

STAY HEALTHY AT HOME WEBINAR SERIES WILL BEGIN AT 2 PM



NEW JERSEY SELF-ADVOCACY PROJECT



LET ME
INTRODUCE
MYSELF:
ALL ABOUT
NJSAP & NJSSAN

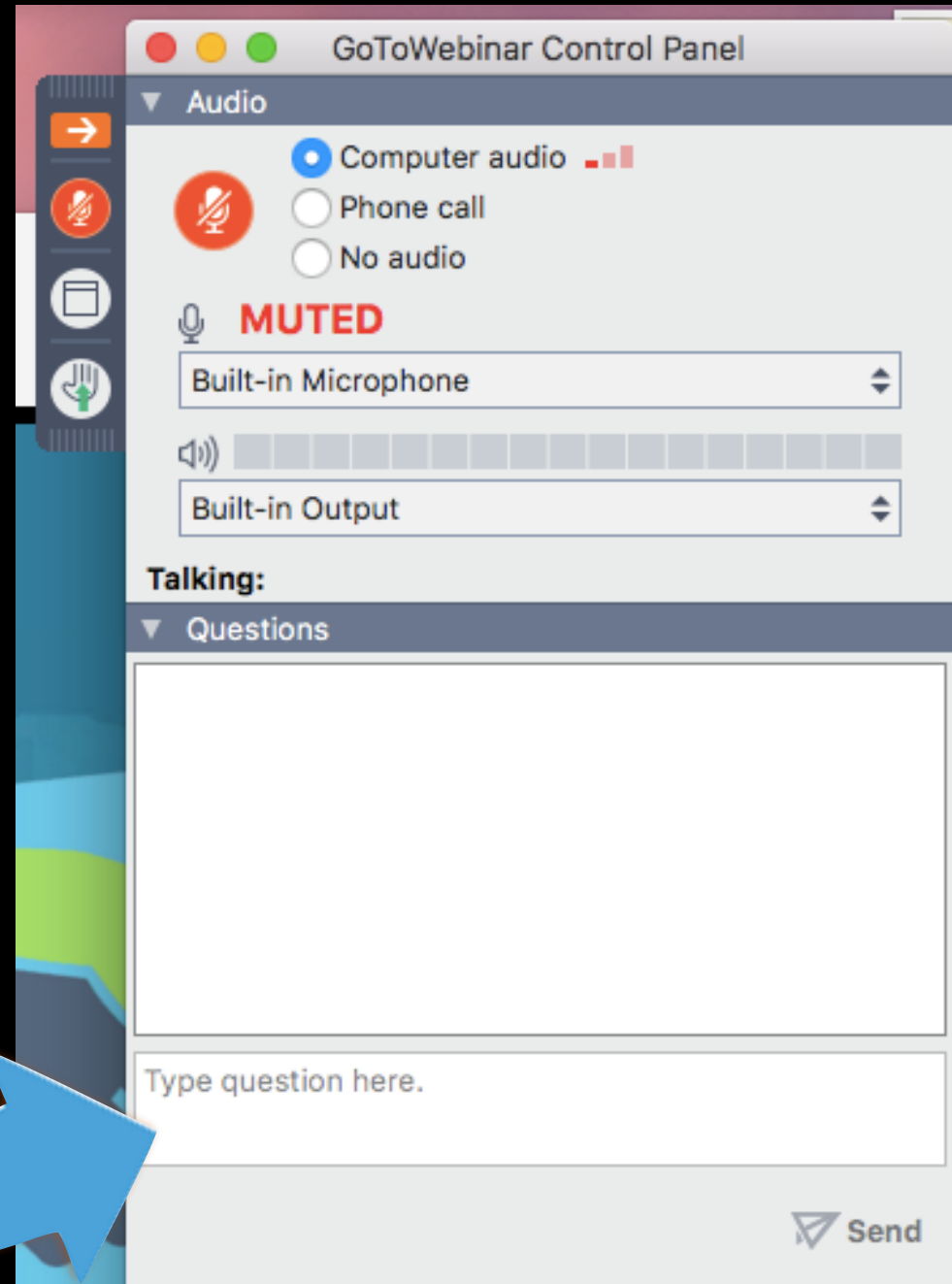
STAY HEALTHY AT HOME WEBINAR SERIES
AUGUST 18, 2020 FROM 2 - 3 PM

INTRODUCTION

- ▶ Ashley Ritchey, MSW, LSW and Director of the **New Jersey Self-Advocacy Project (NJSAP)**
- ▶ NJSAP has been a Division-funded program of The Arc of New Jersey since 1983
- ▶ NJSAP supports the state's largest network of individual self-advocates and self-advocacy groups
- ▶ NJSAP provides comprehensive training and resources to self-advocates, Direct Support Professionals, and agency personnel



TYPE YOUR
QUESTIONS,
COMMENTS,
FEEDBACK
IN THE
**QUESTIONS
BOX**



TODAY, WE WILL DISCUSS:

- The mission of NJ Statewide Self-Advocacy Network
- NJSSAN regional Councils and priorities
- NJSAP services and supports



WHAT IS ADVOCACY?



SPEAKING UP

WORKING FOR
POSITIVE CHANGES

CAN BE DONE ON
OUR OWN BEHALF
OR ON BEHALF OF
ANOTHER PERSON
OR GROUP



Programs of The Arc of NJ:

- NJ Self-Advocacy Project
- Criminal Justice Advocacy Program
- Planning for Adult Life
- Governmental Affairs
- Family Institute
- Mainstreaming Medical Care
- Training and Consultation Services
- Project HIRE
- Camp Jaycee

Click [**here**](#) to learn more.



