

## ROTUNDA

1:45pm-2:45pm

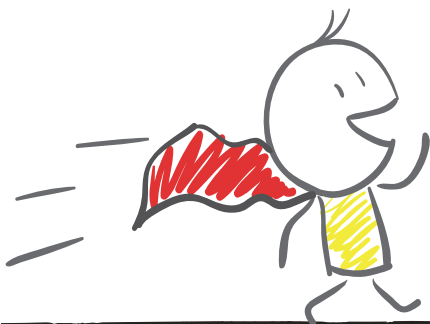


### WE HAVE THE POWER!

Everyone has something to offer!

You have gifts you can share with your neighbors, with the community, and with the world around you!

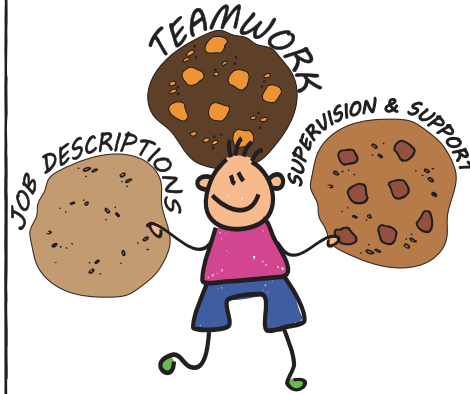
Members of the *Our Voices Count* Self-Advocacy group will show you how each of us can contribute to make life better for ourselves and others.



**YOU**  
**Have the Power!**

## OCEAN

1:45pm-2:45pm



### HOW TO HIRE AND KEEP GREAT STAFF:

#### LESSONS FROM THE COOKIE BUSINESS BOSS

*Matt Belanger* started his own business making cookies.

Along the way, he learned some important lessons about what it means to be the boss, including how to hire and keep a great team of staff.

Join Matt, and co-presenters *Deb Belanger* and *Joe Rogers*, to sample some of his cookies and learn how to:

- \* Develop a job description and advertise for the position you're trying to fill
- \* Interview, Hire, Train, Support and Supervise **YOUR STAFF**
- \* Deal with employee conflicts and build a great team

## PATRIOT

1:45pm-2:45pm



### KNOW YOUR "NO"

(FOR WOMEN ONLY)

It's OK to say "NO"!

This interactive session with *Sandra Deryck* and *Patti Sheridan* will help women learn to "Own Your Own No".

Practice what no *feels* like, *looks* like and *sounds* like!

Women in this session will join together to make a "Shout Your No!" collage.

You will also have the opportunity to play a "Know Your No" board game.

Learn how our "NOs" help us stay safe and take care of our bodies and our hearts.



## TIVERTON

1:45pm-2:45pm

### BEST BUDDIES®



RHODE ISLAND

### OUT AND ABOUT WITH BEST BUDDIES

You can do things in the community without having to rely on your paid staff!

**Best Buddies** is a non-profit organization that pairs up individuals with and without disabilities to build one-to-one friendships.

If you're looking for ways to meet new friends and get out and about in the community, without relying on the support hours you have in your Service Plan, **Best Buddies** may be for you!

Presenters *Bill Guy, Jessica Null and Matthew Netto* will tell you more in this interactive session that includes music and a lot fun!

## BRISTOL B

1:45pm-2:45pm



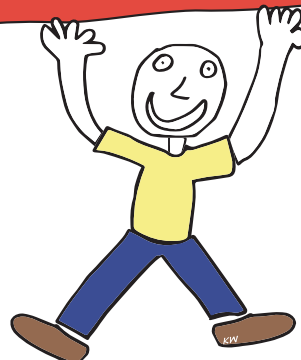
### WORKING TOGETHER FOR CHANGE

Members of the *Advocates Connecting Self-Advocacy* group figured out a way to speak up and make a difference.

They joined together and met with the Director of one of the agencies that supports many of their members to talk about some concerns they had.

Find out how *Advocates Connecting* went from complaining to problem solving, and how you can, too.

Everyone sees the changes when we work as a team to make it happen.



## BRISTOL A

1:45pm-2:45pm



### SHAKE YOUR GROOVE THING (FOR MEN ONLY)

Sexuality is nothing to be embarrassed about!

Join presenters *Ken Renaud & Trefor Woronov* to learn about:

**Self-Pleasure and Loving Yourself**

**The Importance of Privacy**

**Safer Sex**

**Your Sexual Rights and Responsibilities**

### NOTE:

This Session is for  
**MEN ONLY**