# WHAT CAN NJSAP DO FOR YOU?

01 INTRODUCTION

The New Jersey Self-Advocacy Program was established in 1983 to challenge individuals with intellectual and developmental disabilities (IDD) to become involved in events, legislative policies, and issues that affect their lives or the lives of others with disabilities.
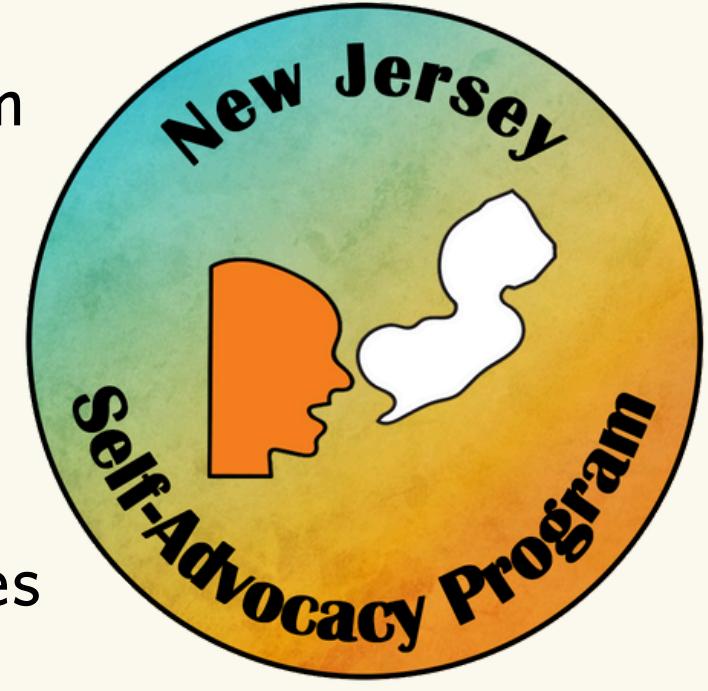
02 TRAININGS

The NJSAP team offers a wide variety of trainings for adults and students with IDD. A member of our team will present a training for your group free of charge! Schedule your training here!

FREE TRAININGS FOR ADULTS WITH DISABILITIES

03 WEBINARS

Our webinars are for adults and students with intellectual and developmental disabilities, their family members, and Direct Support Professionals, on an array of topics. Webinars are every Tuesday at 2 PM. Register here!

NJSAP Webinars

04 RESOURCES

NJSAP is committed to spreading information and resources to anyone who needs it!

On our home page you will find information for upcoming events, information about our services, and downloadable flyers and infographics on a variety of topics.

NJSAP also has resources and trainings for new advisors and starting new advocacy groups!

We can also connect you to other programs and events around New Jersey.
Contact us at NJSAP@arcnj.org

05 NEW JERSEY STATEWIDE SELF-ADVOCACY NETWORK (NJSSAN)

The NJSSAN is made up of individuals with IDD throughout the state. The NJSSAN is used as means of supporting positive change on both a personal and social level. It consists of five Councils based on geographic location within NJ. Find out more about your council here and how you can join our meetings!

06 HEALTHY LIFESTYLES PROGRAM

Sign up for our HLP Live events for guided sessions relating to health and fitness for adults with IDD. There will be an HLP event on Zoom every Wednesday at 11AM, Thursday at 1PM, and Friday at 1PM. Event topics change weekly so you are sure to find something you are interested in attending!

Healthy Lifestyles Project
improving health, improving lives

06 SOCIAL MEDIA
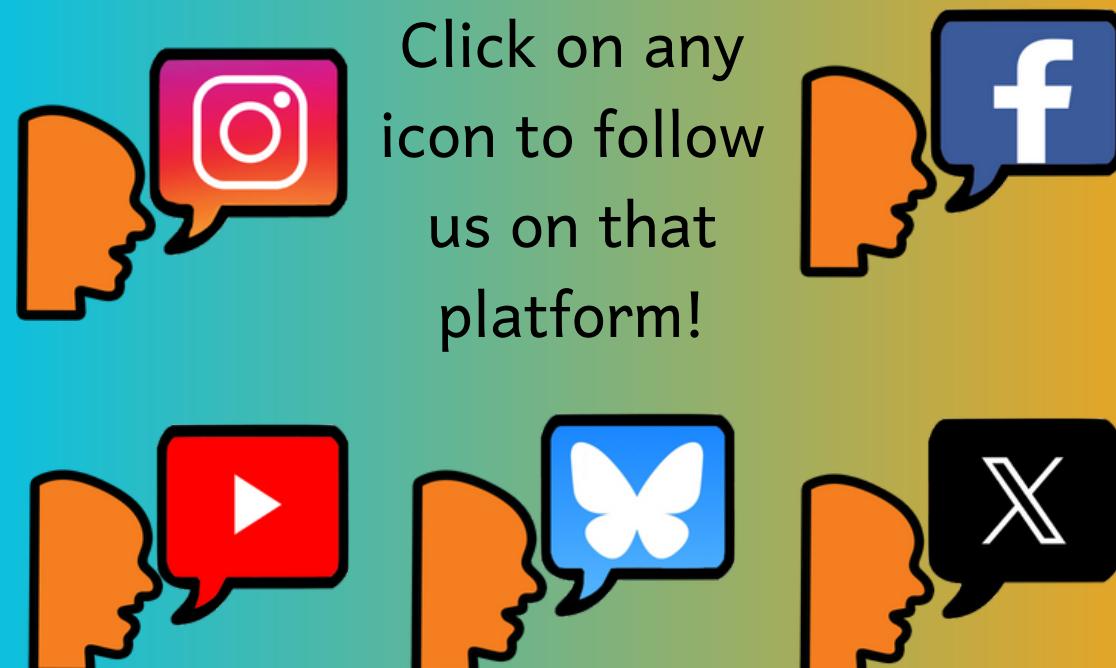
Click on any icon to follow us on that platform!