

Youth Self-Determination Series 2

with Stacie Rulison

Four Tuesdays

From 4:30pm to 5:30pm

February 11, 2025

February 18, 2025

February 25, 2025

March 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 offers content to help youth continue increasing their self-determination and independence through more effective communication, using flexible thinking, maintaining a positive attitude, engaging trusted supports for decision making, and taking part in person-centered planning to develop greater self-advocacy. This course includes assignments and discussions to learn about and practice self-determination.

Areas to be covered include:

- Effective communication
- Flexible thinking
- Positive attitude
- Supported decision making
- Person-centered planning

Who should attend? Students and young adults ages 14 and up who have an active Individualized Education Program (IEP) and attended the Youth Self-Determination Series 1 series. This course is intended for student interaction. Please come ready to share. Parents are encouraged to support as needed.

[Register at tinyurl.com/YSD22025](https://tinyurl.com/YSD22025)

Space is limited. Registration closes on February 4, 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

