

Become a Self-Advocacy Superhero!

An online camp for youth and
young adults with disabilities



Future Leaders
of Self-Advocacy

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Power Course



Tips to Stay Calm, Confident, and Positive

Part 1



Change usually does not happen overnight. When you are a self-advocate superhero, it is important to be patient with yourself and with the process. Here are some tips on how to stay calm, confident, and positive when using your power to advocate. You can use all of these if they work for you or pick the ones you like.

Stay Calm



1. The two-part technique

Try these two options anytime you feel stressed to help you calm down.

- **Part 1.** Choose a calming focus like your breath, a sound, a short prayer, or a positive word or phrase. Repeat this aloud or silently as you inhale or exhale.
- **Part 2.** Let go and relax. Do not worry about how you are doing. When you notice your mind has wandered, simply take a deep breath or say to yourself "thinking, thinking" and gently return your attention to your focus.



2. Deep breathing

Find a comfortable, quiet place to settle in. First take a normal breath, followed by a slow, deep breath. Feel as though your breath moves down into your belly, letting it expand fully. Then exhale slowly. Put one hand on your belly and feel your hand rise each time you inhale and fall each time you exhale. Try to practice this breathing technique every day or more when stress begins to build.



3. Imagine calm

Use your imagination to think of soothing scenes. This will help calm and relax you. Find a quiet place to settle in and get comfortable. Clear your mind while taking deep, even breaths. Imagine something you find relaxing. Use your senses to pretend you are there. This might be relaxing at the ocean, petting an animal, or taking a road trip.

Tips to Stay Calm, Confident, and Positive



Part 2



Stay Confident

Having confidence in yourself means you are are sure of your abilities and you can trust yourself. Being confident in yourself is a key part of being a self-advocate superhero!

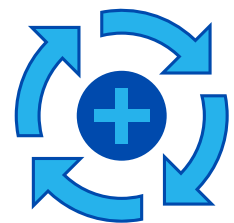
1. Quick Tips:

- Picture yourself being successful before you start a project or task
- Play music you love or music with a deep base to help you feel confident
- Strike a power pose where your body feels powerful
- Give yourself a pep-talk



2. Believe in your abilities and that you can improve

- Shift your thinking to a growth mindset. In this way of thinking, you are always learning, growing, and improving.
- Think of challenges as opportunities to learn and grow.



3. Practice Failure

Yes, the third tip really is to practice failure! Weird, right?

Everyone fails during their lifetime. You will fail. Your friends and loved ones will fail. Even your favorite celebrities, sports players, politicians, and writers fail! And that is okay!

What matters is how you respond to the mistakes, set backs, or failures. Those who fail and keep trying anyway tend to be better prepared to respond to challenges in the future. This means failing teaches you how to:

- Learn how to try different strategies
- Be creative
- Ask for help or advice
- Keep going to accomplish your goal

Tips to Stay Calm, Confident, and Positive

Part 3



Stay Positive

Positive thinking starts with self-talk. Self-talk is the conversations and words you think of in your head but do not share with others. Staying positive means having positive self-talk.

Find areas to change

Find areas in your life that you think about negatively. Start small by focusing on how you can be more positive in one of those areas.

Check in on yourself

Take a few breaks during the day to think about the ways you have been thinking. If you have had negative thoughts, try to find a way to put a positive spin on them.

Be open to humor

Life can be fun if you let it be! Give yourself permission to smile or laugh even when things are tough. Using humor in normal day-to-day life can help you relax.

Exercise

When you exercise, you feel better. It helps reduce stress and gives your mood a positive boost. Try to work out for 30 minutes each day. This can be all at once or broken up throughout the day.

Practice!

Changes do not happen overnight. Practice your self-talk by being gentle and encouraging with yourself. Remember, don't say anything to yourself that you wouldn't say to anyone else! When a negative thought creeps in, practice thinking about your positive traits or things in your life that you are thankful for.

Tips to Stay Calm, Confident, and Positive

Part 4



Practice Shifting Your Thoughts

Below are some examples to show how to shift your thinking from negative to positive

Negative Self-Talk	Positive Self-Talk
I have never done this before	This is an opportunity to learn something new
It is too complicated	I will try a different approach
There is no way it will work	I can try to make it work

Your turn!

Write your negative thoughts in the orange space below. Try to brainstorm some ways to put a positive spin on that thought.

Negative Self-Talk	Positive Self-Talk

I Am Confident!



This is a confidence building activity. Think of who you are and a goal you have for your life. Think about what you need to do to achieve the goal. Write or draw your answers in the spaces below.

I am...

Example: Smart and powerful

I want...

Example: To go after my dreams

I will...

Example: Tell people what I want

Bill of Rights



A bill of rights is an official list of things that you get to make decisions about

- **You have the right to be treated fairly and with respect.**
- **You have the right not to be put down by words or actions.**
- You have the right to your own personal and physical space when you are upset. Someone should not hold you down, or use harmful tools to restrain you.

- **You have the right to get help.**
- **You have the right to choose an advocate.**
- **You have the right to get an education.**



- You have the right to have your own education plan, written and reviewed at a meeting with you. These are tools that YOU create, that plan out your learning goals.

- **You have the right to choose your job and receive fair pay.**
- You have the right to decide how to spend or save your money.
- **You have the right to know about and choose your services.**



- You have the right to choose your own doctors and to see the doctors when you want.
- You have the right to have, receive, or refuse regular therapy services.



Bill of Rights



- **When you are an adult, you have the right to choose where you want to live, and who you want to live with.**

- Whether you live by yourself, with a roommate, or in a group home, you have the right to privacy and to expect people to knock before entering.

