

People Planning Together

Empowering Self Advocates to Take -Action Co-op Trainers



What is People Planning Together?



This 2-day training 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 2 full days for the entire training. The training starts at 9:00AM and ends at 3:00PM. **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!

Morning and afternoon snacks included. Bring your own lunch

To register or if you have any questions, email the Speak Up Self-Advocacy Awareness Society:
speakupkamloops@gmail.com

