

Metro Region

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Hello Everyone, and welcome to November! Above I've included a picture that says, "create your own magic, embrace adventure, enjoy the little moments, spread kindness, and believe in yourself" as these are all things we should remind ourselves of while starting a new month.

A new month means new possibilities! I know what I am most looking forward to this November is our Annual Self-Advocacy Conference. It's going to be held this month on Saturday, November 22nd from 9am to 4:30 pm at the Sheraton Hotel in Norwood. Our conference is the best place to go if you're looking for new opportunities to make

friends, learn about interesting topics from self-advocates, and have fun! Somehow, each conference is more fun than the last. What is your goal for this year's conference? Are you looking forward to attending different workshops, visiting exhibitor tables to learn more about self-advocacy resources, or to dance along to some music with our live band?



If you're attending our conference this month, make sure to say hello to me, Jenna DeSpirito the Metro Regional Coordinator!🥳