



## 2021 CONSUMER TRAININGS

Individuals with disabilities are invited to join us for FREE monthly training sessions, all online!

<b>Training Topics</b>	<b>Topic Information</b>	<b>Online Training Dates (3-4 PM) www.able-sc.org</b>
<b>Reach for the Stars</b>	Learn tips for creating goals for 2021!	January 11, 2021
<b>Relationships Matter!</b>	Develop plans to understand the hard parts of relationships and create healthy communication.	February 22, 2021
<b>More Power, More Control and Independence</b>	Get ideas for decision-making to speak up for yourself and gain independence to reach goals.	March 15, 2021
<b>Protect Yourself</b>	Discuss ways to keep yourself safe from fraud, crime, and abuse.	April 12, 2021
<b>Know Your Rights, Empower Our Movements</b>	Understand your rights and find ways to empower yourself and movements in the community.	May 10, 2021
<b>Show Me the Money</b>	See how money choices can help you find success.	June 14, 2021
<b>Housing Access</b>	Know your housing rights and find tools for access.	July 19, 2021
<b>Get Ready!</b>	Learn how to create emergency/disaster plans so you are prepared to stay independent during a crisis.	August 16, 2021
<b>Let's Get Cooking: Meal Planning, Shopping, and Recipes</b>	Tools for learning to plan meals, shop on a budget, and use recipes.	September 13, 2021
<b>Job Seekers</b>	Be ready to get a job by knowing your employment rights and how to request reasonable accommodations or supports.	October 18, 2021
<b>Handling Your Health</b>	Skills to build your confidence to talk with healthcare workers and stay on top of your health.	November 15, 2021
<b>Unlocking Resources for Community Living</b>	Be aware of resources and information that can help with community living or taking part in activities.	December 6, 2021

To register and make a request for an accommodation based upon disability, please call us at 800-681-6805, TTY: 803-779-0949, or email [dtempio@able-sc.org](mailto:dtempio@able-sc.org) a week before the event.