

FREE TRAININGS FOR ADULTS WITH DISABILITIES

**The New Jersey Self-Advocacy Project team presents
FREE workshops across the state!
We have an array of topics to choose from:**

A training on our program, NJSAP
Starting a Self-Advocacy Group
Team Building
Human Rights and Responsibilities
Erasing the R-Word & Person First Language
Legislative Advocacy
Governmental Affairs
Advocating for Yourself



Voting
Boosting Your Self-Confidence
The Americans with Disabilities Act
Employment & Pre-Employment Skills
Healthy Communication
Respectful Behavior
Anger Management

Healthy Relationships
Online Dating
Aromatherapy
First Aid
Get Better Sleep
Outdoor Safety
Illness Prevention
Proper Hygiene

Proper Portion Sizes
Dangers of Sugar
Quick Healthy Snacks
Stress Relief
Yoga & Meditation
Indoor Exercise & Adaptive Fitness



**Don't see what you're looking for?
We'll make it for you!**

**To schedule a FREE training at your
program, please contact:**

**Frankie Bayak
NJSAP@ArcNJ.org
732-749-8514**

Want a preview?

**View videos of some of our trainings on Youtube:
<http://www.arcnj.org/programs/njsap/videos.html>**

**Check out photos and videos of some our past
trainings on our social media pages and website:**

**Twitter: www.twitter.com/NJSAP
Facebook: www.facebook.com/NewJerseySAP
Web: www.NJSelfAdvocacyProject.org**