



Picture Your Life Academy: *Self-Advocacy Training*

FREE! But you must REGISTER at
www.surveymonkey.com/r/Picture_Your_Life
OR Call us at 800-342-1853

Learn to speak for yourself, make decisions, and be your own best advocate! Sign up for as many sessions as you want. Reasonable Accommodations provided upon request. Trainings are **11:30 a.m. to 1 p.m.** (lunch served) at DIRECT Center for Independence: 1001 N. Alvernon Way, Tucson, AZ 85711

 **Tuesday, June 28**
Voting Rights
Presented by Arizona
Center for Disability Law

 **Tuesday, July 12**
***Cooking, Nutrition:
Self-Determination***
Presented by DIRECT

 **Tuesday, July 26**
***Building Skills,
Developing Resumes —
continued***
Presented by DIRECT

 **Thursday, June 30**
***Self-Advocacy & Self-
Determination***
Presented by DIRECT

 **Thursday, July 14**
***Cooking & Nutrition:
Hands-On Skills***
Presented by DIRECT

 **Thursday, July 28**
***Developing a Budget
(part 1)***
Presented by United Way of
Tucson & Southern Arizona

 **Tuesday, July 5**
***Taking Charge of Your
Health Care (part 1)***
Presented by UCEDD

 **Tuesday, July 19**
***Matching Personality
to Job Skills***
Presented by DIRECT

 **Tuesday,
August 2**
***Developing a Budget
(continued) & Wrap-Up***
Presented by DIRECT

 **Thursday, July 7**
***Taking Charge of Your
Health Care — continued***
Presented by UCEDD

 **Thursday, July 21**
***Building Skills,
Developing Resumes
(part 1)***
Presented by DIRECT



Sponsored by: Sonoran UCEDD (University Center for Excellence in Developmental Disabilities) & DIRECT Center for Independence