Ashley Ritchey

Director

Erin Smithers

*Information and Referral
Coordinator*

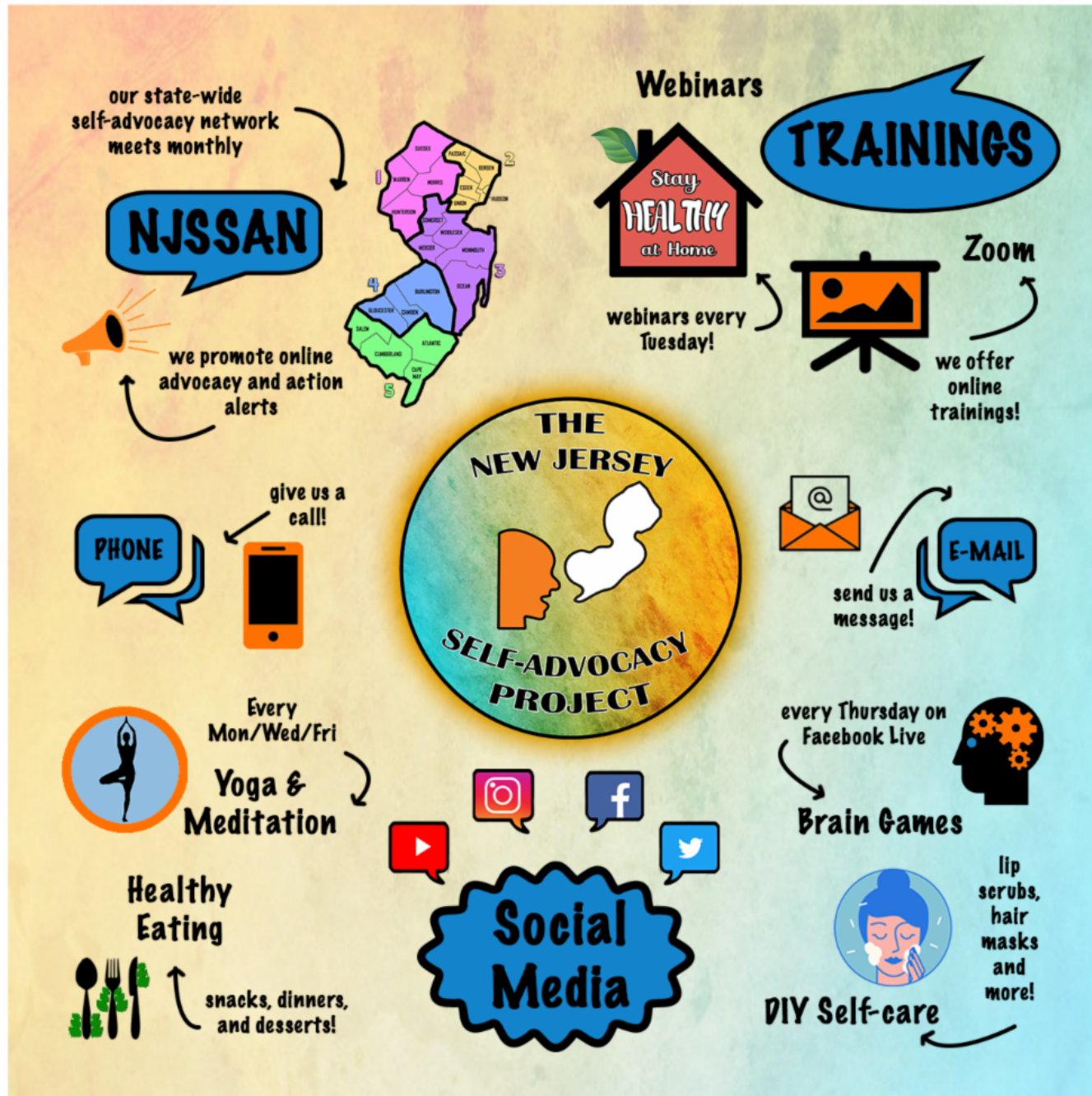
Frankie Bayak

*Media and Communications
Coordinator*

Kelly Mulvaney

*Training and Technical
Assistance Coordinator*

NJSAP IS STILL HERE FOR YOU!



www.njsselfadvocacyproject.org / NJSAP@ArcNJ.org / 732-749-8514
Facebook/Instagram: @NewJerseySAP Twitter: @NJSAP
Youtube: www.arcnj.org/programs/njsap/videos.html

STAY HEALTHY AT HOME SERIES

Webinars



Register [here](#).

Healthy Lifestyles Project

improving health, improving lives

The New Jersey Self-Advocacy Project has partnered with The Horizon Foundation for New Jersey to help you learn more about health, wellness, and being the best you! We are happy to tailor our presentation(s) to suit the needs of your group. The New Jersey Self-Advocacy Project Team will visit your location and provide free workshops on the following topics:




www.HealthyLifestylesProject.org for more information and resources



Healthy
Lifestyles
Project
LIVE 

Live Healthy,
Together



Register [here](#).

EVERYTHING IS AVAILABLE ON:



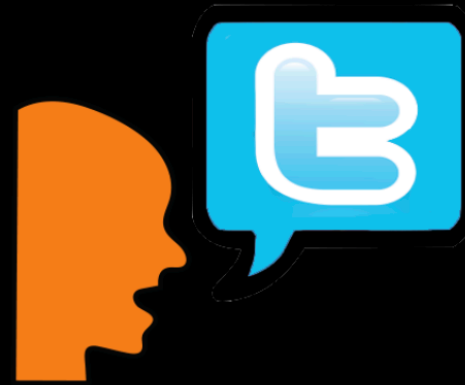
www.arcnj.org/programs/njsap/videos.html



<https://www.instagram.com/newjerseysap/>



<https://www.facebook.com/NewJerseySAP/>



<http://www.twitter.com/njsap>

DAILY VIRTUAL ACTIVITIES

Meditation Monday: Enjoy a guided meditation to start your week off right! Available on NJSAP's Instagram and Facebook.

Training Tuesdays from 2 - 3 PM: Stay Healthy at Home webinar series. **Click here** for a full list of webinar dates, to register for an upcoming session, and to review archived webinars.

Wednesdays

- Adaptive yoga & fitness videos are posted every Wednesday on NJSAP's Instagram and Facebook.
- *Healthy Lifestyles Project LIVE!* Wednesdays at 11 AM.