- **You have the right to have your own belongings.**



- You have the right to have a place to be alone.

- **You have the right to call and visit family and friends, and you have a right to choose your friends.**

- You have the right to date, get married, and have children if you want to.

- **You have the right to be free from sexual violence, and the right to support if you experience sexual violence.**



- **You have the right to join community groups.**

- You have the right to expect public places to be accessible, and to ask for accommodations that can help you.

- You have the right to plan and enjoy fun activities.



It is important to know your rights, so you can live the life you want for yourself.

Know Your Rights Word Search

POW!

V S L E M L C P N W Y B C Z D A V T Z U
E U I X Q H K O Z L Q O U K Z C O C R P
I Q K H O M I W I O M S U M O C T E N F
P J U I V S E M X M V E D A T E E P N E
G Y C A U H A C U S Z R J H D S D S U L
H E C L L F M N T J U V O J F S N E K K
S O C A X P I K P E I I T Z T I O R P J
W N M B V C A Y C X O C I D E B I X J K
I R N E A I B Y T T L E Z A I I T R Q Z
R G I T R I R B U I Z S R Q W L A Q C U
F L I G U X G P M M N D C O R I C V I Y
A O G N I G N O L E B U R G X T U W L S
N A D V O C A T E N I K M N J Y D J Y N
S D N E I R F D A H T Y J M C C E W T O
Z R M D E O N F M E L M Z Y O O E C M N
R N M X Q Q P G U C W C Q M A C S X S L
M O Z C D V S V V Q A U M I D H T K L V
T U I H J E S N Q S K B O S G C Y C T Y
R N Y G D C M B Y K V P V K Z S Y B H F
G U L W E N X E T Q I U O O P Y K I T I

Accessibility

Advocate

Belonging

Choices

Communication

Community

Date

Education

Equal Pay

Family

Friends

Home

IEP

Inclusion

Privacy

Respect

Services

Vote

Work

Power Course

Mini Quiz

POW!

POW!

1. Do you have the right to be treated fairly and with respect?

- a. Yes
- b. No

2. You can not ask for help.

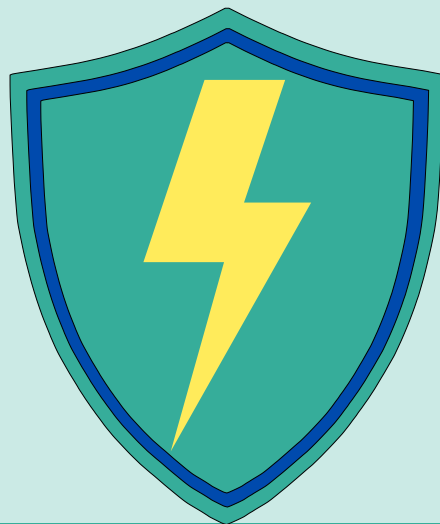
- a. True
- b. False

3. Is it important to stick up for your rights?

- a. Yes
- b. No

Answers: 1.a 2.b 3.a

Confidence Course



All About Me!



In this activity, think about yourself and the things that make up who you are. Write or draw your answers in the spaces below.

There are no right or wrong answers! This is about you and no one knows you better than you know yourself.

Things I like about me:

I am

_____ years old!

My dream job is:

Things I like to do:

Important people
in my life:

Things that make me happy:

Things I worry about:



I Am A Self-Advocate Superhero! ⚡

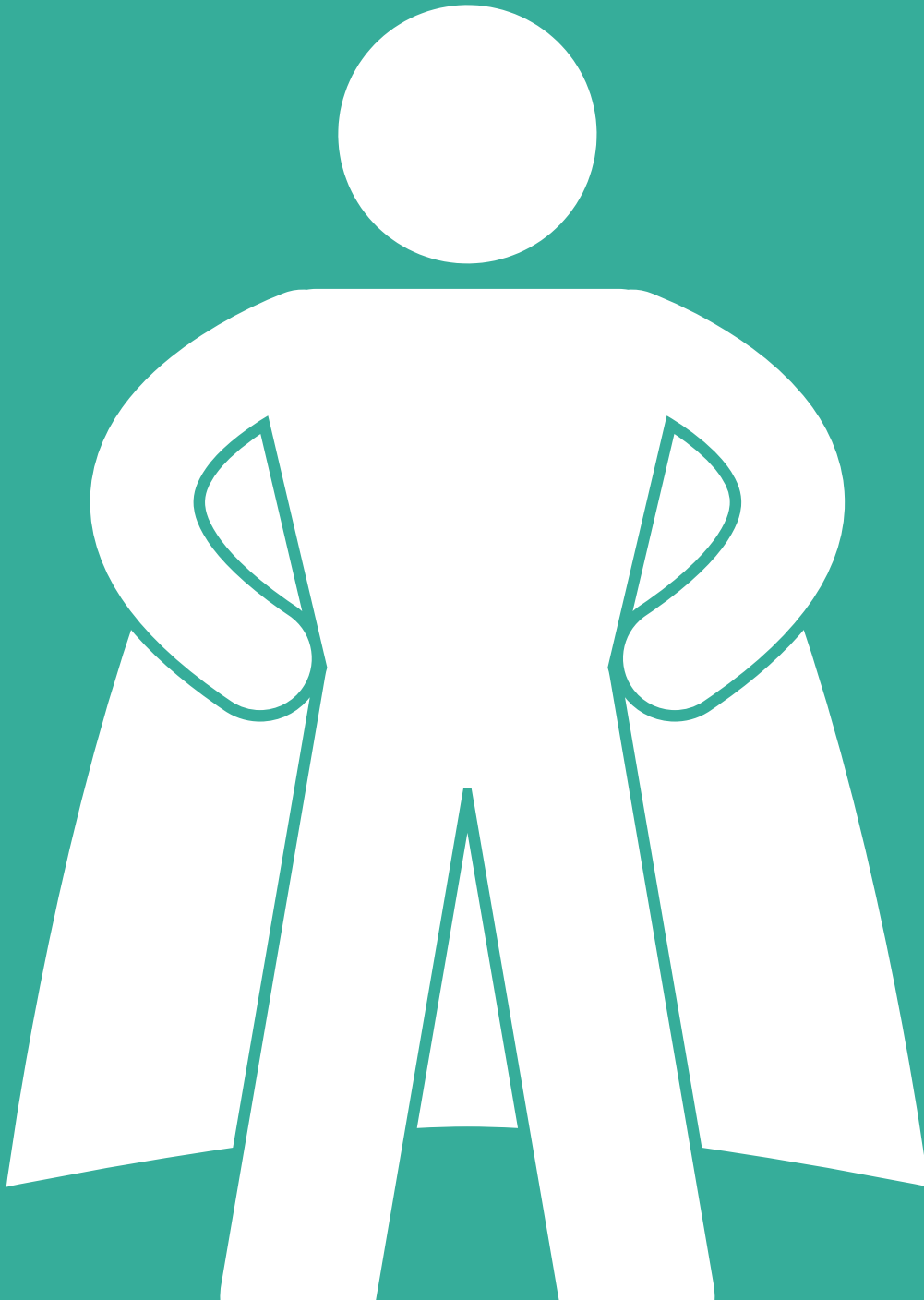
Think about all of the superpowers that make you a self-advocate superhero.
Draw or write them inside of the superhero below.



