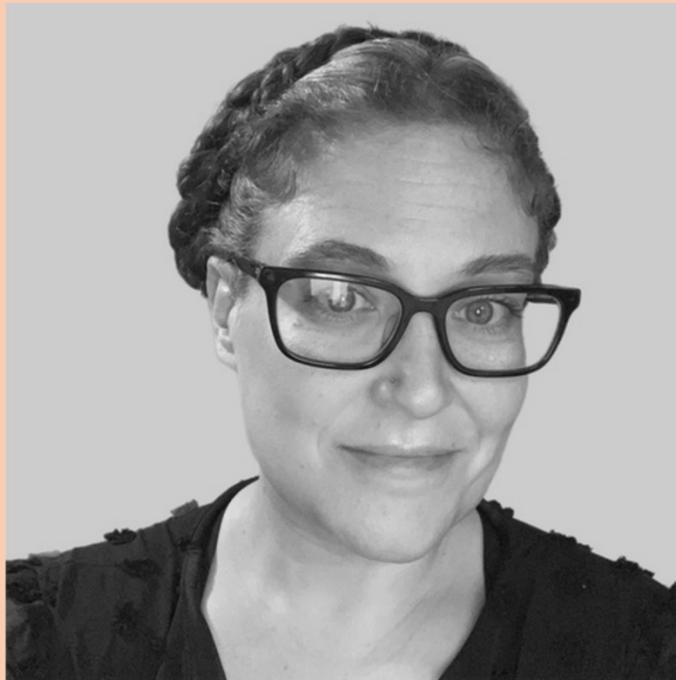




New Jersey Self-Advocacy Program

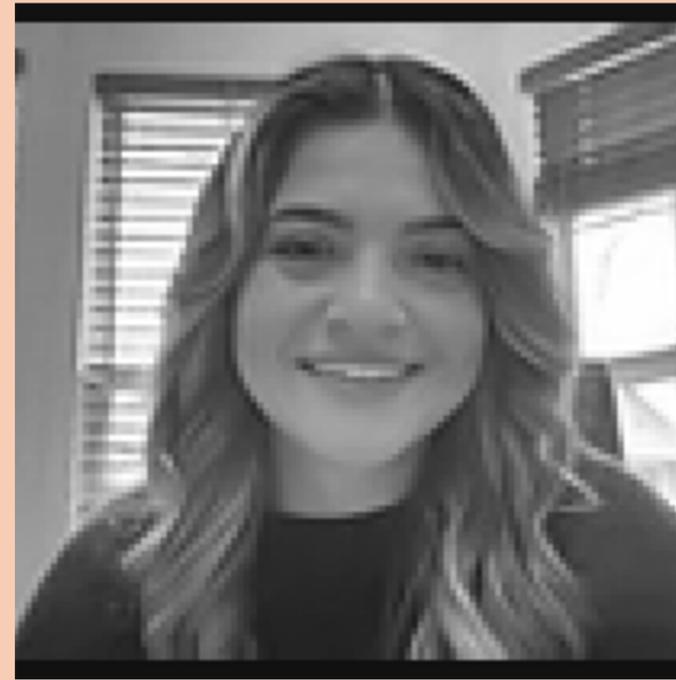
NJ Self-Advocacy Program



Erin Smithers
Director



Frankie Bayak
Media and
Communications
Coordinator



Bianca Najera-Rossell
Training and
Technical Assistance
Coordinator

New Jersey Self-Advocacy Program

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

01. Trainings

**02. Healthy
Lifestyles
Project**

03. Events

04. Advocacy

How to stay involved



01

Participate in our
virtual programming



02

Participate in our
NJSSAN Meetings
and Events



03

Participate in our
campaigns



04

Utilize our resources
for your own
advocacy meetings



01

**Participate in our
virtual programming**

Daily Programming

MY WEEK WITH NEW JERSEY SELF-ADVOCACY PROJECT

MONDAY

• Check social media feed for Veronica's new nutrition video



• Check social media feed for a "Quick Tip" post



TUESDAY

• Watch an NJSAP webinar at 2 PM



• Watch Peaceful Potato's Pot Pourri video



WEDNESDAY

• Interactive Zoom event for HLP:Live at 11 AM



• Check social media feed for IHT's new workout video



THURSDAY

• Play this week's Brain Game on Zoom at 1 PM

• Watch Malik's creative new art video!