Brain Games on Thursdays at 1 PM: Join the NJSAP team for a free, fun, and brain teasing activity every Thursday at 1 PM. The game changes each week so check the NJSAP Facebook page for this week's game and how to join in.

Healthy Snacking Friday: You can view recent healthy snacking tutorial videos on Instagram, Facebook, and Twitter.

FREE TRAININGS FOR ADULTS WITH DISABILITIES



The New Jersey Self-Advocacy Project team presents
FREE workshops across the state!
We have an array of topics to choose from:

A training on our program, NJSAP
Starting a Self-Advocacy Group
Team Building
Human Rights and Responsibilities
Erasing the R-Word & Person First Language
Legislative Advocacy
Governmental Affairs
Advocating for Yourself



Voting
Boosting Your Self-Confidence
The Americans with Disabilities Act
Employment & Pre-Employment Skills
Healthy Communication
Respectful Behavior
Anger Management

Healthy Relationships
Online Dating
Aromatherapy
First Aid
Get Better Sleep
Outdoor Safety
Illness Prevention
Proper Hygiene

NEW! 2020 Census
NEW! Consent & Respect
Proper Portion Sizes
Dangers of Sugar
Quick Healthy Snacks
Stress Relief
Yoga & Meditation
Indoor Exercise & Adaptive Fitness



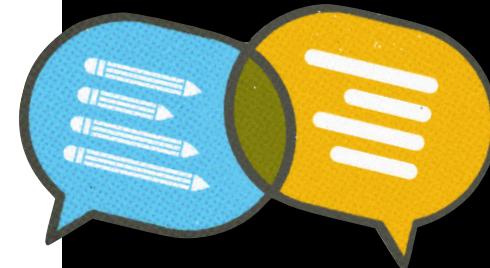
**Don't see what you're looking for?
We'll make it for you!**

**To schedule a FREE training at your
program, please contact:
Frankie Bayak
NJSAP@ArcNJ.org
732-749-8514**

**Want a preview?
View videos of some of our trainings on Youtube:
<http://www.arcnj.org/programs/njsap/videos.html>**

**Check out photos and videos of some our past
trainings on our social media pages and website:**

**Twitter: @NJSAP
Facebook: @NewJerseySAP
Instagram: @NewJerseySAP
www.njselfadvocacyproject.org**





ACTION ALERT

For Immediate Action
TIME SENSITIVE

Advocating for children and adults with I/DD and their families

Tell Governor Murphy: No Cuts to Supports & Services in the FY21 Budget

Due to COVID-19, New Jersey's Fiscal Year 2020 Budget was extended by 3 months and a new spending plan must be enacted by September 30, 2020. New Jersey is experiencing significant budget shortfalls due to the pandemic and this may mean state departments will have to reduce or reconfigure their spending which could impact the supports and services people with intellectual and developmental disabilities rely on.



Governor Murphy will deliver his FY21 Budget Address on August 25. Ahead of that Address, the Governor must hear from the I/DD community about the importance of services and how any potential cuts would be incredibly harmful. Additionally, we must urge the Governor to include the proposals he originally intended to include prior to the pandemic: **funding to raise DSP wages** and **funding to increase the day program rate**. The needs we had before the pandemic have not gone away and those funds are critical to the service delivery system.

Take Action Now: Contact Governor Murphy in one the following ways:

- Visit [this site](#) to send a message. In the drop down box under Topic, select Developmental Disabilities. Fill in the rest of the form with your contact information. In the Subject line, write FY21 Budget, and then paste the following text into the message box:

Dear Governor Murphy,

Dear Governor Murphy,

Thank you for supporting people with intellectual and developmental disabilities and their families as the state deals with the COVID-19 pandemic. As you prepare the FY21 budget, please don't cut funding for people with intellectual and developmental disabilities. Cuts of any kind would have a devastating impact on supports and services for a community that's already been immensely hurt by COVID-19.

Additionally, I urge you to include funding to increase Direct Support Professional wages and the day program rate, as you intended to do prior to the pandemic. Your original funding proposals to improve the lives of people with intellectual and developmental disabilities are needed now more than ever. Thank you.

- Send a Tweet. Paste in the following message on [Twitter](#):

Please @GovMurphy, NO CUTS impacting people with developmental disabilities in the FY21 Budget. And we still need funding for DSPs and day programs!

- Call Governor Murphy at (609)-292-6000 and provide the following message:

Please don't cut funding that supports people with intellectual and developmental disabilities and their families in the Fiscal Year 2021 Budget. It is also very important that funding for Direct Support Professionals and Day Program are included in the Budget. The need to address both of those items hasn't changed because of COVID.



Advocacy Matters

A digital newsletter produced by
The New Jersey Self-Advocacy Project

#ThankstotheADA

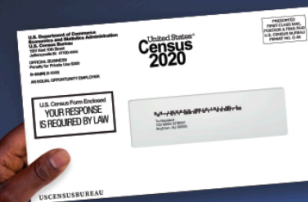
Census Push Week

#Thanks to The ADA



THERE'S STILL TIME TO MAKE A DIFFERENCE.

FILL IT OUT NOW!



STRENGTH IN NUMBERS



July's hashtag was **#ThankstotheADA**. Thank you to everyone who participated!

We asked you to celebrate the Americans with Disabilities Act's 30th Anniversary by letting us know what the ADA has done for you.

Every home has received an invitation to participate in the 2020 Census! If you haven't already, you should respond for your home in one of three ways: online, by phone, or by mail. [For more information about the Census, click here.](#)

[You can also view our recorded webinar on the 2020 Census here!](#)

Positive Pulse

Your monthly dose of advice on healthy living

July 2020

Right on Track: Nutrition Tracking



Set Your Goals

Create Thoughtful Goals

- Develop nutrition goals based on what's actually good for you, and goals that you'll actually be able to stick to.
- Focus on what your body can do, rather than how your body looks.

