

# FREE TRAININGS FOR ADULTS WITH DISABILITIES

**The New Jersey Self-Advocacy Project team presents  
FREE workshops across the state!  
We have an array of topics to choose from:**

A training on our program, NJSAP  
Starting a Self-Advocacy Group  
Team Building  
Human Rights and Responsibilities  
Erasing the R-Word & Person First Language  
Legislative Advocacy  
Governmental Affairs  
Advocating for Yourself



Healthy Relationships  
Online Dating  
Aromatherapy  
First Aid  
Get Better Sleep  
Outdoor Safety  
Illness Prevention  
Proper Hygiene

Voting  
Boosting Your Self-Confidence  
The Americans with Disabilities Act  
Employment & Pre-Employment Skills  
Healthy Communication  
Respectful Behavior  
Anger Management

Proper Portion Sizes  
Dangers of Sugar  
Quick Healthy Snacks  
Stress Relief  
Yoga & Meditation  
Indoor Exercise & Adaptive Fitness



**Don't see what you're looking for?  
We'll make it for you!**

**To schedule a FREE training at your  
program, please contact:**

**Frankie Bayak  
NJSAP@ArcNJ.org  
732-749-8514**

**Want a preview?  
View videos of some of our trainings on Youtube:  
<http://www.arcnj.org/programs/njsap/videos.html>**

**Check out photos and videos of some of our past  
trainings on our social media pages and website:**

**Twitter: [www.twitter.com/NJSAP](http://www.twitter.com/NJSAP)  
Facebook: [www.facebook.com/NewJerseySAP](http://www.facebook.com/NewJerseySAP)  
Web: [www.NJSelfAdvocacyProject.org](http://www.NJSelfAdvocacyProject.org)**