FRIDAY

• Check social media feed for a "Speak Your Mind" post!



• HLP:Live! It's Fitness Friday with IHT on Zoom at 1 PM



TO DO LIST:

• Sign up for NJSAP's email list

• Request a virtual group training

• Join your monthly local NJSSAN Council Meeting

• Participate in an advocacy campaign or Action Alert



REMINDERS + NOTES:

• Select Tuesdays at 11 AM

• Winter: "Empowered" D&D Adventures
• Summer: "Trailblazers" Movement Club

• NJSAP Wrap-Up: Facebook Live updates the 1st Monday of the month at 9:30 AM

• Check out our website for more information and additional activities and campaigns!



YouTube

Find out more at www.njselfadvocacyproject.org

Facebook: @NewJerseySAP / Instagram: @NewJerseySAP / Twitter: @NJSAP / Youtube: @NJSAP

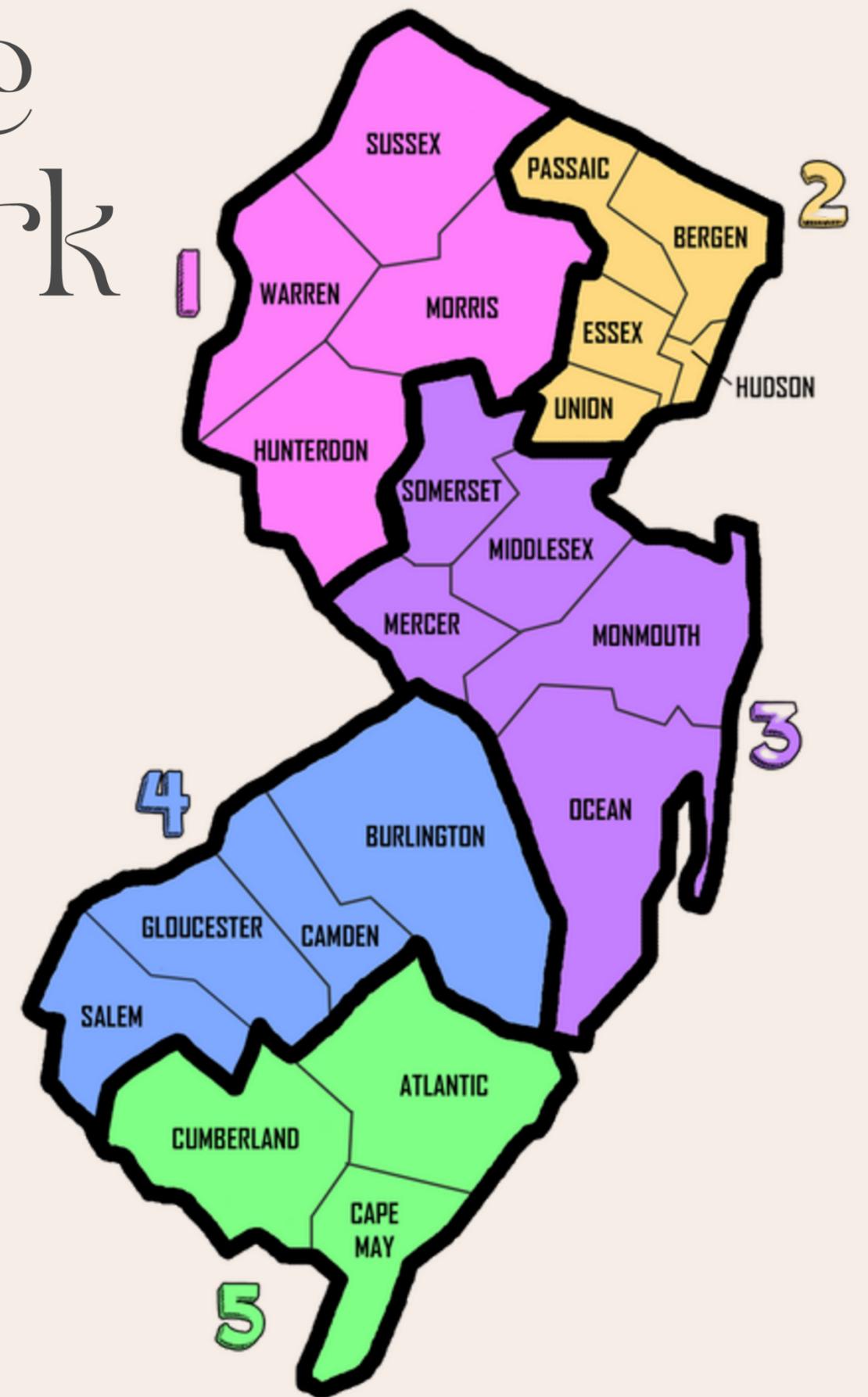


02

Participate in our
NJSSAN Meetings