Slow and Steady

- Adjust your diet at a healthy pace. It can be stressful on your body to make really drastic changes.
- Don't get discouraged if you move slowly or fail, you can always keep trying.

FOR FURTHER INFORMATION, CHECK OUT THESE HELPFUL HANDOUTS!

NEW JERSEY SELF-ADVOCACY PROJECT

Video Chat Etiquette

Your appearance & behavior reflect your professionalism

1 PRESENT ON TIME
Make sure if the program is scheduled beforehand, sign in to make sure there are no issues. Please bring it!

2 BE ON TIME
Sign into the meeting a few minutes before you are ready to start when the meeting begins.

3 CHECK YOUR SETTINGS
Make sure your internet is on and make sure you are ready to start when the meeting begins.

4 INTRODUCE YOURSELF
Use people names who you are and where you are from. You can also do this at the start of your meeting.

5 BE CONSIDERATE
Always try to be in a quiet place. If you are in a noisy location, make yourself as quiet as you can from the speaker.

6 BE RESPECTFUL
Always be respectful of other people. Do not interrupt anyone and focus on what is going on in the meeting.

Look Professional
You will be on camera. Wear clean clothes. Do your hair. It is like an up your workday area.

Be Informed
Read the agenda, any talking points you receive & any notes you have. Prepare them well you during the meeting.

Watch our Video Chat Webinar here: **Let's Stick Together: Navigating the Web of Online Communications for Staff & Self-Advocates**
<https://youtu.be/vU00ADA-oA>

This flyer was designed and distributed by the **New Jersey Self-Advocacy Project**, a program of The Arc of New Jersey since 1993.

Video Meeting Etiquette

Covid-19 Mask Guide

Wash your hands frequently with soap and water for at least 20 seconds. Use hand sanitizer if soap and water are not available.

How to Put on & Remove a Cloth Mask Effectively

1. Wash your hands with soap and water for at least 20 seconds.
2. Hold the mask by the ear loops or headbands.
3. Do not touch your mask while wearing it.
4. Avoid touching your face, especially your eyes, nose, and mouth.
5. Remove the mask by pulling on the loops or headbands.
6. Throw the mask away in a trash bin.
7. Wash your hands again for at least 20 seconds.

Hand Sanitizer
Use hand sanitizer if soap and water are not available. Use at least 1 ounce of sanitizer and rub your hands together for at least 20 seconds.

Don't Touch Your Face
Avoid touching your face, especially your eyes, nose, and mouth. If you do touch your face, wash your hands immediately.

Don't Bury Your Face
Avoid burying your face in your hands or clothing. This can spread germs.

Don't Share Your Mask
Do not share your mask with anyone. Each person should have their own mask.

Covid-19 Mask Guide

Coronavirus Prevention

Wash your hands frequently and correctly:

1. Wet your hands with water.
2. Apply soap and rub hands together for at least 20 seconds. Remember to rub all surfaces, including the backs of your hands, wrists, between your fingers, and under your nails.
3. Rinse your hands with clean water for at least 20 seconds.
4. Dry your hands with a clean towel or air dryer.

Hand Sanitizer
Use hand sanitizer if soap and water are not available. Use at least 1 ounce of sanitizer and rub your hands together for at least 20 seconds.

Don't Touch Your Face
Avoid touching your face, especially your eyes, nose, and mouth. If you do touch your face, wash your hands immediately.

Don't Bury Your Face
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Don't Share Your Mask
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Coronavirus Prevention

The Arc of New Jersey

Census 2020: Be Counted!

A brand new training presented by the New Jersey Self-Advocacy Project!

The Census, opening in March, will have a great effect on New Jersey's government and funding.

Our new training explains what the census is, why it is important, and how to participate.

To schedule this free training at your location, contact us today!
NJSAP@ArcNJ.org
(732) 749-8514

www.njselfadvocacyproject.org

2020 Census Training Flyer

New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1993

Promoting Advocacy and Independence for People with Intellectual and Developmental Disabilities

The New Jersey Self-Advocacy Project is committed to providing self-advocates with resources, education and support to positively influence their lives and encourage them to speak on their own behalf.

KISSAP works to fulfill this mission by:

- Conducting trainings and leadership centers for self-advocates and group advocates across the state.
- Actively supporting the ISD self-advocacy groups across the state as well as assisting with various activities based on the goals of each group.
- Facilitating networking and public awareness initiatives.
- Facilitating presentations to community groups, schools and conference attendees.
- Educating city legislators and decision makers regarding issues of importance to people with disabilities.

What is Self-Advocacy?
Self-advocacy is people with disabilities speaking for themselves. With proper supports, people with intellectual and developmental disabilities (ID) are empowered to make life decisions, such as where they will live, what sort of career they will pursue, and how their medical care will be decided.

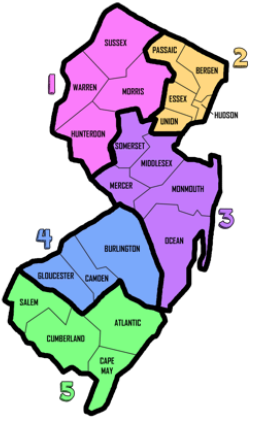
The New Jersey Self-Advocacy Project is dedicated to assisting people with ID in leading advanced and leadership skills.

ENGAGE

Empower Members of the New Jersey Developmental Self-Advocacy Network interact with legislators on the local, state and federal levels to advocate them on issues of importance to people with ID.

Connect Us:
Phone: (732) 749-2525 x 22 or 45
Fax: 732-749-8514
Email: NJSAP@ArcNJ.org
Web: www.NJSAPAdvocacyProject.org
Twitter: #NJSAP
Facebook: <https://www.facebook.com/NewJerseySAP/>

NJSAP Brochure



NJSSAN Map and

VOTING RIGHTS

Exercising Your Rights to Vote: Title II of the ADA requires that "State and local government ensure that people with disabilities have a full and equal opportunity to vote."

What exactly does Title II of the ADA ensure me?

