



'Super Advocate' Advocacy Trainings

Choose one Zoom training:

- **Friday, Oct. 8, 2021** 9:00-3:30pm
- **Thursday, Oct. 14, 2021** 9:00-3:30pm
- **Saturday, Oct. 23, 2021** 9:00-3:30pm
- **Monday, Oct. 25 (pt1)** 5:30-8:00pm*
Tuesday, Oct. 26 (pt2) 5:30-8:00pm*

Cost: Free!

* The 10/25-/10/26 training is one training over two evenings.
All-day classes break between 12-1pm for lunch.

**Please register in advance.
Thank you!**

To register online, go to:
www.tinyurl.com/2021advocacy

To register by email or phone, contact:
Advocacy Coordinator - 907-465-4765
advocacy.coordinator@mhtrust.org

* For more information about advocacy for Alaskans
with disabilities, go to: [www.alaskamentalhealthtrust.org/
jointadvocacy](http://www.alaskamentalhealthtrust.org/jointadvocacy)

This free training conducted over Zoom offers tools and hands-on practice for advocating on issues you care about. Participants learn how to talk to policymakers and speak at public meetings on decisions that impact people with mental illness, substance use disorders, intellectual/developmental disabilities, including fetal alcohol spectrum disorders, Alzheimer's disease and related dementia, and traumatic brain injuries. The training is for people with lived experience of a disability, family members, service providers, administrators, peers, and others interested in learning:

- Tools for successful meetings with policymakers (Legislators, City/Village Councils, School Boards)
- Refining your personal story for the most impact
- Tips for speaking on a public panel or before a public committee
- Tips for advocacy from home
- Updates on current issues

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Alaskan Living Longer **Seniors Growing Stronger**
from the Alaska Commission on Aging

