

“People with Disabilities and Their Families: How to Create the Life You Want to Live In Economically Difficult Times”

Sponsored by Sonoran University Center of Excellence in Developmental Disabilities
University of Arizona, Dept. of Family & Community Medicine



A series of forums to share information and tools to help individuals and families build on their own strengths and connect to community resources

September 29 – “Navigating the System” – *What services are still out there? How do you access them?*

October 13 – “Creating your Own Networks” – *In times of decreasing service supports, looking to community activities, organizations, people and generic (non-disability) systems.*

October 27 – “10 Tips for Surviving the Recession” – *Tools for people using services that will help in the good times and the bad.*

November 3 – “Advocacy and Relationship Building” – *To create good partnerships with providers and the community in getting what you want and need.*

Please RSVP for Each Forum

To **RSVP**, get more information about the forums and/or to request reasonable accommodations to attend, please contact the Sonoran UCEDD at 520-626-0442 or ucedd@email.arizona.edu

**All forums are held on a Tuesday evening from 5:30 – 7:30 pm at
Disability Resource Center, Room B116
University of Arizona
Tucson, AZ 85721**

UofA Disability Resource Center (DRC), Room B116
1224 E. Lowell Street
Tucson, AZ 85721

 = DRC

 = Free Parking Lots

 = 6th Street Garage Parking - \$1 per hour

