



# Lifebook Nights



Part scrapbook, part journal, all yours!

The Lifebook is a unique book designed for you to use to share your voice, thoughts, goals, desires, and who you are. Join the ECBDD and the Self-Advocates of Erie County as we host a special monthly Lifebook night the last Monday of each month. This book can be used in your ISP meeting, as a part of IEP planning, when working with a new staff or meeting a new friend, or any other way you choose!

**First Lifebook Night - Monday April 30th**

**Chapter 1 - Knowing My Voice**

**Erie County Board of DD - 4405 Galloway Road Sandusky**

**5:00pm - 6:30pm**

RSVP to [JYingling@eriecbdd.org](mailto:JYingling@eriecbdd.org) or call 419-502-4124 (RSVP not required)

## 2018 Calendar:

April 30th	Knowing My Voice
May	NO PROGRAM - HOLIDAY
June 30th	Knowing My Community
August 27th	Knowing My Emotional, Spiritual, Physical/Support Needs
September 24th	Knowing My Employment Goals
October 29th	Knowing My Independent Living Goals
November 26th	Knowing My Voice