I Am A Self-Advocate Superhero!



Think about all of the superpowers that make you a self-advocate superhero.
Draw or write them inside of the superhero below.



I Can

Put the Pieces

Together!



In this activity, you will put together the pieces of your identity. Think about what your disability is and what that means for you. Write or draw your answers below.

What is your disability?

How does your disability empower you?

What ways are you proud of your disability?

Frame Your Future!



This activity is a mini meditation. We want you to think big and dream of your future. Write or draw your answers in the spaces below.

Dream of a future that you choose...

What do you want for your future?

What can you do to get the future you want?

How can you help others achieve their dreams?

How can you help make positive changes for your community?

I Can Set Boundaries!

Part 1

This activity will explain what boundaries are and how to set them in your life. There will be questions for you to answer throughout the activity.

**Boundaries are rules or instructions for yourself or others.
Boundaries are put in place to keep you safe.
They can also help you keep your relationships healthy.**

Know your Boundaries

Boundaries should be based on your values, or the things that are important to you. For example, I value spending time with my friends.

What do you value? What is important to you?

Your boundaries are yours, and yours alone. Many of your boundaries might be the same as those you are close to you, but others will be unique.

Know your boundaries before entering a situation. This will make it less likely you'll do something you're not comfortable with.

For example, I know that I value spending time with friends. Because of this value, when I am busy, I will set a boundary to make sure I have time to be with friends.

What are some boundaries you could set in your life?

I Can Set Boundaries!



Part 2

Communication

You always have the right to tell people what you want and what you don't want. You have the right to tell someone "yes" or "no". When you set boundaries, it is important to communicate clearly so that there is no confusion or doubt about what you want.

How to tell someone what you DO want

"I am comfortable with this"

"Please do that"

"I've decided to"

"I can do that for you"

"I would really like that"

"This is okay with me"

What are some ways you can tell someone "yes"?

How to tell someone what you DO NOT want

"I'm not comfortable with this"

"Please don't do that"

"I've decided not to"

"I can't do that for you"

"I don't want to do that"

"This is not okay with me"

What are some ways you can tell someone "no"?

I Can Set Boundaries!



Part 3

It is important to think about your actions and body language when you want to set boundaries. This can help you clearly communicate your boundaries and avoid conflict.

Your Actions Are Important

Body Language

One way to set boundaries with your actions is by having confident body language. For some people, this means making eye contact or using a steady tone of voice (not too quiet, and not too loud).

What does confident body language mean to you?

Plan ahead

Think about what you want someone to know, and how you will tell them, before a discussion. This can help you feel more confident.

How will you plan ahead? Set some goals:

I Can Set Boundaries!



Part 4

Be Respectful

When you are communicating your needs, it's okay to be firm. It is also important to be respectful and honest. Try not to fight, use put-downs, or ignore someone.

What does being respectful mean to you?

Compromise

It is important to think about and understand other people's needs. Sometimes you might have to compromise, but not on things that are important for your health and safety.

Think about what you *can* compromise:

Think about what you *can't* compromise:

I Can Set Boundaries!



Part 5

Practice Setting Boundaries!

In this activity, you will practice setting boundaries. You will think about how you would respond if you were really in the situation. Think about the language you would use to firmly and respectfully set your boundary.

For Example:

Situation: Your friend calls you at 11 pm to talk about problems they are having with a friend. You need to wake up at 6 am.

Your Response: "I can tell you're upset. I want to talk to you, but I need to go to bed. Maybe we can talk tomorrow afternoon."

Your Turn!

Situation: You invited a friend over for the evening, but now it's getting late. You would like to get ready for bed, but your friend seems unaware of how late it is.

How would you respond? Practice your response here:

I Can Set Boundaries!



Part 6

Situation: A good friend asks you out on a date. You would like to let them know that you don't want to date, but DO want to keep them as a friend.

How would you respond? Practice your response here:

Situation: A friend is gossiping about someone you know. They are saying things that are mean and hurtful about the person. You don't agree and this is making you feel uncomfortable.

