

EXPLORING DISABILITY IDENTITY

SUPPORT GROUP

- **COMMUNITY**

Share your experiences with a group of folks who will understand, and form connections with others.

- **ADVOCACY**

This will be a safe space to discuss impacts of systemic oppression & intersectionality as it relates to disability.

- **INNER GROWTH**

We will explore ways to live your life in an empowering way while respecting any limitations due to disability.



DETAILS

**Sundays at 1pm-3pm
via Zoom**

11/3 - Relationships & Stigma

11/10 - Medication & Managing Care

11/17 - Stereotypes & Resources

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