

FIVE FAST FACTS FOR FRIDAY

The Arc of New Jersey's Self-Advocacy Project (SAP)



- SAP was established for individuals with intellectual and developmental disabilities (I/DD) to become involved in legislative policies and issues that positively affect their lives or lives of others with disabilities.
- SAP consists of five Councils based on geographic location within the state and meet on a monthly basis. The meetings are open and free to all individuals with disabilities.
- These meetings are a chance for advocates to voice their perspective, socialize, and to practice standing up for themselves and their rights.
- Self-advocates are invited to attend Healthy Lifestyles workshops, planning and leadership discussions, voting workshops, maintaining healthy relationship activities, workshops about advocating for your rights, and many other seminars and training.
- For more information, contact Ashley Ritchey, NJSAP Director at 732-743-8345 or ARitchey@arcnj.org.