

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

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
Conflict Resolution

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
Mental Health First Aid

GUIDED ACTIVITIES

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

www.NJSelfAdvocacyProject.org