



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.