and Events

New Jersey Statewide Self-Advocacy Network (NJSSAN)

The New Jersey Statewide Self-Advocacy Network (NJSSAN) is made up of individuals with intellectual and developmental disabilities (IDD) throughout the state. The NJSSAN is used as means of supporting positive change on both a personal and social level. It consists of 6 Councils based on geographic location within the state.



NJSSAN Councils

Council 1:

Hunterdon, Morris, Sussex & Warren

Council 2:

Bergen, Essex, Hudson, Passaic, & Union

Council 3:

Mercer, Middlesex, Monmouth, Ocean & Somerset

Councils 4 & 5

Burlington, Camden, Gloucester, Salem, Atlantic, Cape May, & Cumberland

Statewide AM Council

Open to all of NJ

Erin Smithers

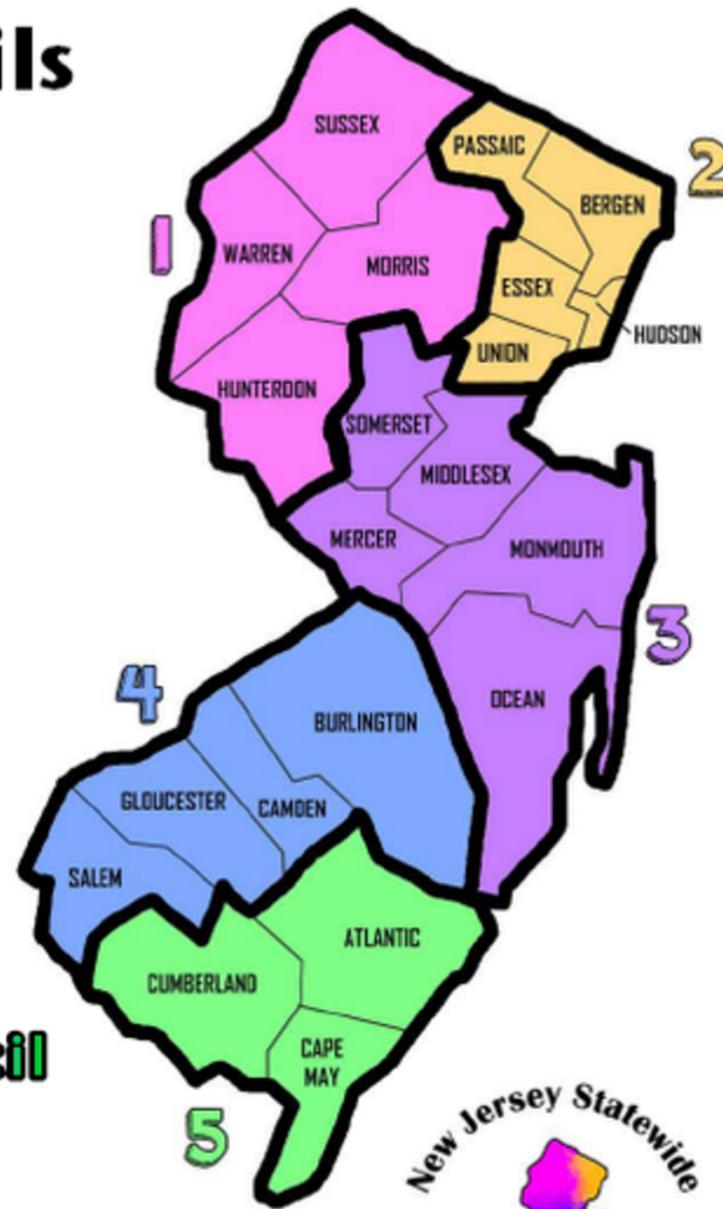
732-246-2525 x 26 / ESmithers@ArcNJ.org
Advisor to Council 2, Councils 4 & 5