How would you respond? Practice your response here:



Identity Course

Mini Quiz

1. Your ideas, feelings, wants, and needs are important.

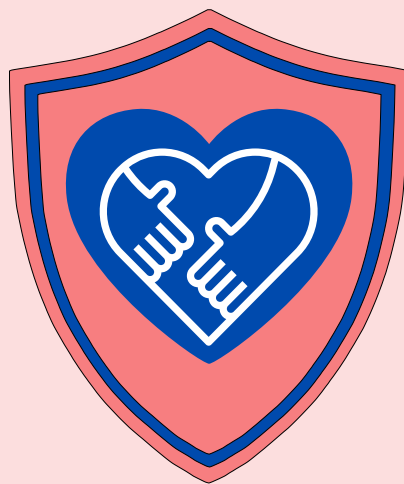
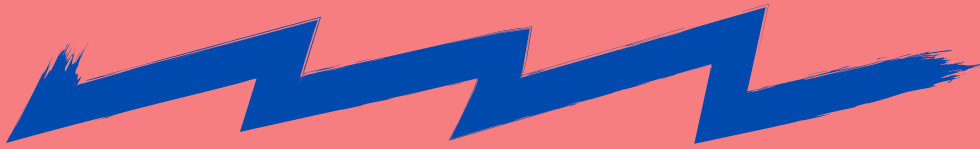
- a. True
- b. False

2. What does disclosing your disability mean?

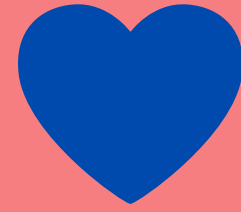
- a. You share information about your disability with others.
- b. You do not share information about your disability with others.

Answers: 1.a 2. a

Kindess Course



ANTI-BULLYING PLEDGE

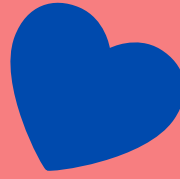


I _____ pledge that from this day forward I will...

- Not be a bully
- Stick up for myself when I'm bullied
- Help others when I see them being bullied
- Advocate for myself and others
- Use my power to educate others and help them advocate for themselves
- Include everyone
- Use respectful language in all conversations and make sure other people do, too
- Respect other's opinions and feel confident in sharing my own

Signature

ANTI-BULLYING WORKSHEET



PART 1

How can you advocate for yourself and others in order to prevent bullying?

1. Deep breath:

Bullying can become very overwhelming. One thing you can do is to take a deep breath and count to 10 to calm yourself down. Once you are calm you will be able to think more clearly.

2. Think before you act:

Before you rush into action and do something you will regret. Stop and think about the situation. Ask yourself "Was it on purpose or was it an accident?" For example, "Did this person bump me on purpose or were they not watching where they were going?"

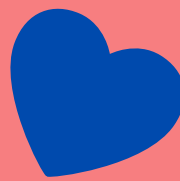
3. What do you want to be different?

Think about what you want out of the situation. Before you talk to the person. For example, do you want to be treated differently? And do you want the person to stop doing something?

4. Tell clearly and slowly:

Something to start the conversation is asking the person if you can talk to them? Then calmly and slowly tell them how you saw the situation and how you feel about it.

ANTI-BULLYING WORKSHEET



PART 2

5. Give the other person a chance to share their side of the problem:

By being a self-advocate, it is not just about you and you are the only one able to talk. Give the other person a chance to think about what you said and to share their side of the problem and hear what they have to say.

6. Don't expect fast results:

Things do not happen as fast as we want them to. It may take several attempts and talks with the other person before things change. Sometimes you might have to tell the person more than one time.

7. Ask for help:

There will times you and the other person will disagree. An awesome thing about being a Self-Advocate is that you are able to ask for help if needed. You don't have to solve every problem on your own.

8. Understand your disability:

You will find yourself in many situations where you have to explain your disability. For example, a school or a job. It is your responsibility to tell others about your needs due to your disability. Something that will help is to practice telling others and being open with your disability. And telling friends and family your needs and your strengths. By doing this it will make new situations easier and with people who don't know you.

KARLI'S STORY PART 1

My name is Karli Harguth and I would like to tell you about my experience with being bullied and how getting involved with self-advocacy gave me the power to express myself.

Middle School

Most of the bullying started when I was in middle school and went into high school. When I started middle school, I would get looks from others or scowls. This made me feel like I did not belong. When it came time to do something about the bullying, I would always try and turn the other cheek and keep to myself. The bullying and people talking behind my back continued. This made me shy and afraid to say something. I thought that if I tattle it is only going to get worse.

With my disability, I could do anything others could do, but it took me longer. It seemed like if you cannot keep up, they are going to leave you behind, which is exactly what happened to me. I had to have things read to me and I would have to go to a different classroom to take tests. Of course, I got picked on for that, too. When I got to high school things got worse because of the cliques (groups) that started.

High School

My high school graduating class was horrible with the groups. There were the popular groups, the smart groups, and outsiders. I never felt like I belonged to any of the groups. I mostly hung out with underclassmen, which made me feel left out. People talked about behind my back and played mean jokes on me. I was so happy when I graduated, thinking, "Yes, the bullying is over!" I was WRONG...

