

FREE TRAININGS FOR ADULTS WITH I/DD

by New Jersey Self-Advocacy Project
A program of The Arc of NJ since 1983



**We will present FREE workshops for your agency!
Email NJSAP@ArcNJ.org or call 732-749-8514 to schedule a training.**

SELF-ADVOCACY

All About NJSAP & NJSSAN
Starting a Self-Advocacy Group
Team Building
Human Rights and Responsibilities
Erasing the R-Word & Person First Language
Advocating for Yourself
Boosting Your Self-Confidence
Supported Decision Making
Consent & Respect
Everyday Self-Advocacy

LEGISLATIVE ADVOCACY

Governmental Affairs
Voting
The Census
The Americans with Disabilities Act
Action Alerts & Advocacy Campaigns
Developing Testimony

EMPLOYMENT

Employment & Pre-Employment Skills
Resumes & Employment Prep
ADA Employment Accommodations
Working From Home

TECHNOLOGY

Internet Safety
Assistive Technology
Online Communications & Staying Connected
Online Resources & Activities

COMMUNICATION & RELATIONSHIPS

Healthy Communication
Respectful Behavior
Anger Management
Healthy Relationships
Online Dating
Gratitude
Cognitive Flexibility

HEALTHY LIVING

First Aid
Get Better Sleep
Outdoor Safety
Illness Prevention
Proper Hygiene
Proper Portion Sizes
Dangers of Sugar
Quick Healthy Snacks
COVID-19 Information
Stress Management
Small Steps to Living a Healthier Life
A Guide on Face Masks
How to Lower Your Carbon Footprint

GUIDED ACTIVITIES

Mindful Cooking
Yoga & Meditation
Indoor Exercise & Adaptive Fitness
Aromatherapy
Journaling & Vision Boards

www.NJSelfAdvocacyProject.org