



## MAIN OFFICE

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**ABILITY360.ORG**



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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

Free Self-Advocacy &  
Self-Determination Trainings



**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

**Self-Advocacy Classes: Learn how to speak up for yourself**

- Self-Advocacy Skills - Speaking up for yourself
- Believing In Yourself - Self-Esteem, Knowing Yourself
- Communications - How to Say What You Mean
- DDD Planning Team Meeting - Speak up for the things important to you

### LEARN SELF-DETERMINATION

**Self-Determination Classes: Learn about the choices you have. Then YOU decide which choice you want for your life.**

- Self-Determination - Making Choices
- Goal Planning - Dream It, Set Goals, Take Action!
- Problem Solving - Steps to find solutions
- Rights - Everyone has Rights & Responsibilities



## HOW DO I START?

Ask your Division of Developmental Disabilities (DDD) Support Coordinator or email Lynn at [Ability360](mailto:Ability360)!

**Lynn Black, MSW-LCSW**  
This Is MY Life Program Manager

(602) 443-0729 Voicemail  
[LynnB@ability360.org](mailto:LynnB@ability360.org)

**Free program** - no DDD service dollars used!