Self-Advocacy

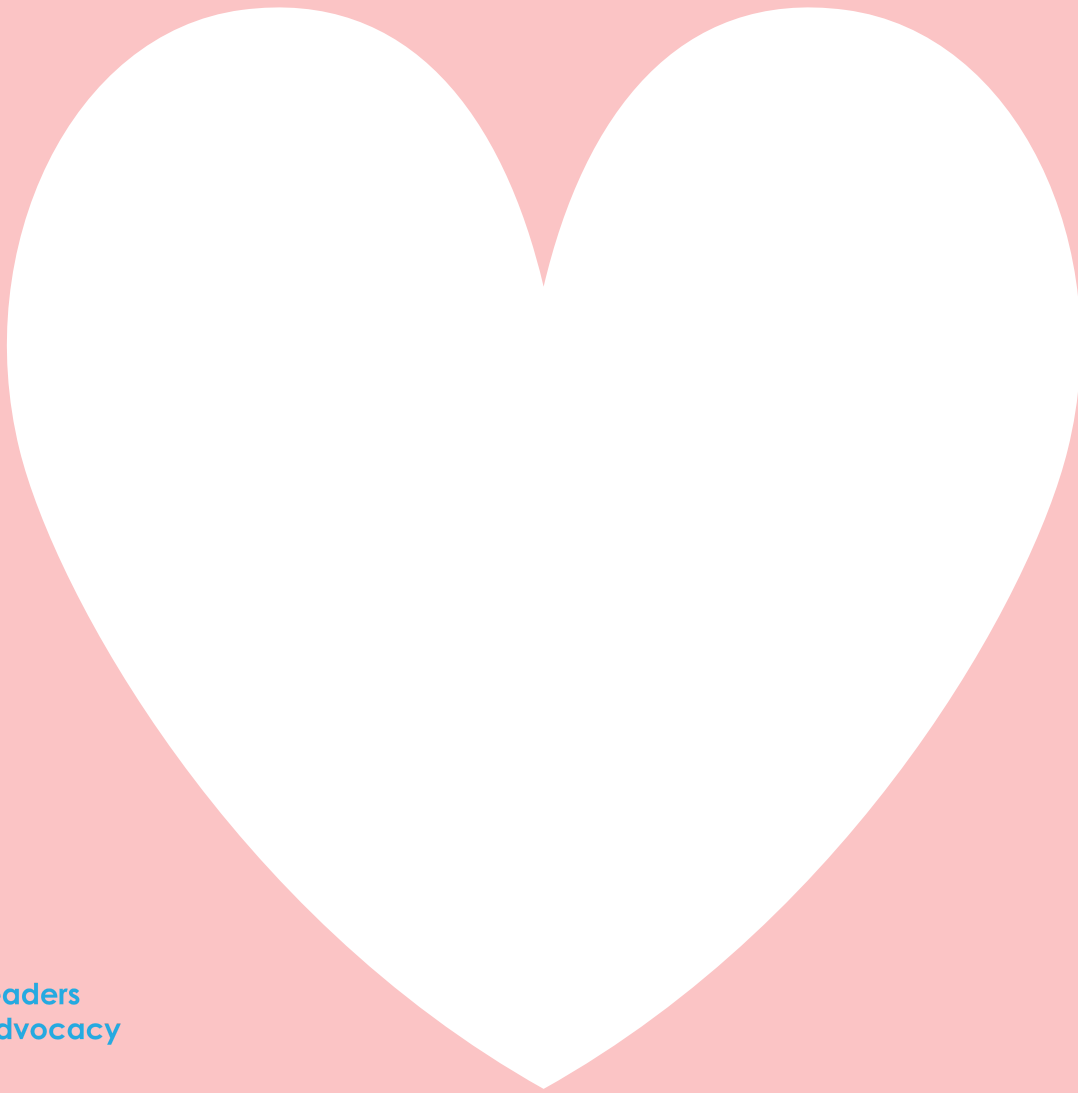
The bullying continued after high school and it wasn't until I got involved with self-advocacy that it lessened, because I was able to get the courage to let others know how I felt. This made me realize that even though I am different, I have the power to make changes in my life and live it the way I want. I can let others know how it feels when they leave me out of an activity or talk behind my back.

KARLI'S STORY PART 2

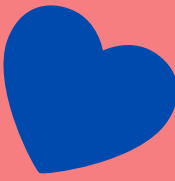
Since I have been involved in self-advocacy, I have made so many friends and have learned to let others know how I feel. Knowing that I am not the only one that has experienced bullying makes me feel a little better because I know I am not alone. I can ask others how they got through the bullying and we can share our experiences and stories with each other. This has helped me build strong friendships.

Before self-advocacy, I felt like a turtle hiding in my own little shell. Now, I have gone to the capital to talk with legislators, presented workshops to teach others about self-advocacy, and so much more. With self-advocacy, I am confident and courageous and am able to live the life I want. **Self-Advocacy has definitely changed my life for the better.**

**Bullying can really hurt our feelings.
Take time to write or draw your out your feelings.**



Resources to Support You



STOMP Out Bullying

Website Chat:

<https://www.stompoutbullying.org/helpchat>

Phone Number: 877 NOBULLY (877 602 8559)

STOP BULLYING NOW HOTLINE (USA)

Phone Number: 1-800-273-8255

Helpline set up by U.S. Department of Health and Human Services Available 24/7

Text or Facebook Messenger

<https://www.crisistextline.org/topics/bullying/#what-is-bullying-1>

PACER National Bullying Prevention Center

Website:

<https://www.pacer.org/bullying/info/cyberbullying/>

Stop Bullying

Website: <https://www.stopbullying.gov/>

2nd Floor Youth Helpline

Website:

<https://www.oceanresourcenet.org/search/2nd-floor/>

Phone Number: 888-222-2228

A Thin Line

Website: <http://www.athinline.org/>

National Suicide Prevention Hotline

Phone Number: 1-800-273- TALK (8255)

California Youth Crisis Hotline

Website: <https://calyouth.org/cycl/>

Phone Number: 1-800-843-5200

Victims of Crime Resource Center Hotline

Phone Number: 1-800- VICTIMS (842-8467)

Cyberbullying Research Center

Website: <https://cyberbullying.org/resources>

National Runaway Safeline

Website:

<https://www.1800runaway.org/youth-teens>
1-800-786-2929

Remember:

If someone at school is being a bully:

Contact a teacher, school counselor, school principal, school superintendent, or state department of education

In cases of an emergency:

Contact 911 and the local police



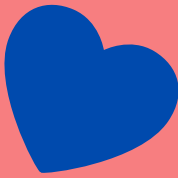
100 Seconds

Set time aside for 100 seconds to reflect on your feelings.

