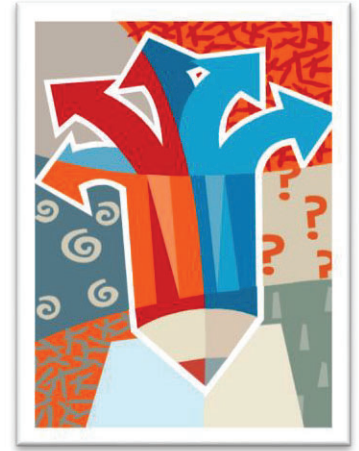


# PEOPLE PLANNING TOGETHER

A training for Self-Advocates



## WHAT IS IT?

People Planning Together (also called PPT) is a training for people with intellectual disabilities to have more positive control over their lives. People spend time identifying the meaningful things in their lives and building it into a plan that can be shared with others.



***Share Your Favorite Things!***

## WHY PARTICIPATE?

It's Fun!

It's Empowering!

You learn a lot about yourself!

## TWO TRAINING OPPORTUNITIES

### WHEN

April 23rd and 24th (Tuesday and Wednesday) 10:00 am – 4:00 pm each day

Valley Mountain Regional Center  
702 N Aurora St. Stockton CA 95202

OR

May 28th and 29th (Tuesday and Wednesday) 10:00 am – 4:00 pm each day

Valley Mountain Regional Center  
702 N Aurora St. Stockton CA 95202

## REGISTER

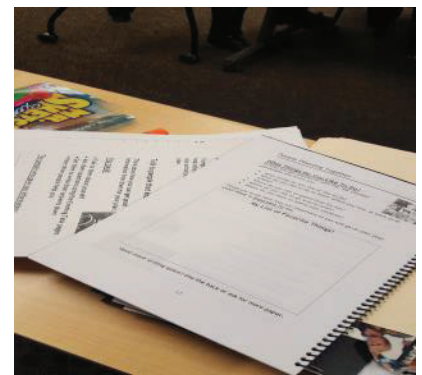
**Registration is free.** Please complete the registration form and email to [ashear@vmrc.net](mailto:ashear@vmrc.net) or send to Angelique Shear, Valley Mountain Regional Center, 702 N. Aurora St. Stockton CA 95269

Contact Angelique Shear with questions at (209) 955-3294, [ashear@vmrc.net](mailto:ashear@vmrc.net)

*What would you like to change in your life?  
There's a way for YOU to make that happen!*

## WHAT DO WE DO IN CLASS?

You will spend time identifying the things that are Important TO you so you can be happy. You spend time identifying the the things that are Important FOR you to be healthy and safe. YOU decide what works for you and how people can support you in the way that makes the most sense for you to be happy and healthy at the same time!



## TO BE SUCCESSFUL

People can bring a “Facilitator” with them for any supports that might be needed. People who have gone through the class said it was helpful to have someone that:

- helps write things down
- gives support with reading
- helps talk about the different topics and understand what’s going on
- helps with any personal needs someone might have

The facilitator is someone who knows and cares about the Self-Advocate and who makes a commitment to attend the full training. They understand and listen to the person. They are willing to support the person’s dreams and goals (and not tell them what to do). Attendees say it is nice to have that support and that two heads are better than one!!



*Share what others need to know for you to be Happy and Healthy!*

## WHAT DO I NEED TO KNOW ABOUT THE CLASS?

Plan on spending 2 days for the class. It will begin promptly at 10:00 am and ends at 4:00 pm each day. Please make arrangements to be on time for the class. Both you and your facilitator need to be there for both days, so make sure you don’t have any other plans. Lunch will be provided.

On the second day, we will spend time going over your current IPP/ISP, so please bring it with you if you have one. If you don’t have one, that’s ok.

This training is for self-advocates. **Providers may not attend unless invited by a Self Advocate to be their Facilitator for the entire workshop.**

## ABOUT THE FACILITATORS

We're please to have a team of facilitators for these sessions. Two trainers are traveling from British Columbia Canada to help lead us. **James White and Ryan Groth** are co-founding members of Empowering Self Advocates To Take Action Cooperative. ESATTA's work "We support Self Advocates to fund their voices through workshops and training". Both Ryan and James have been PPT Trainers for several years, and James is one of the original PPT Mentor Trainers. **Jacob Miller** is one of Alta California Regional Center's Client Advocates. Jacob works as one of a three person Client Advocate team, supporting people served by Alta California Regional Center through providing training and mentoring, working side-by-side with people promoting and supporting advocacy, and developing and delivering all kinds of programs about Client Rights advocacy throughout Alta's service region. Jacob is one of the certified PPT Trainers on Alta's staff. **Sherrie Anderson** is a Mentor Trainer under The Learning Community for Person Centered Practices, and works for Support Development Associates to promote and help people develop their skills and passions around Person Centered Thinking and Practice. Sherrie's worked to support VMRC's efforts in this for almost 10 years.

## PLEASE NOTE

Lunch and light snacks will be provided. We will do everything possible to accommodate dietary needs, but if you have severe food allergies, you may want to bring a bag lunch. We recommend bringing a light-weight jacket or sweater as well.

Each training can have 20 people participating, first come first registered. There will be more trainings opportunities scheduled through November 2024.

**People Planning Together Registration Form  
April 23 & 24 OR May 28 & 29**

**Workshops to be held at:  
Valley Mountain Regional Center  
702 N Aurora Street, Stockton CA 95202**

**Please complete and return by April 16 to Angie Shear at [ashear@vmrc.net](mailto:ashear@vmrc.net) or mail to Angie Shear at Valley Mountain Regional Center 702 N Aurora St Stockton, CA 95202. If you need assistance filling out this form, you can call Angie at (209) 955-3294.**

**Participation in these workshops are limited to about 20 self-advocates and their facilitators. You will receive an email message to either confirm your registration, OR to let you know you are on a waiting list. There will be more workshops scheduled July through November, and we will send you an email with details about those when they are scheduled.**

Please mark the date to attend: \_\_\_\_\_ April 23 & 24 \_\_\_\_\_ May 28 & 29 \_\_\_\_\_ Either

**Self Advocate/Attendee Information:**

Full Name:

Email Address:

Phone Number:

To help with room arrangements, will you be using a wheelchair or walker? \_\_\_\_\_ Yes \_\_\_\_\_ No

Specific dietary needs or allergies?\*\*

**If you require a Facilitator/Supporter, you will need to arrange for that. If someone will be attending with you, it is expected that they support you for both days of the workshop.**

Will a Facilitator/Supported be attending with you? \_\_\_\_\_ Yes \_\_\_\_\_ No (please complete below)  
Full Name:

Email Address:

Phone Number:

To help with room arrangements, will you be using a wheelchair or walker? \_\_\_\_\_ Yes \_\_\_\_\_ No

Specific dietary needs or allergies?\*\*

**\*\*We will do our best to accommodate your needs. Please provide us as much notice as possible. We may be unable to accommodate some needs. You may need to bring a bag lunch.\*\***