Frankie Bayak

732-749-8514 / FBayak@ArcNJ.org
Advisor to Council 1, Councils 4 & 5

Bianca Najera

732-246-2525 x 37 / BNajera@ArcNJ.org
Advisor to Council 3



NJSSAN

NJSSAN Council Meetings 2026

-JANUARY-

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
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25	26	27	28	29	30	31

-FEBRUARY-

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-APRIL-

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-MAY-

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31						

-JUNE-

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-JULY-

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-SEPTEMBER-

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-OCTOBER-

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-NOVEMBER-

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22	23	24	25	26	27	28
29	30					

-DECEMBER-

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26	27	28	29	30	31	

Council 1: 3rd Wed. 5:30PM - 7PM

Council 2: 4th Wed. 3 - 4:30PM

Council 3: 2nd Tues. 5:30 - 7PM

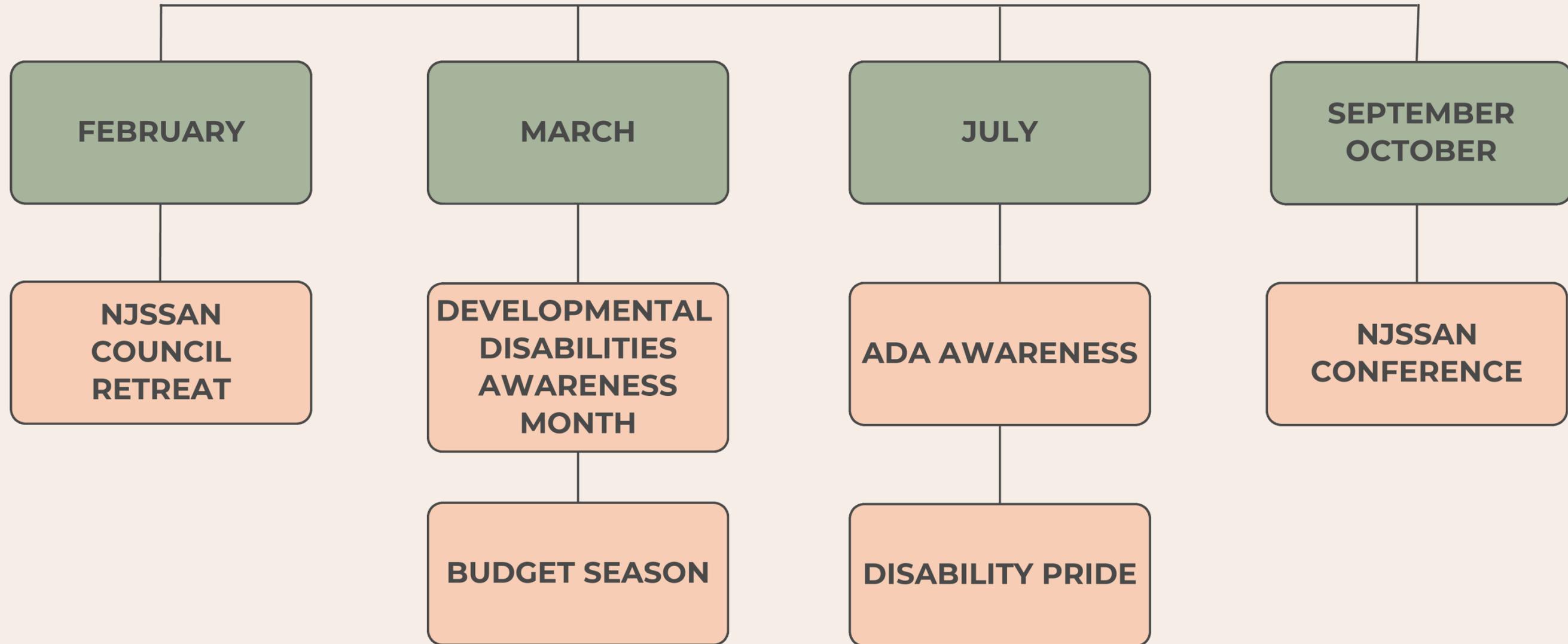
Council 4/5: 3rd Wed. 3PM - 4PM

Statewide AM Council: 2nd Wed. 10- 11 AM

Advisory Board: Last Mon. 3-4PM. Every other month. By Invite only.

NJSSAN

NJS&AP EVENTS





03

Participate in
campaigns

Ways to Participate



Social Media Campaigns

Twitter/X
Facebook
Instagram
Bluesky

Action Alerts

Sent through emails or on Arc US website

NJSAP Resources

Newsletters
Blog Posts
Event Campaigns
Website Campaigns
NJSSAN Campaigns

NJSAP Campaigns

#THANKS TO THE ADA

@newjerseySAP / @NJSAP
