

• MORE WORKSHOPS •

<b>J</b>	<b>MY PEERS, MY LOVE, MY LIFE</b> Do you know how important your peers are? You can't always rely on program staff to help you out. Learn about the value of friendship between people with disabilities.	<i>Presenter: Sam Durbin</i>
<b>K</b>	<b>HELP THE <u>AMERICANS WITH DISABILITIES ACT</u> GO GLOBAL</b> Learn about the United Nation's Convention on the Rights of Persons with Disabilities (known as the UN CRPD) and your rights on a global, national and local level.	<i>Presenter: Trena Wade</i>
<b>L</b>	<b>I CAN MAKE A DIFFERENCE!</b> Realize that YOU, all by yourself, CAN make a difference. Stephen will show you how through personal stories and examples from history. Lots of audience participation!	<i>Presenter: Stephen Day</i>
<b>M</b>	<b>"ADVOCATING WITH YOUR ELECTED OFFICIALS" VIDEO &amp; CHAT</b> Explore how you can have an effective visit with an elected official from any part of government— city, county, state or federal. Ray will share his personal experiences.	<i>Presenter: Ray Castro</i>
<b>N</b>	<b>RESPECT MY CHOICES AND PRIVACY!</b> Learn how to tell people that support you what you want help with (and what you don't). Learn ways to tell people when to keep their nose out of your business!	<i>Presenter: Karen Moore</i>
<b>O</b>	<b>GENTLE YOGA</b> Gentle yoga is modified yoga poses and breathing that helps calm the mind and body. This type of yoga is great for students of all levels and it reduces stress and anxiety.	<i>Presenter: Vicki Forman</i>
<b>P</b>	<b>FEELING SAFE, BEING SAFE</b> Learn how to prepare your own personal safety in case of any kind of emergency— earthquake, fire, etc. Learn what you need to put together your own emergency kit.	<i>Presenter: Office of Clients Rights Advocacy (OCRA)</i>
<b>Q</b>	<b>POWER OF PHOTOS</b> A photo is worth a 1,000 words. Joseph will talk about how photos can be an effective tool in communication and self advocacy. Learn about the power of images.	<i>Presenter: Joseph Buchroeder</i>
<b>R</b>	<b>YOGA &amp; MINDFULNESS</b> "Yoga" means body movement. "Mindfulness" means awareness, paying attention and concentrating with your mind. Learn how doing both at the same time is relaxing.	<i>Presenter: Samantha Kincaid</i>
<b>S</b>	<b>SERVICES &amp; SUPPORTS: WHAT DO I WANT/WHAT DO I NEED?</b> Using Person Centered Tools (PCT), figure out the difference between what is important to you versus what you need. Lots of hands on learning at this workshop!	<i>Presenter: Karen Moore</i>
<b>T</b>	<b>HOW TO GET A JOB &amp; KEEP IT</b> Learn about the different types of jobs available to you and the supports you can get to be successful at work. A self advocate from Pathpoint will share their personal story.	<i>Presenter: Marcus Tesch</i>
<b>U</b>	<b>GET OUT OF THE GROUP HOME &amp; INTO YOUR OWN PLACE</b> OCRA will tell you what information you need, who to get it from, and how to prepare for important meetings. Learn about how to live on your own, independently!	<i>Presenter: OCRA</i>
<b>V</b>	<b>OUCH, THAT HURT!</b> Learn about different types of abuse— emotional, physical, sexual, financial, etc. and what to do when someone hurts you at home, at your program or in the community.	<i>Presenter: Area Board 9</i>



**CONFERENCE PURPOSE**

To give adults with developmental disabilities the chance to learn about the power and importance of the self advocacy movement.

**WHO SHOULD ATTEND!**

People with developmental disabilities 18 and older who are interested in helping build a stronger self advocacy movement in the Tri-Counties area.

**WHY SELF ADVOCATES SHOULD GO!**

Meet self advocates from all over the Tri-Counties area and California. Learn about self advocacy and speaking up for yourself. Attend workshops on many topics. Learn how to be a part of the self advocacy movement.

**WHO ELSE CAN COME?**

Staff and family members are invited to come to the conference to support self advocates during conference activities or as a conference volunteer. This conference is intended to be **for and by** people with developmental disabilities. There will be no activities specifically for staff or family members.

**2013**  
**SELF ADVOCACY**  
**CONFERENCE**

Saturday, September 28, 2013

VTC Enterprises  
2445 'A' Street, Santa Maria, CA

**CONFERENCE SCHEDULE**

11:00 am-12:15 pm	Conference Registration & Community Resource Fair
12:30-1:30 pm	Conference Welcome & Keynote Address by Sam Durbin
1:45-2:45 pm	Workshops
3:00-4:00 pm	Workshops
4:15-5:15 pm	Your CHOICE: Free time, People First IDOL, or Hairstyling/Make-up
5:30-6:15 pm	Wine & Cheese Mixer (non-alcoholic sparkling cider will also be served)
6:30-8:30 pm	Dinner, Dessert & Presentation of Proclamations
8:30-10:00 pm	Dance

**REGISTRATION AND PAYMENT**  
**DUE BY 09/13/2013**

## MEET THE KEYNOTE SPEAKER: SAM DURBIN, Self Advocate



Sam Durbin and his dog, Katie.

