



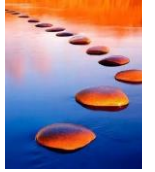
SAIL, Disability Network of the U.P.

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SAIL Proudly Presents a Series of Six New Workshops

****Stepping Stones to Independence****

Register Now!

We all need to make decisions in our own lives, but first we need the information and knowledge that allows those decisions to be good decisions. After all, knowledge is power! Attend these exciting new workshops to give you information, knowledge, and power!!

- Designed for individuals living with a disability.
- Each workshop runs for two weeks.
- No cost to attend. Water and coffee provided.
- All workshops are held at SAIL on Tuesdays from 2:30 – 3:30pm.
- SAIL is on the Marqtran North Marquette Route (drop off at 2:20pm, pick-up at 3:50pm).
- Register by calling 906-228-5744 or via email Steppingstones@upsail.com.
- Sign up for one, two, three, four, five or all six workshops!
- Registration Deadline: One week before each workshop starts.

Workshop #1 – Independent Living: Learning the Basics

This workshop focuses on what Independent Living (IL) means, how the Independent Living Movement started and why IL is important to us in our everyday lives. It's all about learning what the IL Movement is all about and what your role is within that movement.

Dates: April 11 & April 18

Workshop #2 – Self-Determination: Making Your Own Choices

Self-determination is one of the most important parts of living an independent life. This workshop discusses what it means to be self-determined and why self-determination is such an important part of our lives.

Dates: April 25 & May 2

Workshop #3 – Self Advocacy: Speak Up and Speak Out

Self-advocacy is all about sticking up for yourself. In this workshop, we'll talk about what self-advocacy is, and why it is an essential part of the IL Movement. We'll also share ideas and resources to build self-advocacy skills.

Dates: May 9 & May 16

Workshop #4 – Show Me the Money: Money In and Money Out

Knowing how to manage money is an important part of living a full and independent life. We'll explore banking, budgets and using credit cards. Guest speaker, Kristine Tollefson, will also present information on Social Security Benefits and how it may influence your employment or career plans and may impact your financial planning.

Dates: May 23 & May 30

Workshop #5 – Live Well: Healthy Living

Staying healthy is important for independence and well-being. We'll discuss healthy eating, healthy personal relationships, how to be a strong self-advocate at the doctor's office, and other healthy living topics. Guest speaker, Maureen Sullivan, will also present information on recreation opportunities through SAIL.

Dates: June 6 & June 13

Workshop #6 – Independent Living: Putting the Pieces Together

Goal-setting begins with knowing who you are and what you want. The final workshop in the series focuses on defining your Independent Living goals and helping you to start working developing short and long term goals.

Dates: June 20 & June 27

