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# **GETTING STRONGER TOGETHER!**

**A Retreat for Ohio's Self Advocacy Groups**

**September 16, 17 & 18, 2005**

**Hampshire House Hotel**

**30 Tri-County Parkway**

**Cincinnati, Ohio 45246**

**(800) 543-4211**

**(513) 772-5440**



## **GETTING STRONGER TOGETHER!**

### **A Retreat for Ohio's Self Advocacy Groups**

**If you're a member of a self-advocacy group, or a self-advocate looking to find a place where you can be exactly who you want to be, come to the Second Biannual Retreat for Ohio's Self Advocacy Groups!**

**Self-Advocacy group members will be able to network with other self-advocates, as well as enjoy time with one another, all in an effort to GET STRONGER TOGETHER!**

**Self-Advocates from Butler and Hamilton Counties will lead breakout sessions on topics ranging from Dressing for Success to Marriage, from How to Stay Safe to How to Start Your Own Newsletter, Business, and Art Studio.**

**Art-making activities will be going on all day Friday and Saturday, with local artists from the Visionaries and Voices Studio.**

**Steve Sunderland, University of Cincinnati professor and director of the Posters 4 Peace Project, will assist self-advocates in making posters also. Cincinnati City Councilman Todd Portune will give a keynote address Friday evening and Ohio Department of Mental Retardation and Developmental Disabilities Director Ken Richey will give a keynote on Saturday evening. There will be live music, as well as a deejay on Friday and Saturday night, with door prizes and a Dress for Success Contest!**

**Come to meet people, make stuff, and get even stronger!**



## **GETTING STRONGER TOGETHER!**

### **Agenda**

#### **Friday: September 16, 2005**

10:00 – 12:00: Opening and Ice Breaker: Talking about each self-advocacy group and getting to know each other

12:00 – 1:00: Lunch

1:00 – 2:30: Break Out Session One

2:30 – 2:45: Break

2:45 – 4:15: Break Out Session Two

4:15 – 4:30: Break

4:30 – 5:30: Discussion of break out sessions. Plan for the evening.

5:30 – 6:30: Keynote & dinner

7:30 – 11:00: Opening Party, Door Prizes, Dancing, Fun!

#### **Saturday: September 17, 2005**

8:30 – 9:15: Gather to plan for the day, breakfast in hotel restaurant (prior to attending day's sessions)

9:15 – 10:45: Break Out Session Three

10:45 – 11:00: Break

11:00 – 12:30: Break Out Session Four

12:30 – 1:30: Lunch

1:30 – 4:00: Poster-Making Session with Steve Sunderland

4:30 – 5:30: Discussion of break out sessions. Plan for the evening.

5:30 – 6:30: Keynote & dinner

7:30 – 11:00: Party with a live band! Dress for Success contest

**Sunday: September 18, 2005**

9:30 – 10:30: Gather to plan for the day, breakfast in hotel restaurant (prior to attending day's sessions)

10:45 – 11:45: Break Out Session Five

11:45 – 12:30: Break

12:30 – 1:30: Lunch

1:30 – 2:30: Break-out Session Six

2:30 – 3:00: Break

3:00 – 4:00: Final gathering – reflect on the conference, goodbyes

## Break Out Sessions

Include:



**Residential & Vocational Supports: What Your Money Can Get You**



**Marriage for People with Disabilities**



**How to Start Your Own Newsletter, Business, Art Studio: a Panel Discussion with Self Advocates Making It All Happen**



**Relationships with Siblings**

**Other sessions: First Aid and Fire Safety, Making Choices as We Age, & Understanding Behavior Supports**



**Ongoing Session: Make Art with the Artists from V&V!**

GETTING STRONGER TOGETHER!  
A Retreat for Ohio's Self Advocacy Groups  
September 16<sup>th</sup> , 17<sup>TH</sup> & 18<sup>th</sup> , 2005

Fill out one form for each person who is registering. This form may be copied. Complete **both sides** of this form and the **Medical Form** and return by **July 28, 2005**. Hotel arrangements will be made by the Retreat Sponsors.

Name:

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Phone:

(day)\_\_\_\_\_ (evening)\_\_\_\_\_

Address:

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City, State, zip:

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E-mail:

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Self Advocacy Group or Agency:

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County:

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Hotel Roommate Preference (there will be two persons per room. If a roommate preference is not stated, someone else will be assigned to be in the room with you).

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Please check: Self Advocate ( ) Staff ( ) Parent ( ) Other ( )  
Deadline for Registration is **July 28, 2005**.

Check or money order should be made out to **General Assembly, Inc.** (Be sure to write "Getting Stronger Together" on the check memo.) Payment must be enclosed with registration form. Everyone attending must register and the cost is **\$200.00 if you will be staying at the hotel, \$100.00 if you are attending just the day and evening activities**. That includes the hotel room for Friday & Saturday nights (\$200.00 rate); snacks at breaks, lunch and dinner on September 16; snacks, breakfast, lunch and dinner on the 17; and breakfast, a light lunch and snacks on September 18 (\$200.00 and \$100.00 rates). Please mail registration to: **Maura Daily, Hamilton County Board of MRDD, 4210 Dane Street, Cincinnati, Ohio 45223**.

Please list any **special needs** you may have, such as diet, large print materials, Braille, etc. Include if an accessible hotel room is needed.

Attendance is limited to 125 so register early!

If you would like to come, but aren't able to afford the whole cost, call Keith Banner at (513) 867-5932, or Maura Daily at (513) 541-2021 ext. 35.

For any questions, call Keith Banner at (513) 867-5932 or Maura Daily at (513) 541-2021.

**WE LOOK FORWARD TO SEEING YOU THERE!**