- Accessible Polling Places
- Parking Lots
- Curbs Cuts
- Ramps
- Wide Doorways
- Voting Equipment
- Non-Discriminatory Policies
- Modifying existing building rules
- Allowing alternate forms of ID
- Requires accessible voting booths to have an equal level of privacy

FACT: More than 16 million Americans with disabilities are not registered to vote.

According to New Jersey's Self-Advocates, voting is important because: "It's a way to advocate for yourself and what you believe in!" "It's about using your voice and letting everyone know where you stand."

As Advocates and Registered Voters, it is your right and your responsibility to plan ahead for election days.

FACT: You do NOT have to be your own guardian to vote. You do need to be registered to vote, at least 18 years of age, and a US citizen.

Are you registered? Find out by visiting this website:
<https://voter.nj.gov.com/PublicAccess/Sign/Login/Login.jsp>

Transportation: It is your responsibility to ask a parent, friend, or member of your Support Staff to help you get to your polling place. If you can't make it to your polling place on Election Day, please consider a Vote By Mail application. Applications for a Vote By Mail ballot must be filled out and received by mail at your County Clerk's office ONE WEEK before the election.

Do you know where your polling place is located? Find out here: <https://voter.nj.gov.com/election/polling-lookup.html>

Would you like assistance in the voting booth? You can ask a friend, family member or staff member to enter the booth with you. You can also request assistance from poll workers at your polling place on Election Day: two workers from two different political parties (one Democrat and one Republican, for example) can assist you in the voting booth. If you require a headset or other accessibility option, don't be shy: ask a poll worker for assistance.

On election days, Disability Rights New Jersey will have attorneys available by telephone to answer questions concerning disability-related voting problems or accessibility issues you might experience: 800-922-7233 or (609) 633-7566 (TVO).

Created by The New Jersey Self-Advocacy Project, a program of The Arc of New Jersey
NJSAP@ArcNJ.org / 732-749-8514 / www.njselfadvocacyproject.org

Voting Rights

My 10 ADA Awareness Month

The Americans with Disabilities Act

The Americans with Disabilities Act, or The ADA, is a federal law that was enacted by the U.S. Congress in 1990. It was signed into law July 26, 1990 and later amended with changes effective January 1, 2009. The ADA is a wide-ranging civil rights law that prohibits discrimination based on having a disability. It affords similar protections against discrimination to Americans with disabilities as the Civil Rights Act of 1964 which made discrimination based on race, religion, sex, national origin, and other characteristics illegal. Disability is defined by The ADA as a physical or mental impairment that substantially limits a major life activity. Major life activities include, but are not limited to, caring for oneself, performing manual tasks, seeing, hearing, eating, sleeping, walking, standing, lifting, bending, speaking, breathing, learning, reading, concentrating, thinking, communicating, and working. The determination of whether any particular condition is considered a disability is made on a case by case basis. The ADA was created as a civil rights law protection for people with disabilities that would be permanent, would not be able to be repaired or weakened, and would prohibit all discrimination. It was also intended to that Americans with disabilities would be kept in the mainstream in terms of public policy changes, healthcare law and policy changes, and civil rights protections and public law changes for Americans with physical, mental and cognitive disabilities. It was intended to be a flexible set of laws that could only be strengthened, not weakened, by future case law.

Title II Employment
The ADA states that a covered entity shall not discriminate against a qualified individual with a disability. Discrimination may include, among other things, limiting or classifying a job applicant or employee in an adverse way, denying employment opportunities to people who truly qualify, or not making reasonable accommodations for the known physical or mental limitations of disabled employees, not advancing employees with disabilities in the business, and/or not providing needed accommodations in training materials or policies, and the provision of qualified readers or interpreters.

Title III Public Entities & Transportation
Title III prohibits disability discrimination by all public entities at the local (i.e. school district, municipality, city, county) and state level. These regulations cover access to all programs and services offered by the entity. Title III applies to public transportation provided by public entities through regulations by the U.S. Dept. of Transportation, which includes the National Railroad Passenger Corp., along with all other non-airborne activities. Public entities require the provision of accessible services by public entities that provide fixed route services. Title III also applies to all state and local public housing, housing assistance, and housing referrals. The Office of Fair Housing and Equal Opportunity is charged with enforcing this provision.

NJSAP@ArcNJ.org / 732-749-8514
www.NJSelfAdvocacyProject.com

ADA Factsheet



Click [here](#) to
join the NJ
Self-Advocacy
Project's
email list.



LET'S DISCUSS THE
NJ STATEWIDE
SELF-ADVOCACY
NETWORK...

