

## *Self-Advocates of Minnesota*

SAM is a network of self-advocates, advisor, allies, friends, family, and professionals-led by self-advocates. The main focus of the group is to build a statewide network to help people with developmental disabilities know their rights through personal and group action.

The Council gets together once a month for meetings and can participate in other activities. The members of the council elect officers who run the monthly meetings. The council also elects two self-advocates to become part of the leader circle representatives who then brings our needs and issues to work on creating a statewide agenda.



### **What we do each year grant is in place:**

- Three trainings on personal empowerment, leadership development and know your rights.
- Three trainings on system change, government policy, voting and civic engagement.
- Talk about disability in our society- self-advocacy movement and civil rights.
- Educate the public through letters to the editor, press releases, and presentations.
- People 1st Minnesota does three trainings on personal empowerment, disability awareness, and systems change.
- Participate in the State Leadership Circle meetings.
- Host a Conference.

If you would like more information regarding SAM or when the meeting dates are scheduled, please contact Tiana Bingold- SAM Liaison: [tiana@arcse-mn.org](mailto:tiana@arcse-mn.org) or 507-287-2032 or 888-732-8520 for more information. We are in need of representatives from Rice, Dodge, Goodhue, Mower, Fillmore, Steele, Freeborn, and Wabasha counties.