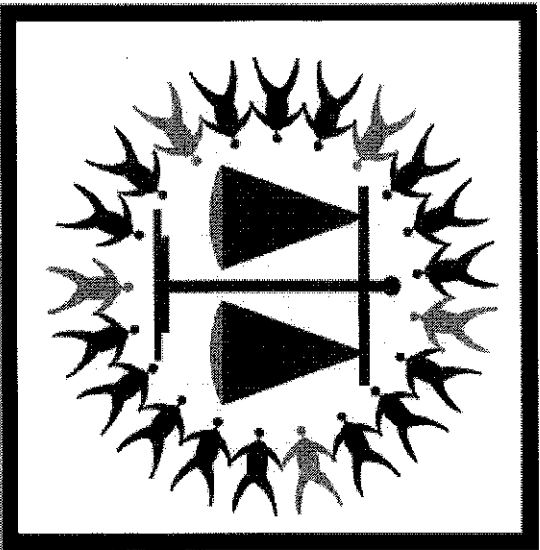


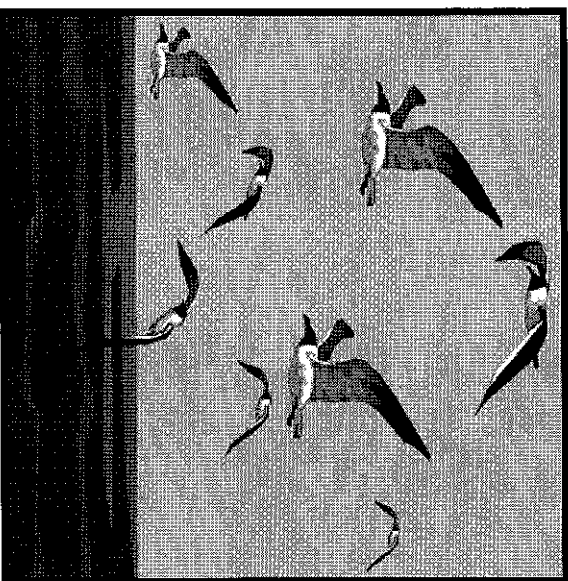


People with developmental disabilities have the same legal rights and responsibilities as everyone else. (Lanterman Developmental Disabilities Services Act, Section 4502)



- The Lanterman Developmental Disabilities Services Act states people who receive services from Regional Centers have the right to decide what kind of help they want so they can make choices about:
- ◆ Where and with whom you want to live with
 - ◆ Where to work and what type of work to do
 - ◆ Who your friends are
 - ◆ What you like to do in your free time
 - ◆ What you want to do next year or maybe later on

San Diego People First
c/o Area Board XIII
8880 Rio San Diego Drive, Suite 250
San Diego CA 92108-1634



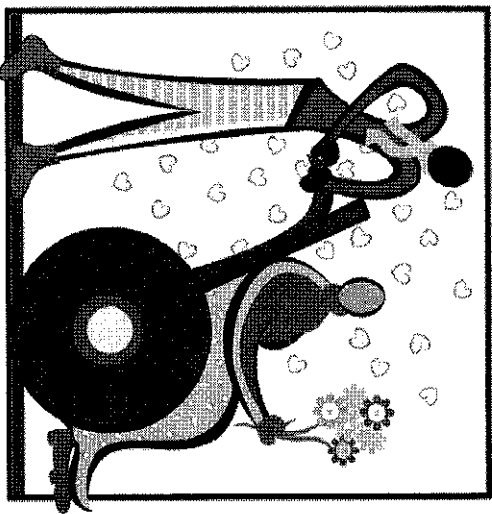
San Diego People First

8880 Rio San Diego Drive, Suite 250
San Diego CA 92108-1634
619-688-3323
www.sandiegopeoplefirst.com



Self-Advocacy is...

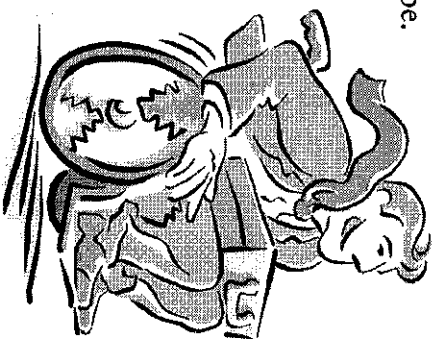
- ◆ Taking control of your life and being in charge.
- ◆ Speaking up for what you believe in.
- ◆ Letting people know you are a citizen and have a right to live, work and have fun in the community.
- ◆ Being all you can be. Leading a worthwhile life with meaningful relationships.
- ◆ Educating people about disabilities.
- ◆ Having confidence in yourself. Taking part in all of the things you do with your life.



Our Story...

In 1988, a small group of self-advocates decided to start a People First chapter in San Diego. San Diego People First has gradually grown into a meaningful self-advocacy group. We sponsor annual self-advocacy conferences.

Remember! There are two types of people: those who lead and those who are led. If you want to lead—San Diego People First is the place to be.



Mission Statement

The mission of San Diego People First is to educate and support people with developmental disabilities in San Diego County. The members of San Diego People First encourage individuals to be self-reliant through education, support of peers, sharing resources and tools, presentations, and the development of leadership skills. Members serve as role models by becoming involved in community projects and being productive members of the community.



How to Get Involved...

Self-Advocacy Support Groups...

Meet monthly in your neighborhood. At the meetings, you can meet other self-advocates, learn from speakers, and maybe share in a potluck meal. You can get a list of these groups from the Area Board.

San Diego People First...

Is a regional self-advocacy group that meets every other month in the Balboa Park Club in Balboa Park. There is usually a guest speaker and then the members have a chance to report on their self-advocacy groups. In addition, there are updates from People First of California, Department of Developmental Services Consumer Advisory Committee, Regional Center and on other important issues.

Annual Self-Advocacy Conference...

Is a two-day event held in the spring for self-advocates. The goal of the conference is to introduce adults to the power and importance of the self-advocacy movement. The conference gives people a chance to learn from speakers, enjoy great food, dance and meet new friends.