A BRIEF HISTORY OF SELF-ADVOCACY IN NEW JERSEY

Source: <https://www.youtube.com/watch?v=ZU8iSGsUFHA>

New Jersey Statewide Self-Advocacy Network

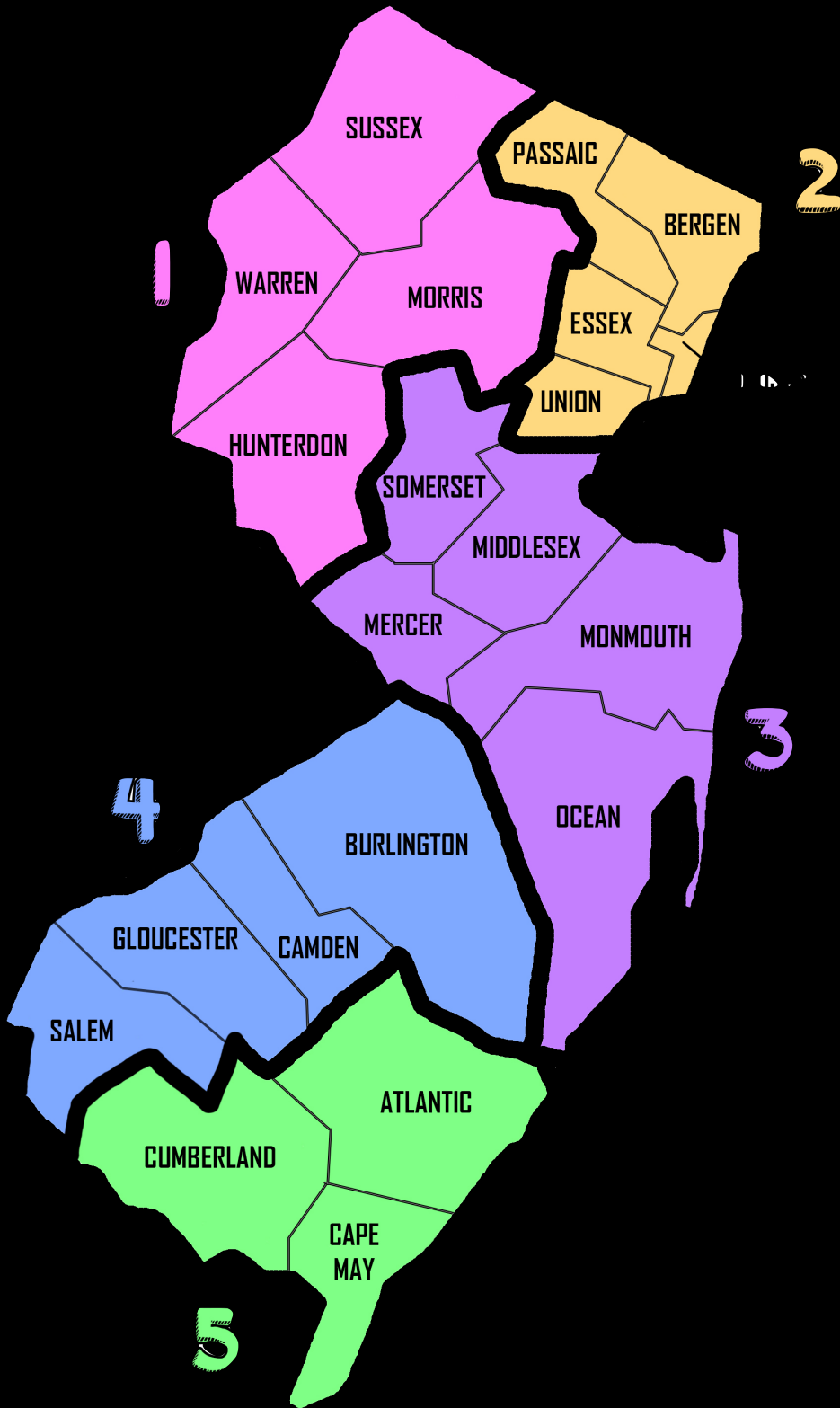
Council 1: Sussex, Warren, Morris, Hunterdon

Council 2: Passaic, Bergen, Essex, Union, Hudson

Council 3: Somerset, Middlesex, Mercer, Monmouth, Ocean

Council 4: Burlington, Camden, Gloucester, Salem

Council 5: Atlantic, Cumberland, Cape May



1 MINUTE POLL

Which NJSSAN Council area do you live in?

Council 1

Council 2

Council 3

Council 4

Council 5

NJSSAN ADVISORY BOARD



NJSSAN ADVISORY BOARD



ARTICLE II - MISSION

To unite Self-Advocates throughout the State of New Jersey to ensure that people with intellectual and developmental disabilities are treated as equal, dignified, and contributing members of their community and greater society.

NJSSAN ADVISORY BOARD MEMBERS



ROLE OF ADVISORY BOARD IN EVENT PLANNING

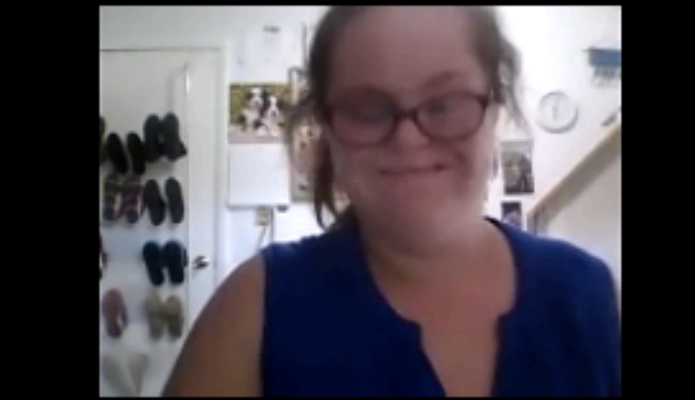




The New Jersey Self Advocacy Project
Moving Forward Together!
SELF ADVOCACY is
people with disabilities speaking for themselves
www.njselfadvocacypro
THE NEW JERSEY SELF ADVOCACY
Independence and choice in the lives of
Intellectual and developmental disability
The New Jersey Self A
is a p
The
985
North
732.246

**April 2019 Spring
Awards Luncheon**

COUNCIL 1





GOAL: EDUCATE MEMBERS OF THE PUBLIC ON SELF-ADVOCACY AND PERSON FIRST LANGUAGE



Speaker View Exit Full Screen



Mute Stop Video Security Participants Chat Share Screen Polling Record Reactions Leave

COUNCIL 2



Our Mission

The Arc Middlesex County provides developmental and other disabilities services to their families, with support to encourage personal growth through empowerment.

Happy Thanksgiving!

Dear Governor Murphy,

Thanksgiving is upon us and I can truly say I am most thankful for the Great Support Professionals (GSP) in my life. I have intellectual and developmental disabilities, so it's not just convenient to have a GSP in my life. It's a necessity. GSPs help me take care of myself. They make sure I'm a part of the community and that teach me skills so I can live as independently as possible.

I realize that there are many professions during the State of New Jersey together past FY21 Budget, please remember that I need GSPs to live my life. There must be funding to increase salaries for GSPs so we can have staff to help me.

