

Minnesota Self-Advocacy Training and Support Programs

Upstream Arts Self-Advocacy Classes

These Self-Advocacy classes offer a fun, creative, and experiential learning environment for participants to strengthen self-advocacy skills with and alongside Upstream Arts artists, and peers. They use the arts to explore topics related to informed choice and person-centered planning, integrating theater, dance, poetry and music activities into our weekly classes.

Contact: julie@upstreamarts.org, 612-331-4584

Website Link: <https://www.upstreamarts.org/take-a-class/>

Advocating Change Together Self-Advocacy Academy

The Academy is an interactive program engaging participants in 2-hour sessions each week from 10am to noon on Monday's, Tuesdays, and Fridays with remote and in-person options. The Academy curriculum revolves around the goal areas of building personal power, connecting to disability rights, and building stronger and more inclusive communities.

Contact: Adam Ruff, Program and Communications Manager, ruff@selfadvocacy.org

Website Link: <https://www.selfadvocacy.org/self-advocacy-academy/>

Minnesota Autistic Alliance Cultivate and Lattice Programs

Cultivate will guide attendees through an exploration of who they are, what is important to them, and what they envision for their future. Designed with a neurodiversity affirming and culturally responsive lens, we created a program that is designed to meet people where they are to help them get where they want to go. In this personal development class, attendees will build skills and learn about resources to be more effective self-advocates.

Contact: admin@mnaautisticalliance.org

Website Link: www.mnaautisticalliance.org (Coming April 2022)

Minnesota Disability Support Alternatives Self-Advocacy Training & Support for Transition Age Youth

This program serves teens and young adults, ages 15-25. They offer two session types, one on general skills and one on home and community based waiver skills. Classes are weekly with bi-weekly individual coaching sessions. Students learn to build skills to support their self-determination and independence in a person-centered environment. Two caregiver classes are included.

Contact: Stacy, Program Director, stacy@mndsa.org

Website Link: www.mndsa.org/self-advocacy