



# 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!

**Lifebook Night - Monday June 24th**

**Chapter 4 - Knowing My Dreams and Goals**

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

**4:30 - 5:30pm**

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

## 2019 Calendar:

March 25th	Knowing My Voice
April 29th	Knowing My Community
May	NO PROGRAM - HOLIDAY
June 24th	Knowing My Dreams and Goals
July 29th	Knowing My Emotional, Spiritual, Physical/Support Needs
August 26th	Knowing My Employment Goals
September 30th	Knowing My Independent Living Goals
October 28th	Knowing My Voice
November 25th	2019 Wrap up

