Middlesex, Somerset, Mercer, Ocean and Monmouth

**September 12** at 150 Oberlin Avenue, Lakewood, NJ

**October 10** at 710 Hermann Rd, North Brunswick Township, NJ

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## Council Four

**Counties:** Camden,  
Burlington,

**September 13**

**October 11**

**November 8**

## Council Five

**Counties:** Atlantic, Cape May,  
Cumberland, Salem

**September 20**

**October 18**

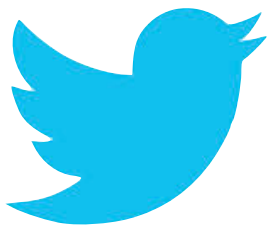
**November 15**

Contact [NJSAP@ArcNJ.org](mailto:NJSAP@ArcNJ.org) or 732-743-8345 for location information.

The New Jersey Self-Advocacy Project  
985 Livingston Avenue  
North Brunswick, NJ 08902

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Learn about upcoming **events** and **workshops**.

Find out how you can get involved with the  
**NJSSAN Council** in your area.



We are **united** in  
**Self-Advocacy!**