

# PROJECT STIR

Steps Toward Independence  
and Responsibility

Project STIR will help you learn to emphasize your abilities, strengthen your communication skills, and learn how to be empowered to live your best life. Join us and learn how today!

**Dates:** Tuesdays beginning April 9th - end of course material

**Time:** 1:30PM-3:00PM

**Location:** SB40 Community Learning Center

All participants need to complete an application for the class.

Contact the Community Learning Center or your Service Coordinator for an application.

Problem Solving  
& Negotiating

Knowing  
Yourself

Rights &  
Responsibilities

Self-Advocacy &  
Self-Determination

Living Your Best Life

Communicating Assertively

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**Project STIR is a training program for self-advocates, designed to provide people with the tools they need to advocate for themselves, mobilize others in advocacy, and gain leadership skills.**

The number of students that can enroll in the class is limited. Please be sure to return all paperwork by Friday, January 13, 2023. Students that have taken the class before are encouraged to go through the class again for a review of skills and more in-depth information.

## **Class Rules and Expectations**

1. Must be 18 or older and have an intellectual/developmental disability to enroll.
2. **Persons with legal guardians must obtain guardian's written permission to enroll.**
3. Some classes will require minimal homework assignments to be completed before the next class. Students are expected to complete these assignments.
4. Certificates will be awarded at a graduation event to those who have fully completed the class with no more than 3 unexcused absences.