Some options you could do are to journal, draw, listen to music, go for a walk, or meditate.



Kindness Course Mini Quiz



1. Bullying can be physical, verbal, or emotional.

- a. True
- b. False

2. Who can you ask for help from?

- a. Teacher
- b. Sibling
- c. Friend
- d. Family member
- e. All of the above

3. What is a bully?

- a. Someone who makes you feel bad about yourself
- b. Someone who make you feel good about yourself

Answers: 1. a 2. e 3. a

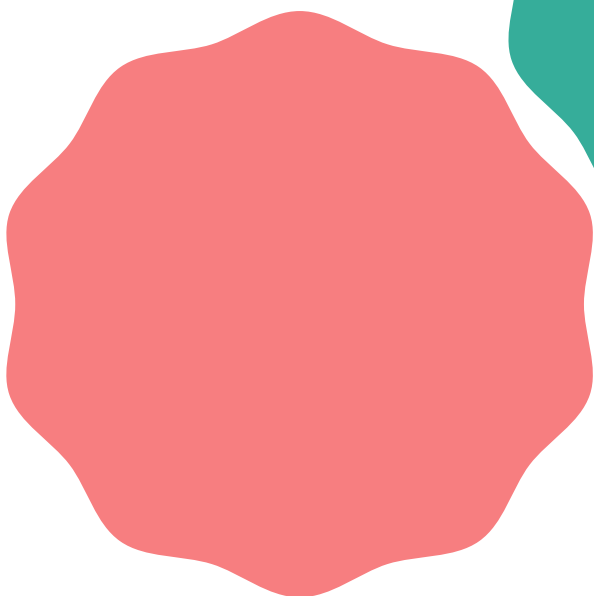
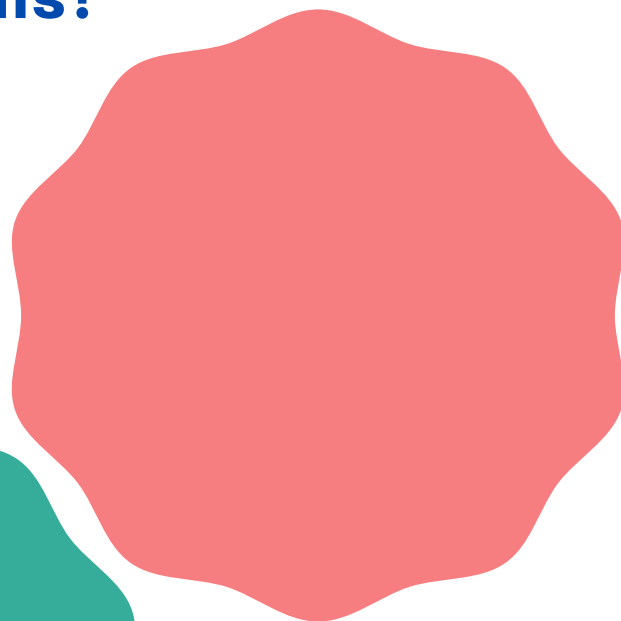
Leadership Course



LET'S TALK ABOUT YOU!



What are some of your accomplishments or proud moments?

