

Drop-in 60-minute sessions to learn how to write and share your story with lawmakers and leaders!



a program of



# SPEAK UP & BE HEARD!

Drop-In Coaching for the 2026 Legislative Session  
Young Adults Experiencing Disabilities, Ages 18-26

## WHAT TO EXPECT:

- ✓ *Learn how to build your advocacy story*
- ✓ *15-minute 1:1 breakouts for personalized feedback*
- ✓ *Group practice to listen, learn, and share - if you want to!*
- ✓ *Inspiring videos of real self-advocates telling their stories*
- ✓ *Encouragement and confidence-building*

**Sign up for one, or come to all three!**

Nov. 20, 2025  
5:00 - 6:00 PM

Dec. 16, 2025  
5:00 - 6:00 PM

Jan. 13, 2026  
5:00 - 6:00 PM



**Register Now**

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