

Spring into **Action** 2020

October 15: 9:30-1:30



The Arc
Muskegon

Virtual Conference Zoom ID#

954 2247 2689

A Self Advocacy (Virtual) Conference



Spring into Self Advocacy

Please join Arc's one-day **virtual** event for and about people with intellectual and developmental disabilities (I/DD). The Arc Muskegon has long supported people with I/DD to advocate for themselves, and this conference will give you further tools, resources, education and support to continue to do so.

Sponsored by



Spring into Action

Keynote Speaker: **Bonnie Gonzalez**

Bonnie Gonzalez of Muskegon is a true self-advocate in all respects in which that term has come to mean. Bonnie is a peermentor at HealthWest, providing guidance and support to fellow individuals who have intellectual & developmental disabilities. She is the chairperson of the Michigan Developmental Disabilities Council and is attending ASU to obtain a degree in Community Advocacy and Social Policy.



Morning Workshop

Budgeting & Financial Literacy: Facilitated by Frank Cox, this workshop will teach the basics of budgeting through a hands on lesson and activities that will provide skills to plan for your financial strategy.

Afternoon Workshop

Bend, Don't Break!: Facilitated by Kim Lilley, this workshop will provide strategies for coming back strong after you have been pushed to your breaking point.

If you have questions or need assistance please contact **Allison** at **231.220.2316** or **arevell@arcmuskegon.org**