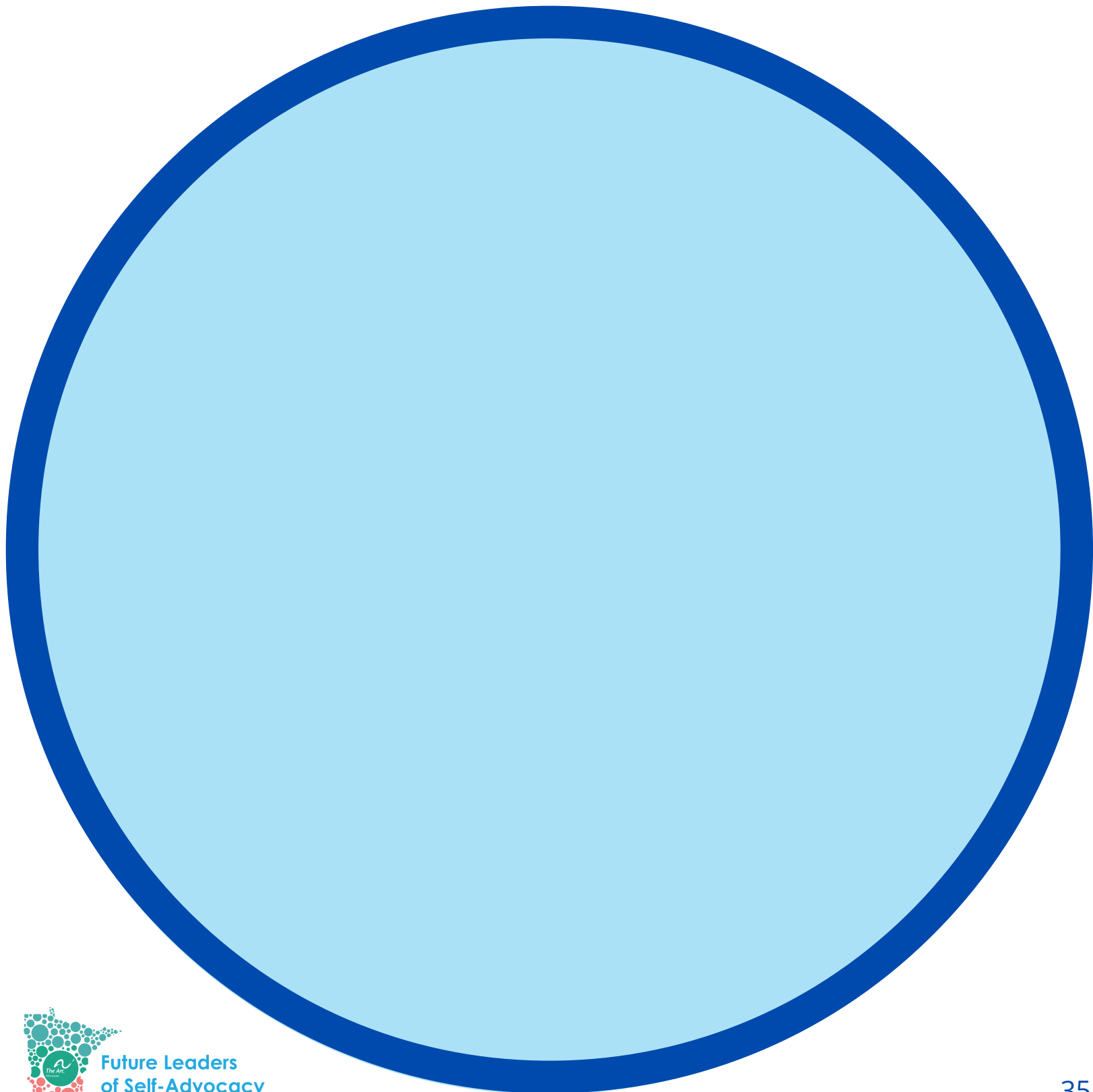


**Wow, you have so many amazing accomplishments!
We are so proud of you!
You will be an awesome leader!**

ADD YOUR STORY



Draw or write about how
teamwork has helped you.



Create Your Own Self-Advocacy Group



Part 1



Before the Meeting

You need some sidekicks!

Reach out to friends about starting a group.

- Find people that will help create a safe and supportive place for others when starting.
- It's important to set positive energy from the beginning.
- Friends can help you spread the word about the group, help come up with ideas, make agendas, and more.

Who do you want to be in your group?

How will you start the group off with positivity?

Create Your Own Self-Advocacy Group



Part 2

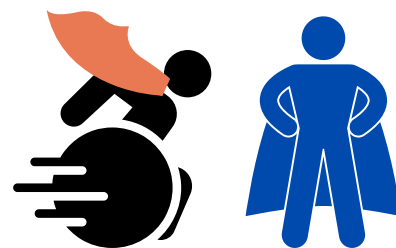
Plan your meeting!

It is time to decide how you want your meetings to be held. Be sure to think about what works best for your group members. **You have three options.**

1 Meet in-person

Decide where your meeting spot will be. What makes a good meeting spot?

- All people can access the space.
- Easy to find
- Enough room for everyone in the group
- Near public transportation
- Open and available to host your meetings



2 Meet online

If you have your meeting online, you will need to think about...

- Do people need training on how to use the online tool?
- Does everyone have the technology they need?
- What program do you want to use for your meeting? Here are some options:
 - Facebook
 - Zoom
 - GoogleMeet
 - Microsoft Teams
 - Skype

3 Combo! Meet in person and others can join online

You would need to choose a place that would be able to provide technology.

What meeting type would be best for your group members?

Create Your Own Self-Advocacy Group



Part 3

Meeting Time

Decide what time your meeting will take place and how long your meeting will be.



It's important to ask the group members the day and time that works best for them. Does morning, afternoon, or evening work best?

Make sure to have the same time and day for the meeting every month. This will make it easier for people to remember the schedule.

Contact Information

Who will be the main person to contact for information about the group?

Have your contact information ready. This can include:

- Your name
- Phone Number
- E-mail
- Address of meeting place



At the end of your meeting, ask others for their name and contact information.

When do you want to meet?

How are you going to communicate with your group?

Create Your Own Self-Advocacy Group



Part 4

Get Ready for the Meeting

How will your meeting be organized?

This could be a written out agenda. Some ideas for your meetings are:

- Conversation topics
- Trainings
- Announcements
- Tasks
- Guest Speakers



Begin meetings with a fun activity and to have everyone introduce themselves.

How do you want to organize your meeting?

Do you want an Ally?

This step is up to you! Ask your group if they want people to help support the group. Allies can support you...

- In meetings
- With technical needs
- Finding resources about self-advocacy

Allies can be...

- Parents
- Siblings
- Providers
- Community members
- Or others



Does your group want an ally? If yes, who could you ask to help?

Create Your Own Self-Advocacy Group



Part 5

During the Meeting

Pick a Name!

Discuss with the group what the group name should be.

NAME:

Brainstorm name ideas here:

Goals and Values

Ask and talk to your group about:

- What does this group mean to you?
- What do you want to do together?
- What do you want to get out of this group?

An example of some goals and values could be...

- Making sure people know their rights
- Helping people learn advocacy skills
- Learning about the community and how we can help
- Making a difference for others
- Sharing opportunities



Brainstorm or list possible goals and values here:

Create Your Own Self-Advocacy Group



Part 6

Rules

What are the group rules?

Will you have a meeting to decide what the rules are for the group?

An example of rules are in your training packet called "Guidelines"

Having a Vote

Talk with your group about how you will make group decisions.

