The Self-Advocacy Academy is a weekly program of sessions and activities to support you in discovering what you want in life and thinking through what you can do to get it.

Join the Self-Advocacy Academy to:
- Get better at speaking up for yourself and being in charge of your own life.
- Learn about your rights, including laws and policies that support your choices and your dreams.
- Get supports to help you get out there and enjoy life—doing the things you want with the people you choose.
- Make friends, learn about yourself, and develop advocacy skills through art, games, stories and laughter.
- Take the next step in becoming a disability rights leader.

If you're interested in any of these things, The Self-Advocacy Academy may be for you. Call the ACT Center and we can work with you to obtain approval to use your waiver, SILS or CDCS funding to join the Academy.
Here's what happens at the Academy:

- ACT Center works with you and your people to arrange the supports you need to attend the Academy.
- You choose the day of week you want to attend the Self-Advocacy Academy: either Mondays OR Fridays—10 am to 12 pm
- You choose in-person or distance learning options.
- You attend three trimesters of classes each year. Each trimester is 13 weeks long. There are breaks between each trimester. You have a summer break and a winter break.
- You make a commitment to attending the entire year-long Academy. If you miss a class, you talk to the advisor about making it up. (It’s not a drop-in, come as you can program).
- You meet with your advisor regularly to plan for upcoming trimesters to make sure the learning experience is meeting your needs and making a difference in your life.
- You meet with your Academy advisor each week for a quick check-in to review materials, apply new ideas, ask questions or solve problems.

What are the classes like?

- The class size is between 8 and 12 students.
- There are two advisors for each class.
- Your support allies participate with you and support you in any way you need.
- The classes include music, art, games, stories, and laughter. The classes are fun, interactive, and meaningful.

By being part of the Academy, you are joining the self-advocacy community! It’s a community of people who build friendships as we support each other and work together to make the world a better place for everyone.

close contact us at info@selfadvocacy.org
contact us at info@selfadvocacy.org
call (651) 641-0297
visit the web site at selfadvocacy.org

The Self-Advocacy Academy and other projects of the ACT Center for Disability Leadership are sponsored via contracts with the Minnesota Department of Human Services. This sponsorship does not imply endorsement of products or services developed under these contracts.