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| **Description: 03_proactlogo1** | | | | | | |
| 3195 Neil Armstrong Blvd.  Eagan, MN 55121  651-686-0405 | 204 Mississippi Ave.  Red Wing, MN 55066  651-388-7108 | |  | 1202 Beaudry Blvd  Hudson, WI 54016  715-410-4216 | | 792 Canterbury Rd, Ste 132  Shakopee, MN 55379  952-403-7979 |
| **Reviewed 3/2/2021** | | ***Community Resources and Training Opportunities***  ***For Self-Advocacy, Self-Determination and Peer Mentoring*** | | | **R-03** | |

SELF-ADVOCACY

<http://www.selfadvocacyonline.org/>

* For self-advocacy group listing by state, online lessons, research translation that you can understand and use, and will show you self-advocates commenting on topics of interest.

<http://selfadvocacy.org/>

* Advocating Change Together (ACT) does great training and also oversees Self-Advocates Minnesota (SAM).

<http://www.sabeusa.org/>

* Self Advocates Becoming Empowered (SABE).

<http://www.theriotrocks.org/>

* They offer a newsletter, a blog where self-advocates can share opinions, an online art gallery, toolkits, games and services to help individuals become stronger self-advocates.

<https://arcminnesota.org/self-advocacy-page/>

Self-advocacy is about speaking up for yourself and the things that matter to you.  If you want to grow as a self-advocate, The Arc can help. We have lots of ways for you to get involved!

<https://www.pacer.org/transition/learning-center/employment/self-advocacy.asp>

* Discussing the impact of disability with an employer, and advocating for what they need to be successful at work.

<https://explore-work.com/video-self-advocacy/>

* How to advocate for yourself in an employment setting.

SELF-DETERMINATION

<http://www.theriotrocks.org/>

* Can facilitate meetings of people with developmental disabilities and provide training or technical assistance on self-determination.

<https://www.imdetermined.org/resources/documents/>

* Tools and resources to support yourself and others with self-determination.

PEER MENTORING

<http://www.theriotrocks.org/>

* Will facilitate meetings of people with developmental disabilities and provide training or technical assistance on setting up peer support networks.

<http://www.mcil-mn.org>

* The Peer Mentoring program is a main service of the Metropolitan Center for Independent Living (MCIL). Volunteer mentors will share their time and experience with a consumer to overcome particular barriers in their life in learning to live more independently.

In addition to above, ProAct provides information regarding self-advocacy, self-determination, and peer mentoring to individuals on an annual basis.