

The Positive Me: Building Self-Esteem

In July the Massachusetts Developmental Disabilities Council is offering a **Free** online six-class series on learning and building self-esteem called "**The Positive Me: Building Self-Esteem**." This series is taught using our peer-to-peer teaching model for people with developmental and intellectual disabilities.

Self-esteem impacts our decision-making process, our relationships, emotional health, and our overall well-being. In the "The Positive Me" series students will participate in a variety of interactive, engaging activities that promote a positive self-image. Self-esteem is important! Having self-esteem helps all of us better understand our potential and can make us feel more confident about taking on new challenges. Examples of content for the series includes sharing activities to identify participants' strengths, communication exercises, a "selfie" challenge to explore participants' self-image, and advocacy training to empower participants to use their voices.

The Massachusetts Developmental Disabilities Council is accepting applications for "The Positive Me" series. "The Positive Me" series will be taught online using zoom. The series will be held in July two series and a maximum of 12 students can participate in each series. There is no cost for this training series. The trainers for this series have significant experience training students and adults with developmental and intellectual disabilities.

Dates for Series Monday-Wednesday Series July 17, 19, 24, 26, 31, Aug 2 10-11A.M.
Dates for Series Tuesday- Thursday Series July 11, 13, 18, 20, 27, Aug 1. 10-11 A.M.

- Class 1- Something About ME
- Class 2- Feelings
- Class 3 – Improving Self Esteem
- Class 4 – My Positive Self Image
- Class 5 – Motivation and Positive Communication
- Class 6 – Positive Collage and Graduation

Please contact Mary Davis **for an application,** Administrative Training Assistant, **mary.davis@mass.gov**

Thank you,
Lee

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