



***A Free Workshop Series for  
Young Self-Advocates and  
Those Who Support Individuals  
With Disabilities***

**WHAT IS A PURPOSEFUL LIFE?**

A Purposeful Life is community outreach project focused on increasing the capacity of self-advocates and family members to live a purposeful life. We offer free monthly training events during the school year (Sept.-Dec. & Feb.-May.) These sessions cover a variety of topics that are not disability specific. The young self-advocate training parallels the adult training. Some of the upcoming topics in 2018-2019 are:

- Building independence
- Preparing for puberty & adolescence
- Teaching safety at home & in the community
- Behavior supports at school

All events include FREE dinner, childcare (ages 2 and up) youth training (ages 11 and up) & sibling support group (ages 7 and up.)

**For more info visit [cdd.tamu.edu](http://cdd.tamu.edu) (listed under Service and Outreach.) For accessibility or transportation requests contact Pat Morse at BVCIL 979-776-5505. Requests must be made one week in advance.**

**Where:**

Central Baptist Church  
Fellowship Room  
1991 FM 158 Road  
College Station

**When:**

1st Thursday of the Month  
6:00pm-7:30pm  
Check-in 5:45pm

**Collaborating Organizations**