Once homeless and alone, Sam Durbin managed to find a lifeline of support and acceptance at Integrity House, a program for people with disabilities in Santa Ana, California.

Over the past 20 years, Sam has served on many committees, boards and workgroups for agencies that provide services to people with developmental disabilities. In 2006 Sam wrote a book entitled *You're Not the Boss of Me* and in 2009 a documentary was made about Sam titled, "When I'm Not Alone".

Sam is a public speaker and powerful advocate for people with disabilities and has championed self-determination throughout California and the United States.

## NEED A RIDE TO THE SELF ADVOCACY CONFERENCE?

**NORTH SB COUNTY**  
**SMOOTH**  
Call (805) 922-8476  
Ask for Deanna  
**Roundtrip ride: \$10.00**  
**Limited Space- CALL NOW!**

**San Luis Obispo County** → **ride-on**  
TRANSPORTATION  
Call (805) 543-2039  
Ask for Ellen  
**Roundtrip ride: \$6.00**  
**Limited Space- CALL NOW!**

**South SB County**  
**Easy Lift**  
TRANSPORTATION  
Call (805) 681-1181  
Ask for Nicole  
**Roundtrip ride: Free**  
**Limited Space- CALL NOW!**

**Ventura County** → **The Arc**  
of Ventura County  
Call (805) 650-8611  
Extension 100  
**Roundtrip ride: Free**  
**Limited Space- CALL NOW!**

## WORKSHOPS REGISTRATION INSTRUCTIONS

1. **READ** the workshops descriptions on this page and the next page.
2. **PICK** 4 workshops and order them by your 1st choice, 2nd choice, 3rd choice and 4th choice.
3. **GRAB** your yellow registration forms and turn to page 3.
4. **CIRCLE** the letter of the workshop for each choice (on page 3 of the yellow registration forms).

### • WORKSHOPS •

<b>A</b>	<p><b>"WHEN I AM NOT ALONE" SHORT DOCUMENTARY FILM</b> <span style="float: right;"><i>Presenter: Sam Durbin</i></span></p> <p>Born female but raised as a male for twenty-eight years, Sam Durbin experienced horrible abuse, never learned to read or write, and drifted in and out of institutions. Learn how Sam turned his life around and became a published author and national advocate for people with disabilities. Question and answer session after film showing.</p>
<b>B</b>	<p><b>START YOUR OWN BUSINESS</b> <span style="float: right;"><i>Presenter: Chris Benedict</i></span></p> <p>Have you always wanted to have your own business? Here's your chance to learn how! Chris will take you through all the steps he took to start his own successful DJ business.</p>
<b>C</b>	<p><b>I CAN SPEAK FOR MYSELF!</b> <span style="float: right;"><i>Presenter: Scott Baron</i></span></p> <p>Build specific skills needed for effective self advocacy, including learning assertive communication. Scott will talk from his experiences as a peer self advocate at DRC.</p>
<b>D</b>	<p><b>CHAIR YOGA</b> <span style="float: right;"><i>Presenter: Vicki Forman</i></span></p> <p>Chair Yoga is a gentle form of yoga that is practiced sitting in a chair or standing using a chair for support. Practice breathing and relaxation exercises.</p>
<b>E</b>	<p><b>YOU, TOO, CAN BE A LEADER!</b> <span style="float: right;"><i>Presenter: Steven Matschke</i></span></p> <p>Learn how to become a leader in your building, neighborhood or city/town. Draw from examples of famous leaders and learn how to use the A.W.E. strategy.</p>
<b>F</b>	<p><b>"SEXUAL BILL OF RIGHTS" VIDEO &amp; CHAT</b> <span style="float: right;"><i>Presenter: Jody Barker</i></span></p> <p>People First of San Luis Obispo will show their video which talks about the sexual rights of people with developmental disabilities. A discussion to follow viewing of video.</p>
<b>G</b>	<p><b>HOW TO GET LEGISLATORS TO YOUR PROGRAM</b> <span style="float: right;"><i>Presenters: Loud &amp; Proud Advocates</i></span></p> <p>Paul Ericksen and Scott Clarkson share the successful techniques they have used to get legislators to visit their program at Alpha. Learn about the grassroots approach.</p>
<b>H</b>	<p><b>BREATHE AND RELAX</b> <span style="float: right;"><i>Presenter: Samantha Kincaid</i></span></p> <p>Feeling stressed? This workshop will teach you about how you can make stress go away just by thinking about how you breathe. Learn new ways to relax.</p>
<b>I</b>	<p><b>BE YOUR OWN HEALTH CARE ADVOCATE</b> <span style="float: right;"><i>Presenter: Molly Kennedy</i></span></p> <p>Tools you need so that you can change from being a <i>passive</i> patient to an <i>active</i> advocate for your own health care. Molly will draw from her own life experience.</p>