

## What our Graduates are Saying

*"My self-esteem is stronger"*

*"It is important to keep mentally stimulated, to grow.....particularly to learn how to speak."*



Deborah Carole delivers her first public speech with the assistance from Kimberly Mitton, Support SALS Trainer for Metro region.



Andre Williams, Lead SALS Trainer for Metro region congratulates Catherine Devine for a job well done!

## For More Information

*If you would like to find out more about the Leadership Series, please contact:*

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**Massachusetts Developmental**

**Disabilities Council**

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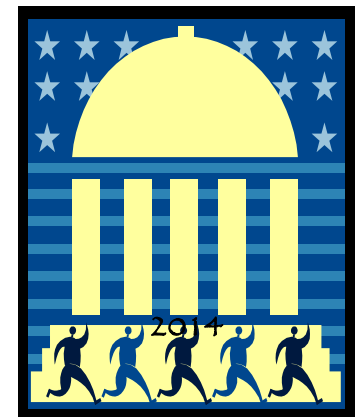
## MASS ADVOCATES STANDING STRONG



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# Self-Advocacy Leadership Series



**"Ask me to do more!"**

**Leadership Training Graduate**

## What is the Self-Advocacy Leadership Series?

The Self-Advocacy Leadership Series is a training that provides education and training support to people with disabilities.

This series seeks to help people improve their skills in the areas of decision-making and leadership.

This series is a 9-week program with each class session lasting 2 hours.

## Why is the Self-Advocacy Leadership Series Important?

This series provides opportunities to connect people with disabilities to self-advocacy networks as well as expand a person's social network.

We practice important leadership skills in an interactive and supportive environment.

## What Makes this Series Unique?

This series offers ten consecutive classes giving people time to:

- ♦ Develop friendships
- ♦ Effectively interact in each of the topic areas
- ♦ Build self-confidence through role-play and practice
- ♦ Complete homework assignments designed to connect class members outside of class
- ♦ Participate in an official graduation ceremony



**Sandy Houghton**

*Self-Advocate and creator of the SALS*

*(The first Series launched in 2003, Worcester, Mass)*

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*413-205-0849*

## Class Topics Include:

- ♦ Who I Am
  - ♦ Communication
  - ♦ Feelings and Values
  - ♦ Leadership
  - ♦ Team Building
  - ♦ Rules & Laws
  - ♦ Speech Writing/Taking Action
  - ♦ Speech/Graduation
- 

## How does a Leadership Series Work?

A maximum of 12 class members are selected through an application process.

Applicants must be a person with a developmental disability. Applicants are chosen based on their answers to the questions on the application, and on their willingness and availability to attend and participate in all classes.