



WHAT'S UP?

A summer self-advocacy course for students with disabilities! *'It's All About the Plan!'* allows students to learn and practice self-advocacy skills. Course includes hands-on activities, community speakers, and e-learning tools. The program was developed through a partnership between Disability Rights Nebraska, Fritz & O'Hare Associates, and Arc of Lincoln/Autism Family Network.

WHY SELF-ADVOCACY?

Self-advocacy skills help people speak up for what they need and want in life. It is especially important for students with disabilities to learn how they can make their voices heard!

WHO'S INVITED?

Students with disabilities, ages 14 to 21.

WHAT DOES IT COST?

It's free...thanks to a Nebraska VR grant!
Limited assistance with transportation costs may be provided, upon request.

WANT TO KNOW MORE?

Student Sessions

The course runs three days for three hours each. To better meet the needs of students, sessions are divided by age. Sign up for **one** of the following sessions:

Ages 14 - 17

July 17 - 19: 9:00 am to 12:00 pm

July 24 - 26: 1:00 pm to 4:00 pm

Ages 18-21

July 17 - 19: 1:00 pm to 4:00 pm

July 24 - 26: 9:00 am to 12:00 pm

Parent/Family Sessions

Parents/family members are invited to a session that will provide information about Nebraska services and supports. Sign up for **one** of the following sessions:

Thursday, July 12: 5:30 – 7:30 pm

Thursday, July 19: 5:30 – 7:30 pm

Location (All Sessions)

The Career Academy
Southeast Community College
8800 O Street Room 200
Lincoln NE

Enrollment Information

E-mail Vicki Depenbusch:
autismfamilynetworklincoln@gmail.com

Or, call Vicki: 402-421-8866