

Continued from Page 1

As CQL (The Council on Quality and Leadership) has done in the past during Developmental Disabilities Awareness Month, we're showcasing a variety of resources including free webinars, guides, research, articles, etc. These can help raise awareness about people with developmental disabilities and share insight into a wide range of issues that are important in people's lives.

Resources By Topic

- [Rights](#)
- [Person-Centered Practices](#)
- [Community Living](#)
- [Self-Determination](#)
- [Self-Advocacy](#)
- [Ableism/Prejudice](#)
- [Positive Behavior Supports](#)
- [Sexuality](#)

WE NEED YOU!
TO MAKE IT HAPPEN

Contribute to The Alliance newsletter each month. Share your ideas, hopes, dreams, success stories and challenges with The Alliance. You can send an article, a poem, a piece of artwork, photography, write a column, or ask a question. Send your content to

info@selfadvocacyalliance.org.



SARTAC Zoom Meetings

12noon Central Time (in Illinois)

Join on computer, tablet or smartphone

<https://zoom.us/j/324815633> or
call 1-929-436-2866
Meeting ID: 324 815 633

[Click Here](#) for handouts shared during Meetings



March 10 Meeting - Peer 2 Peer Support in Connecticut

We learn from each other. Get advice from someone who has already experienced what you want to do or what you want to try to do. Find out how this program works in Connecticut. It is a real job for self-advocates. The person hires a peer support with their DDS funding.



March 17 Meeting - Town Hall on Self-Advocacy

Calling all self-advocates. The pandemic has changed our self-advocacy groups. Let's share our accomplishments and figure out how we rebuild connections.



March 24 Meeting – Arkansas Alliance for Disability Advocacy

Arkansas Alliance for Disability Advocacy will share their updated training on Self-Advocacy & Self-Determination.

New Self-Advocacy Resource – TechKnowledgeMe

SANYS, Self-Advocacy Association of New York State, made these videos to help people learn how to videoconference.

Check out the videos by clicking [here](#).



HealthMatters™ Program

GET READY TO SPRING INTO HEALTH!

Spring Into Health is five (5) week health and wellness program created for individuals with intellectual and developmental disabilities. Learn to incorporate healthy lifestyle habits into daily living. The course will cover topics such as

- physical activity
- nutrition
- sleep
- health management

using the evidenced-based Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities.

Thursdays beginning March 10, 2022 from 12noon – 1pm Central Time on Zoom.

For additional questions or to sign up please email erin_shy@rush.edu