Sincerely,

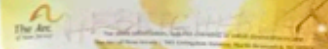
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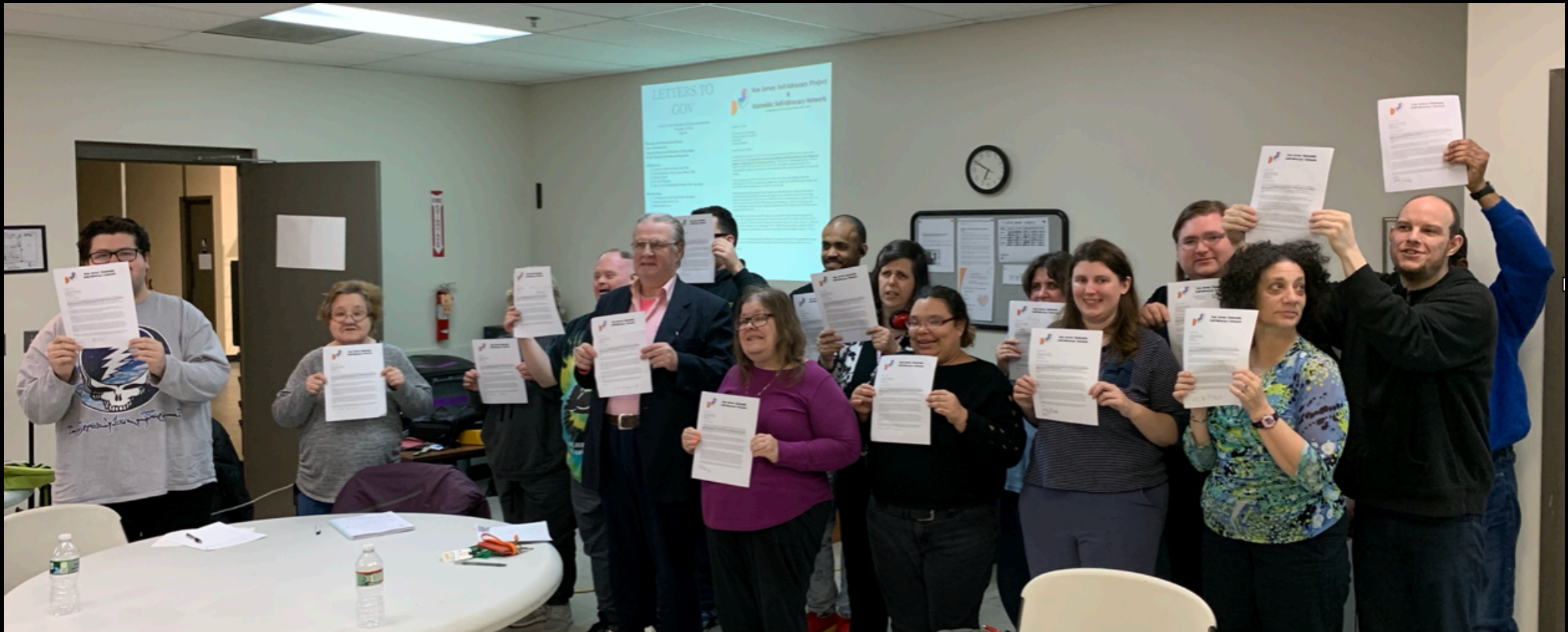
Sincerely,



