Empowering Self Advocates to Take Action Co-operative Host

People Planning Together

Coming August 8, 15, 22 and 29
10AM to 12PM

What is People Planning Together?
This FREE four-day, 2-hour/day virtual training sessions is for people labelled with a developmental disability who are interested in taking a leadership role in planning a life they desire. This training is facilitated by people who also live with a label of developmental disability.

What do we do in the Training?
You spend time identifying the things that are *Important TO* you so you can be happy. You spend time identifying the the things that are *Important FOR* you so you stay healthy and safe. You decide what works for you and how people can best support you to be happy and healthy at the same time!

What do I need to know about the Training?
Plan on spending 4 days, 2hrs per session for the entire training. The training starts at 10:00AM and ends at 12:00PM. **To be successful:**

People often bring a “secretary” with them for any supports that might be needed. People who have gone through the class said it was helpful to have someone that

- helps write things down
- gives support with reading
- helps talk about the different topics and understand what’s going on
- helps with any personal needs someone might have

The Secretary is someone who knows and cares about you and makes a commitment to attend the full training. Not everyone may feel they need to have a “secretary” with them. You decide.

What would you like to change in your life? There’s a way for YOU to make that happen!

To register email [jamesdwhite31@yahoo.com](mailto:jamesdwhite31@yahoo.com)
Questions- email or call James White at 604-803-1745