



MAIN OFFICE

5025 E. Washington St.
Suite 200
Phoenix, AZ 85034

602-256-2245 (v)
AZ Relay Service 7-1-1

info@ability360.org
ABILITY360.ORG



“This program was funded through a contract with the Arizona Department of Economic Security. Contract Number CTR048311. Points of view are those of the author and do not necessarily represent the official position or policies of the Department.”

“Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, Ability360 prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Ability360 must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities. For example, this means that if necessary, Ability360 must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that Ability360 will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible.

To request this document in alternative format or for further information about this policy, please contact: **LYNN BLACK, MSW-LCSW**

TIML Program Manager

LynnB@ability360.org - 602.443.0729 Direct VM



THIS IS MY LIFE

A free DDD program that offers skill training to DDD members.



**Personal or Group
Training for People in
DDD, 16 years and older.**

ABILITY360

Speak Up | Make Choices | Direct Your Life



Skill Training Classes

LEARN SELF-ADVOCACY:

(How to Speak Up!)

- Learn about yourself
- Feel better about yourself
- Say what you need and want
- Know how to solve problems
- Work towards something you want
- Be heard! Choose a trusted person to help you
- Improve how you talk with family, guardians, friends, staff, employers and doctors

LEARN SELF-DETERMINATION:

(How to choose what you want and make choices in your life)

- Learn about community things to do
- Learn your rights and responsibilities
- Decide who to ask for help when you need it
- Understand DDD services and how to make changes
- Speak up at your ISP (Big Meeting) to get what you want and need
- Make choices in your life, like what to wear and where you live, work and play



HOW DO I START?

Ask your DDD Support Coordinator or email Lynn at Ability360!

Lynn Black, MSW-LCSW

This Is MY Life Program Manager

(602) 443-0729 Voicemail

LynnB@ability360.org

Free program - no DDD service dollars used!