

# FREE Self-Advocacy Trainings!



Join peers like YOU as we explore self-advocacy 101, disability history, and planning your future as a leader.

This training is designed for youth and young adults (14+) with intellectual/developmental disabilities (but all self-advocates are welcome)!

*Look below to find a Regional Advocacy Training near you:*

## New York City

**October 21<sup>st</sup>** at 242 W 38th St, New York, NY 10018 from **6:30-8:30 P.M.**

## Capital District

**November 3rd** at the Albany Public Library Community Room (161 Washington Ave, Albany NY, 12210) from **5:00-7:30 P.M.**

## Plattsburgh

**November 9th** at the Plattsburgh Public Library (19 Oak St, Plattsburgh, NY 12901) from **1:00-3:00 P.M.**

## Lower Hudson Region (Westchester)

*This area will have a regional advocacy training in the near future. Details coming soon!*



Register today! [bit.ly/RatReg](http://bit.ly/RatReg)

Questions? Contact Zack Kilmer,  
NYISA Coordinator  
518-708-3808 or  
[zkilmer@YOUTHPOWERNY.ORG](mailto:zkilmer@YOUTHPOWERNY.ORG)



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Developmental  
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