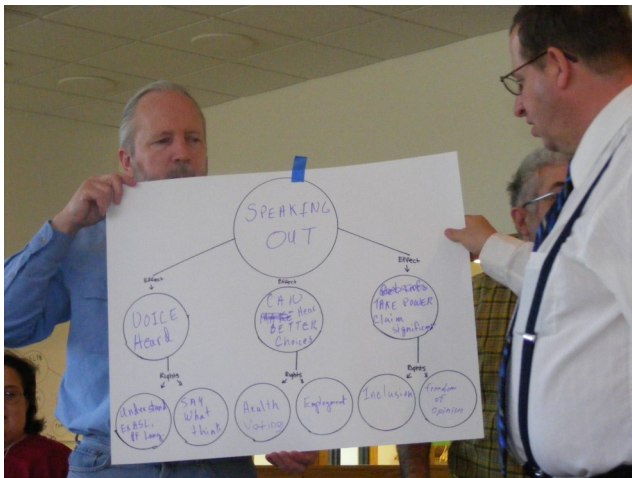


## ACT'S PROGRAMS

We train self-advocate leaders through hands-on participatory workshops and community action projects.

### Get Involved Today!

- ★ Olmstead Academy
- ★ Self Advocates Minnesota (SAM)
- ★ MN State Self-Advocacy Conference
- ★ Community Employment Workshop
- ★ Side-by-Side People's Chorus
- ★ Remembering with Dignity



Visit our Website [www.selfadvocacy.org](http://www.selfadvocacy.org)  
Or Call (651)641-0297 to learn more

## ACT'S MISSION

ACT empowers people to take control of their own lives by:

- ★ **Educating** people living with disabilities that they have the right to speak for themselves
- ★ **Being an Accepting Place** for people living with disabilities
- ★ **Reducing Prejudice** by increasing awareness about the broad range of abilities people with disabilities have within the community
- ★ **Improving the Quality of Life** for all people living with a disability

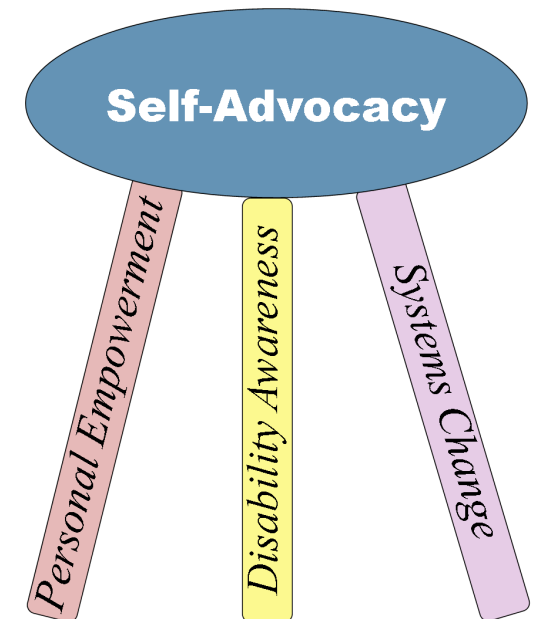


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# ACT

*Advocating Change Together*

- ★ Member Controlled Grassroots Organization
- ★ Supporting People with Disabilities to Stand Up for Themselves and Others
- ★ Self-Advocates Minnesota Network Leader
- ★ Bringing Community Inclusion



Call (651)641-0297 to learn more

## WHAT DOES ACT DO?

We advance the Self Advocacy movement, a civil rights movement for people with a disability, on three fronts:

- ★ **Personal Empowerment**  
Promote the personal empowerment of individuals with disabilities
- ★ **Disability Awareness**  
Expose and challenge the community's attitudinal barriers to full inclusion
- ★ **Systems Change**  
Educate, organize and mobilize people with disabilities to generate action on issues affecting their lives



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## SELF-ADVOCATES MINNESOTA

ACT organized and continues to administer the only statewide network of self-advocacy groups.



Last year SAM groups led **120 self-advocacy training sessions**

**48 self-advocates** from 6 regions participated in leadership circle meetings

SAM's training sessions reached **4,123 people** across the state

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## OLMSTEAD ACADEMY

ACT's Olmstead Academy is a 12 month self-advocacy program combining classroom learning with field work.



- ★ Teams consist of 2 Self-Advocates and 1 Ally
- ★ Each team learns about the MN Olmstead Plan and Leadership
- ★ Teams create and carryout a Disability Integration Plan in their community



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