



# Self-Advocacy Wednesdays

## Just Watch Me @ 11:00 A.M.

### 2023 EVENT CALENDAR

Hosted By We Thrive Together in Partnership with OSDA

**1/4 - Understanding Self-Advocacy**  
**1/11 - Learning About My Rights**  
**1/18 - Improving Communication Skills**  
**1/25 - Increasing My Self-Awareness**  
**2/1 - Advocating For My Needs**  
**2/8 - Developing My Resources**  
**2/15 - Getting to Know You | My ISP**  
**2/22 - Making Decisions**  
**3/1 - How to Get What You Need**  
**3/8 - Goals, Objectives, and the Future**  
**3/15 - Communicating**  
**3/22 - Leadership**  
**3/29 - Independence**  
**4/5 - Leveraging Technology**  
**4/12 - Communication Barriers**  
**4/19 - Transportation Barriers**  
**4/26 - Disability Integration Act**  
**5/3 - Access to Mental Health Care**  
**5/10 - Accessibility Infrastructure**  
**5/17 - Lack of Accessible Housing**  
**5/24 - Children w/Disabilities - IDEA**  
**5/31 - Social Barriers to Inclusion**  
**6/7 - Reduce Work Disincentives**  
**6/14 - Law Enforcement Training**  
**6/21 - Appoint People with Disabilities**  
**6/28 - Program Barriers to Inclusion**

**7/5 - Attitudinal Barriers to Inclusion**  
**7/12 - Ban Sub-Minimum Wage**  
**7/19 - Voting: Accessible Polling Places**  
**7/26 - Right to Parent with Dignity**  
**8/2 - Direct Service Provider Crisis**  
**8/9 - Advocacy Training For Youth**  
**8/16 - Understanding Self-Advocacy**  
**8/23 - Learning About My Rights**  
**8/30 - Improving Communication Skills**  
**9/6 - Increasing My Self-Awareness**  
**9/13 - Advocating For My Needs**  
**9/20 - Developing My Resources**  
**9/27 - Getting to Know You | My ISP**  
**10/4 - Making Decisions**  
**10/11 - How to Get What You Need**  
**10/18 - Goals, Objectives, the Future**  
**10/25 - Communicating**  
**11/1 - Leadership**  
**11/8 - Independence**  
**11/15 - Technology**  
**11/22 - Communication Barriers**  
**11/29 - Transportation Barriers**  
**12/6 - Reduce Work Disincentives**  
**12/13 - Lack of Affordable Housing**  
**12/20 - Attitudinal Barriers**