

Youth Self-Determination Series 1

with Stacie Rulison

Four Tuesdays

From 4:30pm to 5:30pm

January 14, 2025

January 21, 2025

January 28, 2025

February 4, 2025

Participants are asked to commit to attending all 4 sessions.



Teens: Learn to take action in your life to get the things you want and need.

This four-week interactive online course can help youth choose and set their own goals, be more involved with decisions making, and learn to advocate for themselves. This course includes assignments and discussions to learn about and practice self-determination.

Areas to be covered include:

- Choice and decision making
- Problem solving
- Setting and reaching goals
- Internal focus of control (looking at who controls your future)
- Self-awareness, regulation, efficacy, and advocacy.

Who should attend? Students and young adults ages 14 and up who have an active Individualized Education Program (IEP). This course is intended for student interaction. Please come ready to share. Parents are encouraged to support as needed.

[Register at tinyurl.com/YSDwinter2025](https://tinyurl.com/YSDwinter2025)

Space is limited. Registration closes on January 3, 2025 or when the course is full. After registration closes, Michigan Alliance for Families will contact you to confirm your participation.

Questions? info@michiganallianceforfamilies.org