@thearcofnj

#DisabilityPride

July is Disability Pride Month and the anniversary of The Americans with Disabilities Act.

What makes you proud to be a self-advocate?

Facebook and Instagram: @newjerseySAP
BlueSky, X, Youtube: @njsap
www.njselfadvocacyproject.org



SPREAD THE WORD TO END THE WORD

How can we eliminate the use of the R-word and instead promote acceptance and inclusion of people with intellectual disabilities?

<https://www.arcnj.org/programs/njsap/erasetherword.html>

I pledge to do my part to erase the "R" Word.

Ashley R.	Jennifer H.
Eric S.	Bianca N.
Frankie B.	Krissy C.
Lauren B.	Kevin W.
Christopher M.	Ethan B.
Michael P.	Kylie M.
Pam K.	Elizabeth C.
Tara F.	Bridget F.
Mark B.	Michelle C.
Julia S.	Kristina C.
	Mary M.
	Charlotte D.
	Tara P.
	Leanna B.
	Tara B.

I AM MEDICAID
I MATTER

The Arc of New Jersey

I AM MEDICAID
I MATTER

\$25

I AM MEDICAID
I MATTER



04

Utilize our resources
for your own
advocacy groups

FREE NJSAP TRAININGS FOR ADULTS WITH DISABILITIES

TRAINING TOPICS

- SELF-ADVOCACY TRAININGS
- LEGISLATIVE ADVOCACY TRAININGS
- EMPLOYMENT TRAININGS
- TECHNOLOGY TRAININGS
- COMMUNICATION/RELATIONSHIPS TRAININGS
- HEALTHY LIVING TRAININGS
- GUIDED ACTIVITIES
- AMERICANS WITH DISABILITIES ACT (ADA)



REQUEST A TRAINING FOR YOUR GROUP HERE:

[HTTPS://WWW.ARCNJ.ORG/PROGRAMS/NJSAP/TRAININGS.HTML](https://www.arcnj.org/programs/njsap/trainings.html)

A decorative border made of watercolor brushstrokes in shades of orange, green, and blue, framing the central text.

THANK YOU VERY MUCH!

Erin Smithers, Director

ESmithers@ARCNJ.org

732-246-2525 x26