

# FREE TRAININGS FOR ADULTS WITH I/DD

by New Jersey Self-Advocacy Project  
A program of The Arc of NJ since 1983



**We will present FREE workshops for your agency!**  
**Email [NJSAP@ArcNJ.org](mailto:NJSAP@ArcNJ.org) or call 732-749-8514 to schedule a training.**

## **SELF-ADVOCACY**

All About NJSAP & NJSSAN  
Starting a Self-Advocacy Group  
Team Building  
Human Rights and Responsibilities  
Erasing the R-Word & Person First Language  
Advocating for Yourself  
Boosting Your Self-Confidence  
Supported Decision Making  
Consent & Respect  
Everyday Self-Advocacy

## **LEGISLATIVE ADVOCACY**

Governmental Affairs  
Voting  
The Census  
The Americans with Disabilities Act  
Action Alerts & Advocacy Campaigns

## **EMPLOYMENT**

Employment & Pre-Employment Skills  
Resumes & Employment Prep  
ADA Employment Accommodations  
Working From Home

## **TECHNOLOGY**

Internet Safety  
Assistive Technology  
Online Communications & Staying Connected  
Online Resources & Activities

## **COMMUNICATION & RELATIONSHIPS**

Healthy Communication  
Respectful Behavior  
Anger Management  
Healthy Relationships  
Online Dating  
Gratitude  
Cognitive Flexibility  
Conflict Resolution

## **HEALTHY LIVING**

First Aid / Mental Health First Aid  
Get Better Sleep  
Outdoor Safety  
Illness Prevention & Proper Hygiene  
Proper Portion Sizes  
Dangers of Sugar  
Quick Healthy Snacks  
COVID-19 Information  
Stress Management  
Small Steps to Living a Healthier Life  
A Guide on Face Masks  
How to Lower Your Carbon Footprint  
Hydration and Healthy Beverages

## **GUIDED ACTIVITIES**

Mindful Cooking  
Yoga & Meditation  
Indoor Exercise & Adaptive Fitness  
Aromatherapy  
Journaling & Vision Boards  
Brain Games

[www.NJSelfAdvocacyProject.org](http://www.NJSelfAdvocacyProject.org)