

# Putting Your SPIN on Life

with Stacie Rulison and  
Stephanie Nicholls



Wednesday, June 1, 2022

Via ZOOM

7:00PM – 8:00PM

**Registration required at:**

**<https://tinyurl.com/2p94skpa>**



ASL interpreter services provided.



**This one-hour interactive workshop will introduce self-awareness and self-advocacy to young adults with disabilities.**

We will explore:

- What self-awareness and self-advocacy mean
- Why self-awareness and self-advocacy are important
- Examples of self-awareness and self-advocacy
- How to identify and communicate your SPIN on life (Strengths, Preferences, Interests, & Needs)

We will learn about skills and tools to help you plan for your future, prepare for your next Individualized Education Program (IEP) meeting, or find the right summer activities or a job.

### **Who should attend?**

Students and young adults ages 14 and up who have an active IEP. This session is intended for student interaction. Please come ready to share. Parents are encouraged to support as needed.

**Looking for a self-determination session for family members?** <https://tinyurl.com/3kyefchy>

Questions? [info@michiganallianceforfamilies.org](mailto:info@michiganallianceforfamilies.org)