The Arc
Lane County

READY & PREPARED WORKSHOP SERIES

A 6-week, paid emergency preparation training for youth and young adults with intellectual and development disabilities and their parents



While we can't prevent natural disasters, we can take steps to reduce their impact. The Arc and Cognitopia are offering a 6-week workshop to help self-advocates (ages 15+) and their parents/caregivers or supporters prepare for emergencies using an accessible, person-centered planning tool.

Self-advocates will receive:

- $50 total per class
- Free access to the Cognitopia self-management software suite
- Dinner at each session

Join us to build confidence and create a personalized emergency plan that works for you.

Oct. 13 6-8 pm	Introduction & Communication
Oct. 20 6-8 pm	Maintaining Health in Emergencies
Oct. 27 6-8 pm	Independence & Capabilities
Nov. 3 6-8 pm	Support Networks
Nov. 10 6-8 pm	Transportation & Readiness Supplies
Nov. 17 6-8 pm	Preparing for Extreme Weather

Classes will be held at the Mahonia Community Room, 120 Shelton McMurphey Blvd., Suite 230, in Eugene. The workshop series is limited to 10 self-advocates & their parents/ caregivers or supporters. Register today at: **https://tinyurl.com/EPEugene**. Questions? Call Laura at 541-343-5256 ext. 113 for more information.