

SANYS is a not-for-profit, grassroots organization run by and for people with developmental disabilities.

Our goal is to help create a person-centered and person directed system of supports.

To further this goal, the SANYS executive board supports self-advocates and self-advocacy groups regionally.

This year the Capital/ North Region is pleased to present a “Northern” annual conference at the Sunmount DDSO, to serve those self-advocates living in Clinton, Essex, Hamilton, Jefferson, St. Lawrence, and Franklin counties.

Registration Fees

All conference participants MUST be registered including staff, parents and supporters. Walk-in registrants CAN NOT be guaranteed a lunch.

Full Day Conference w/lunch \$15.00

Make Checks Payable to “Self-Advocacy Association of New York State”.

All Registrations and Fees are due ON OR BEFORE July 2, 2009.

Please register early to assure your conference attendance as there is limited space.

Conference Schedule

**8:30 – 9:30 AM
Registration**

**9:30 – 10:00 AM
Keynote Speaker
DAVID LISCOMB
President
Self-Advocacy
Association of NYS**

**10:00 – 11:30 PM
Choice of 5
Morning Workshops**

**11:30 - 1:00 PM
Picnic Lunch
with Entertainment**

**1:00 - 2:30 PM
Choice of 5
Afternoon Workshops**

**2:30 – 3:00 PM
Conference Wrap Up**

Workshop Descriptions
(choose one in AM and one in PM)

Yoga and Relaxation

Learn how to take it easy and use YOGA for health and fitness. This will be an interactive experience.

Self-Advocacy

Discuss with self-advocacy leaders why, now more than ever, how self-advocacy can transform the system.

Capabilities

“No community is complete without the inclusion of ALL its members”. Learn how YOU can contribute to your community and make a DIFFERENCE.

Navigating the System

A panel of experts will detail how to get the most from State and Federal supports. To include: Medicaid Service Coordination, Transportation, Housing, SSI, and more.

Beyond Choices

Learn skills for managing your own services using individualized supports.
(Two Session workshop - AM and continued in the PM)