

Positive Living & Choice-Making Group

Presented by



Goals

- Build self-confidence in choice-making
- Learn positive coping skills
- Explore your skills and talents
- Improve communication skills
- Educate yourself and others about your rights

When: Thursday, January 25, 2018

Where: Somerset County Library

**1 Vogt Drive
Bridgewater, NJ**

Time: 6:00pm - 7:30pm

Meetings will be held on a monthly basis.

Group Leader

Ciba Silah - Ciba is a woman with a disability who advocates independently. She is employed in the community, and lives with family. Ciba takes pride in organizing her own schedule and speaking up at medical appointments. She enjoys guiding other people with disabilities with her company and providing support at Gigi's Playhouse. "If I can change my life, so can you!"

Group Advisor

Alison Malnak - Previous self-advocacy group advisor, job coach, staff for private families, family meeting developer.

For more information, please contact:

Alison Malnak

Neighbours Family Mentor

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