

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: Tuesday, January 16, 2018

**Where: Hamilton Library, Meeting Rm 1
1 Justice Samuel A Alito Jr. Way
Trenton, NJ**

Time: 6:00pm - 7:30pm

Meetings will be held on a monthly basis.

Group Leader

Jason Grochala - Jason is a man with a disability who advocates for himself and others. He is a college graduate, consults as a College Student Trainer, and lives independently.

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
908-285-2984
amalnak67@comcast.net