



VOICES 2.0 is a self-advocacy training designed to provide individuals with a developmental disability the tools and confidence to speak up for themselves and recognize their rights.

VOICES 2.0 supports people to feel confident in directing their lives and being active members in their communities.

VOICES 2.0 workshops run for six sessions - 2 hours in length with different topics each week. Materials and interactive activities are geared towards the learning strengths of the group to provide a creative, supportive and confidential environment.

VOICES 2.0 Topics

- Respect / Trust
- Communication / Personal Rights
- Friendship / Empathy
- Building Relationships
- Teamwork / Diversity
- Expression of Emotions

TOUGH TALK



TOUGH TALK workshops tackle topics that may be difficult to discuss or understand. The Participants learn and expand on their current knowledge of various topics of interest - *Taking Care of Ourselves, Internet Safety, Healthy Sexuality, Dating, Legal System*. Workshops are 4 hours in length.