





## Back to Basics: Thinking about a Good Life for our Families

It is easy to get caught up in the alphabet soup, requirements, and limitations of the service systems we find ourselves in. At our upcoming workshop, we will go back to basics to provide an introduction of the DC Supporting Families Community of Practice and use person centered thinking tools to answer these questions:

- What is a good life? For me? For my family?
- How can I get the support I need to have a good life?
- How can my family members get the support they need to have a good life?

We will provide lunch and stipends in accordance with the DDS Stipend Policy. We hope you will join us!

When: Tuesday, January 26, 2016, 10am-2pm

Where: R.I.S.E. Demonstration Center, 2730 MLK Jr. Ave. SE, Washington, DC 20032, Metro: Congress Heights (green)

**RSVP:** Please RSVP to Jestina Heroe at <u>jestina.heroe@dc.gov</u> or 202-730-1586.

Accessibility: The space and bathrooms are wheelchair accessible. To request additional accommodations, including language access, please contact Jestina Heroe.

The DC Supporting Families Community of Practice (SF CoP) is a group of family members, advocates with disabilities, government leaders, disability advocacy and services professionals, and other interested community members who are thinking and advocating together to create policies, practices and systems that support families that include a member with an intellectual or developmental disability across the life course.

Core Group Partners Include:











