

## CONFERENCE WORKSHOPS

### ROTUNDA

11:00 - 12:00



#### To Whom this MAY Concern...

*Kevin McHale* will host this Self-Advocacy opportunity. Members of *Lamplighters* and the *Advocates in Action Leadership Series* will share personal stories about how budget cuts are affecting them.

Learn how to write a letter to your elected officials and tell them what you think.

### BRISTOL A

11:00 - 12:00



#### You're *NEVER* Going to Believe This

Our keynote speaker, *Maureen Gaynor*, has more to share! Mo has done many amazing and "unbelievable" things. She never lets attitudes or obstacles stop her.

Get inspired while you learn how to start working on your own amazing life's story! Believe It and Go for It!

### BRISTOL B

11:00 - 12:00



#### Greetings from Rebecca

Come to this session to learn how *Rebecca Beaton* started her own greeting card business.

Rebecca creates cards on a computer and uses a headstick to design them.

Find out how she gets the job done!

2:00 - 3:00



#### Don't Worry ... Be Happy

*Emily Howard, Pam Monaghan & Some Happy Friends!*

Many of us are upset about the budget cuts. It's easy to be sad because people keep talking about all the bad news in the world.

Join us to share some GOOD NEWS!  
What makes you smile?  
What makes you happy?  
Let's talk!

2:00 - 3:00

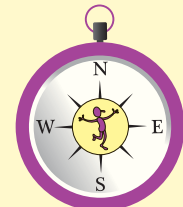


#### "AT" is Where It's At!

"Assistive Technology" helps people who have disabilities do things more easily.

Join biomedical engineering students from URI to learn about some AT that they designed, including arm barrier, an eye gaze board and a headstick pointer used by co-presenter Rebecca Beaton.

2:00 - 3:00



#### Being the Person In Charge

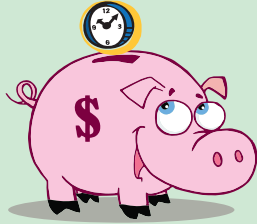
Do you want to be in control of your individual plan?  
Hire your own staff?  
Pick the support services you need that work *for you*?

*Maya Colantuano, Deanne Gagne, Sheila Guy & Kelly Richards* will explain how you can become the person in charge by using "Self-Directed Supports".

# CONFERENCE WORKSHOPS

## TIVERTON

11:00 - 12:00



### Believing in Time Banks

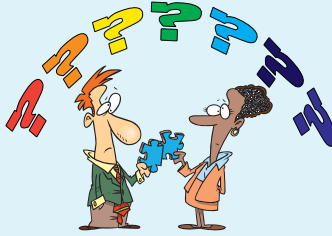
*Hilary Hoban & Ellen Kreutler*

In a Time Bank, people trade abilities, strengths, and time.

Learn how you can share and contribute your abilities through the RI Time Bank. Earn time dollars and use them to get help with some of the things you need.

## OCEAN

11:00 - 12:00



### Oh Yes We Can!

*Janice Cotham,  
Darlene Faust & Nathan Frade*

Got a problem?  
No Problem!

We can help you  
find a solution.

Learn some tips for problem solving that are sure to come in handy for many areas of life.

## PATRIOTS

11:00 - 12:00



### We Get Around, and So Can You

Join *Dawn Burke* and *Kelly Richards* as they take you for a video ride on RIPTA.

Taking the bus is easy. Learn how you can catch a ride on RIPTA to stay active, get to your job, and visit the places that you enjoy.

2:00 - 3:00

## Bee In Motion

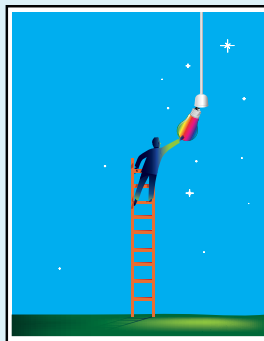
### Bee in Motion

*Dennis Harvey* started his own business called "Bee in Motion".

Learn how he got started and join the fun as you dance, sing, laugh, and **MOVE**.

You will have a great time with Dennis, the "man in motion"!

2:00 - 3:00

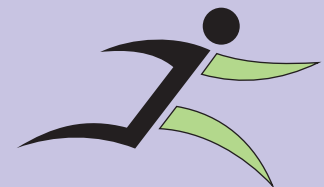


### Believe and Achieve

Join the *Our Voices Count* Self-Advocacy group as they honor three of their members.

This will be a celebration of life, inspiration and hope for the future!

2:00 - 3:00



### Employment Can Work for You!

*Christina Battista & Tonja Blicher-Ucran*

Having a job can be very rewarding! You don't have to be afraid to go to work.

We'll talk about some of the barriers that stop people from getting a job and how to get past them.

Let's Get to Work!