

Discover & Use Your Strengths!

SPEAK UP WITH CONFIDENCE!

- TACKLE CHALLENGES & MAKE SMART DECISIONS!
- SET GOALS, TAKE ACTION, & SUCCEED!



JOIN CILO CLASSES FOR SELF-ADVOCACY TRAINING

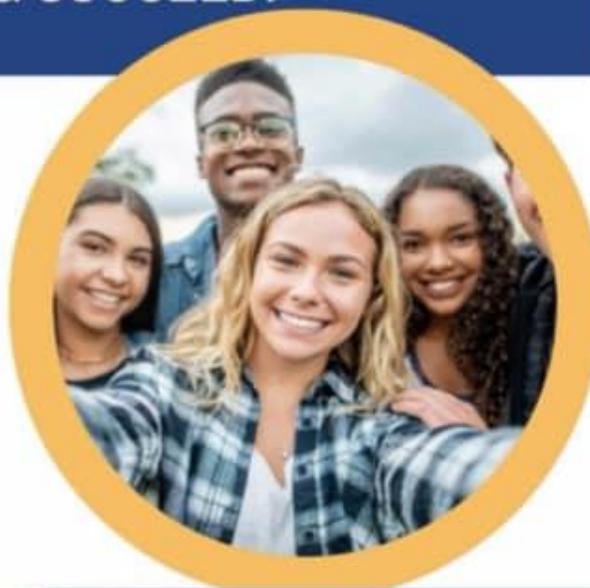
Self-Advocacy Training is funded by Florida's Division of Vocational Rehabilitation (VR). If you would like to participate, start by contacting your VR Counselor.



FLORIDA DEPARTMENT OF
EDUCATION
fldoe.org



VOCATIONAL
REHABILITATION



In each training session, you will learn:

Self-Awareness (Y20511 or E20511) – Discover and understand your strengths, skills, and needs in employment & education.

- Explore what motivates you
- Learn self-reflection techniques
- Understand what to disclose about your disability
- Know your rights & responsibilities

Self-Efficacy (Y20512 or E20512) – Learn how to communicate effectively with employers, school administrators, teachers, etc.

- Identify & request accommodations
- Master assertive communication
- Practice active listening
- Develop problem-solving skills

Self-Determination (Y20513 or E20513) – Learn how to identify, set, and achieve goals for your education, employment, & personal growth.

- Build leadership skills
- Make confident decisions
- Monitor your own progress

Virtual only, via Zoom

*in between Career Camp Sessions

TRAINING DATES

- March: 3/3/2025 – 3/15/2025
- April (A): 4/7/2025 – 4/19/2025
- April (B): 4/21/2025 – 5/3/2025
- May: 5/5/2025 – 5/17/2025

We will break for the Summer and resume in September 2025, TBA.

SCHEDULE

- Monday – Thursday: 3:00 PM – 7:30 PM
- Saturday: 9:00 AM – 4:00 PM
(with lunch break)

**Contact your VR Counselor to
get a referral for each module.**

Need help? Contact CILO
camp@ciilo.org

Once we receive your referral from VR, one of our Administrative Specialists will contact you to begin your enrollment with CILO.