GOAL: TESTIFY AT BUDGET HEARING



COUNCIL 3

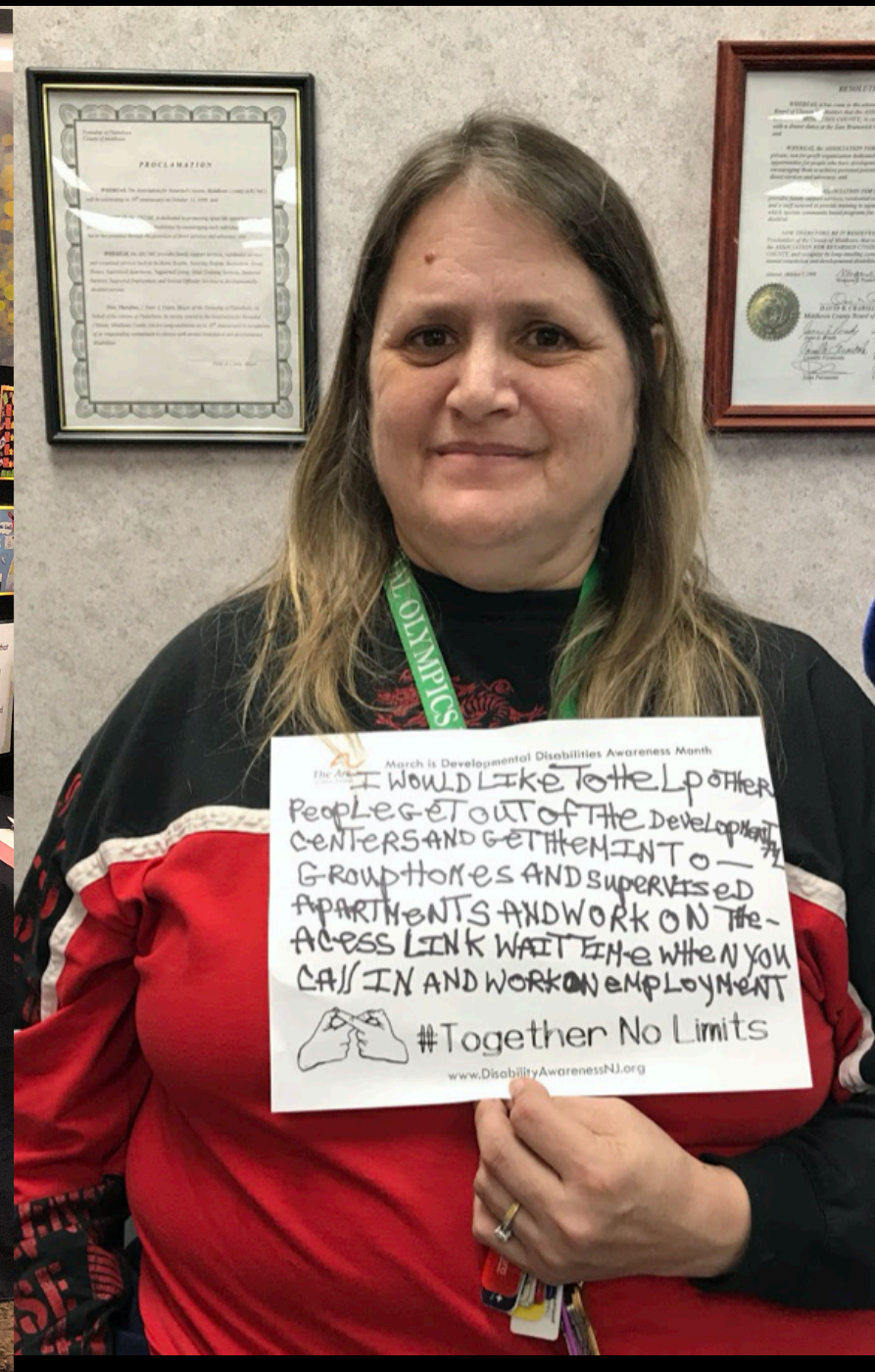


GOAL: PARTICIPATE IN RELEVANT
ADVOCACY CAMPAIGNS

COUNCIL 4



COUNCIL 5

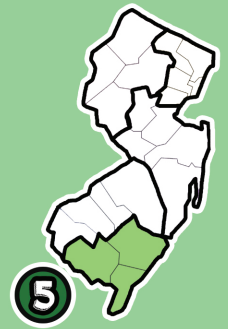


**GOAL:
GAIN AT
LEAST 3
NEW
MEMBERS**

COUNCIL 5

NEW JERSEY STATEWIDE SELF-ADVOCACY NETWORK

<https://www.arcnj.org/programs/njsap/njssan-advisory-board.html>



MONTHLY SELF-ADVOCACY GROUP MEETINGS

Council 5 consists of Atlantic, Cape May, and Cumberland Counties. Council 5 supports people with disabilities to be their own advocates and to know their rights and responsibilities. We work on a variety of issues such as Person First Language, public outreach, advocating for improved transportation, promoting healthy living, voting, governmental affairs, and fundraising. Council 5 is dedicated to gaining respect and equal rights for all people with disabilities and to support them to live and thrive in the community.

Our meetings are open to anyone who would like to join us. We meet on the third Wednesday of every month, from 3:30 pm - 4:30 pm. Please call or email for meeting locations, to get the current calendar for the year and receive relevant updates.



Any questions? Contact:
Kelly Mulvaney
(732) 46-2525 ext. 37
KMulvaney@ArcNJ.org

**New Jersey Statewide
Self-Advocacy Network**





**ACTION
ALERT**

WE NEED YOUR VOICE

PRE-COVID ANNUAL NJSSAN EVENTS



Developmental Disabilities Awareness Month



OUR TIME TO SHINE

July is ADA Awareness Month

Please join the New Jersey Self-Advocacy Project (NJSAP) team, along with members from the regional Councils of the Statewide Self-Advocacy Network, at the Point Pleasant Beach Boardwalk on FRIDAY, JULY 13, 2018 to celebrate ADA Awareness Month!

WHEN: 10AM - 2PM on JULY 13, 2018

***RAIN DATE* JULY 20, 2018**

**WHERE: Point Pleasant Beach Boardwalk
between Arnold Ave. and Central Ave.**



RAISING AWARENESS ABOUT THE ADA



JULY 2019

DEVELOPMENTAL DISABILITIES AWARENESS MONTH - MARCH 2019



MARCH IS DEVELOPMENTAL DISABILITIES AWARENESS MONTH



LETTERS TO GOV. MURPHY- NOVEMBER 2019






Questions?

Comments?



NJSAP CONTACT INFORMATION

- ▶ Sign up to speak up! [Click here](#) to join our email list.
- ▶ **Phone & Fax:** 732-743-8345
- ▶  twitter.com/NJSAP or @NJSAP
- ▶  Facebook: <https://www.facebook.com/NewJerseySAP/>
- ▶  Instagram: <https://www.instagram.com/NewJerseySAP>
- ▶ NJSAP Website: <http://www.njselfadvocacyproject.org>

RESOURCES FROM WEBINAR RECORDED ON JULY 28, 2020

The Arc of New Jersey: <https://www.arcnj.org/>

New Jersey Self-Advocacy Project: <http://njselfadvocacyproject.org>

Join the NJSAP email list: https://visitor.r20.constantcontact.com/manage/optin?v=001PkT5eHO4C2JrwfPw-p5rdqMeT2hyB3H_1_8-6Pyz_LIEdaG9FrebFmRUe0vIVTdajyOgbl3eJPfej5_YANtZZVdceO7DjpChIHrmndLyH8%3D

NJSAP Facebook: <https://www.facebook.com/NewJerseySAP>

NJSAP Twitter: <https://twitter.com/njsap>

NJSAP Instagram: <https://www.instagram.com/newjerseysap/>

NJSAP LinkTree: <https://linktree.com/njsap>

NJSAP videos: www.arcnj.org/programs/njsap/videos.html

New Jersey Statewide Self-Advocacy Network: <https://www.arcnj.org/programs/njsap/njssan-advisory-board.html>

Council 1: <https://www.arcnj.org/programs/njsap/njssan-councils/council-1.html>

Council 2: <https://www.arcnj.org/programs/njsap/njssan-councils/council-2.html>

Council 3: <https://www.arcnj.org/programs/njsap/njssan-councils/council-3.html>

Council 4: <https://www.arcnj.org/programs/njsap/njssan-councils/council-4.html>

Council 5: <https://www.arcnj.org/programs/njsap/njssan-councils/council-5.html>

Person First Language Video: <https://www.youtube.com/watch?v=ZU8iSGsUFHA>

[HTTPS://WWW.ARCNJ.ORG/PROGRAMS/NJSAP/WEBINARS.HTML](https://www.arcnj.org/programs/njsap/webinars.html)