

## 2021-2022 Lunch and Learn Series: Disability Awareness

A series of webinars designed to help caregivers of children and adults with disabilities.

**September 24, 2021**

### Behavior Management Techniques for Young Adults

Young adults with autism benefit from caregivers implementing specific evidence-based behavioral tactics to meet their changing needs. The transition years are a special time to hone in on skills that will help an Individual with ASD to lead the happiest and most independent life possible in adulthood. This webinar will highlight positive behavior support as well as self-management tools that are effective in meeting the developing needs of the young adult.

Presented by Kellye Dickenson, MA, LBA, BCBA- Regional Manager Kyo

**October 22, 2021**

### Creating Family Networks

Personal networks build a circle of caring volunteers around a person at risk of isolation.

They promote planning and social opportunities in the present, assist with decision-making, and work to be sustainable after parents can no longer be available. Learn more about networks, how they benefit families and how the TxP2P Texas Network Connections Program can help you start a network. Presented by Denise Sonleitner Lead Facilitator, Texas Network Connections Program Texas Parent to Parent

**November 19, 2021**

### How Sexuality Shapes Individuals with Disabilities

Designed to provide the participant with an insight to sexuality and how it manifests itself within children and adults with disabilities. The participant will learn the psychological development of sexuality, approaches to understanding sexuality, education and victimization. Strategies will be discussed about education and the role it plays on shaping individuals with disabilities and their sexuality. Presented by Dr. Stephen Gonzalez, BCBA-D, LBA, South Texas Behavioral Institute

**February 25, 2022**

### Developing Self-Determination Skills

When should students know they have a disability and the impact the disability may have on their classwork and post-secondary success is critical to achieving independence. Self-determination is believing you can control your own destiny. Self-determination is a combination of attitudes and abilities that lead people to set goals for themselves, and to take the initiative to reach these goals. This workshop discusses the importance of teaching decision-making, goal-setting, and self-evaluation skills to help students understand how important decision-making is.

Presented by Sam Gonzalez, Education Consultant – Transition ESC-Region 20

**March 25, 2022**

### People's First Language

What is People First Language? It strives to promote cultural change by increasing awareness of the words/language we use when providing services to persons with disabilities to ensure respect and dignity during verbal interactions. Attendees will learn best practices when interacting with people that have disabilities.

Presented by The Arc of San Antonio Nurse- Robert Ponce, RN

**April 22, 2022**

### Becoming an Advocate 101: Driving with Autism Initiative

People with IDD, their family members, and their allies should get involved in their local, state, and federal governments on the issues important to them. By telling your own story, you can effect positive change benefitting all Texans with IDD. In the disability community, we call this advocacy. Discover tools and resources to help you with your advocacy.

Presented by Jennifer Allen

### Hosted Virtually:

Select Friday's  
12:00 pm - 1:00 pm

**To RSVP visit our  
Eventbrite page at**  
<https://arc-sa.eventbrite.com>

**For additional  
information contact  
Heather Long at**

210-490-4300 ext. 113

or email

[hlong@arc-sa.org](mailto:hlong@arc-sa.org)

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13430 West Ave.  
San Antonio, TX 78216

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