- Will you have the group vote?
- What happens if there is a tie?
- Will you vote with paper so the voting is private?



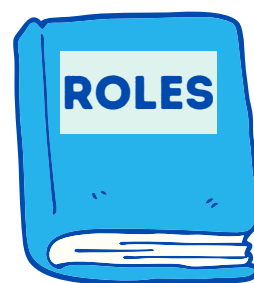
Brainstorm possible rules here:

Group Roles

Ask your group if they want group roles.

For example, you group can have a...

- President
- Secretary
- Vice President
- Treasurer



If the group has roles, how long will people be in those roles?

What roles do you need in your group? How long do those roles last?



After the Meeting

Spread the word!

Talk with your group about how you will tell other people about the group. Some ideas are...

- Create a flyer
- Create a Facebook group
- Create a website



Ask group members to tell their friends and family who might want to join.

Brainstorm ways to spread the word to get more members:

We are excited for you to start your own group!

Email us if you have started one. We would love to learn about it!



Leadership Course



Mini Quiz



1. What is a self-advocacy group?

- a. A group that advocates about things they want to change
- b. A group of people who want to build power together
- c. All of the above

2. Is teamwork important when you want to make a change or difference?

- a. True
- b. False

Answers: 1. c 2. a

Self-Advocate Groups



Below is a list of self-advocate groups connected to The Arc Minnesota. You can use this list to help you connect to a self-advocacy group. If you do not see a group in your area, give us a call!

People First

What is People First?

People First Groups are often known as self-advocacy groups. They are groups of people with disabilities who speak up for themselves and work to improve the lives of their members. The people first movement started during the planning for a self-advocacy conference in 1974. This was held in Oregon in the United States.

Aktion Club

Aktion Club is the only service club for adults with disabilities. It has more than 12,000 members worldwide. Aktion Club is supported at the district level and by the Kiwanis International Office in Indianapolis, Indiana. It provides programs, literature, and opportunities to relate to individuals with disabilities from countries worldwide.

Motto: Where development has no disability.

Vision: To develop competent, capable, caring leaders through the vehicle of service.

The Arc Minnesota

Mission: The Arc Minnesota promotes and protects the human rights of people with intellectual and developmental disabilities, actively supporting them and their families in a lifetime of full inclusion and participation in their communities.

Self-Advocates of Minnesota (SAM)

Self-Advocates Minnesota (SAM) is a network of self-advocacy groups from all around the state. Advocating Change Together (ACT) formed SAM in 2007. Today, more than 50 SAM groups around Minnesota are connected and working together. ACT continues to support, fund, and administer the SAM network and its Leadership Circle. The state is divided into six SAM regions. Each region works with its member groups to build personal power, connect to the disability rights movement, and make community changes. All six regions also meet once a year to share best practices and accomplishments.

Self-Advocate Groups



Southwest Region People First Groups

People First of New Ulm

Wilbur Neushwander-Frink
wilburdfrink@gmail.com

People First Martin County

The Arc Minnesota
info@arcminnesota.org

People First of Cottonwood County

The Arc Minnesota
info@arcminnesota.org

People First of Nobles County

The Arc Minnesota
info@arcminnesota.org

People First of Faribault County

The Arc Minnesota
info@arcminnesota.org

People First of Redwood County

The Arc Minnesota
info@arcminnesota.org

People First of Jackson County

The Arc Minnesota
info@arcminnesota.org

People First of Rock County

The Arc Minnesota
info@arcminnesota.org

People First of Lyon County

The Arc Minnesota
info@arcminnesota.org

People First of Mankato

Wilbur Neushwander-Frink
wilburdfrink@gmail.com

Southwest Region Aktion Clubs

Aktion Club of St. Peter

Wilbur Neushwander-Frink
wilburdfrink@gmail.com

Southwest Region SAM

SAM SW

Wilbur Neushwander-Frink
wilburdfrink@gmail.com



Self-Advocate Groups



Southwest Region Other Groups

Martin County: Different Drummer Dance Club

The Arc Minnesota
info@arcminnesota.org

Attion Club Theatre of Mankato and Fairmont

Wilbur Neushwander-Frink
wilburdfrink@gmail.com

Pathstone Living Mankato

Wilbur Neushwander-Frink
wilburdfrink@gmail.com

Southeast Region SAM

SAM SE

The Arc Minnesota
info@arcminnesota.org

Southeast Region LIFE

LIFE Mower County ---SE

Jamey Helgeson: jamey@lifemowercounty.org

Southeast Region People First Groups

Winona People First

Cheryl and Sandy Gardner-Ghionzoli
cherylga@hco.org



Self-Advocate Groups



Metro Area People First Groups

People First Big Lake and Buffalo
Bev Kaler
6112 322nd St., St. Cloud, MN 56303
320-240-9550

Metro Area Other Groups

Self-Advocacy Advisory Committee (SAAC)
The Arc Minnesota
info@arcminnesota.org

Advocating Change Together (ACT)
Mary Kay Kennedy
1821 University Avenue, Suite 306-S, St. Paul,
MN 55104
651-641-0297
kennedy@selfadvocacy.org

Central Region SAM

Cambridge, MN 55008
Maggie Triechel
651-641-0297
maggiepeace99@gmail.com

Northwest Region SAM

SAM NW
Carla Tice
tice.carla@hotmail.com

SAM NW Region
Bev Kaler
651-641-0297

Northeast Region SAM NE

SAM NE
Meredith Kujala
mkujala@arcnorthland.org





You are a **Self-Advocacy Superhero!**

This certificate is proudly presented to



Karli Harquith

Jeff White



Future Leaders
of Self-Advocacy

Katie McBurnett

Lea Sue Sandberg



Date