

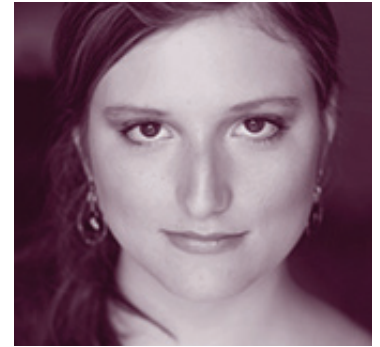


Free and open to persons supported, families and professionals!

Navigating Relationships with a Disability

Alix Generous, born in 1992, is a mental health activist, speaker, and writer with Asperger syndrome. She stresses the importance of building accepting environments for all kinds of minds.

Her TED talk: "My Inner Life..." has received over 1.6 million views. Her works have been featured on NPR, *Bloomberg Businessweek*, TEDx, and the Sydney Opera House. Through high impact media, comedy, and clinical expertise, Alix advocates on a wide range of issues concerning mental and developmental disabilities. As a mental health advocate, she consults with families, companies, and academic institutions and points them toward resources and values that improve the status of individuals with disabilities.



Alix Generous

Navigating Relationships with a Disability will explore:

- Introduction to terminology surrounding relationships
- Myth vs. Reality - checklist activity
- Types of relationships - group activity
- Recognizing and establishing proper boundaries
- Self-advocacy in relationships
- Wrap up/summary

Each area has a group activity associated with it as well as a finalizing debriefing and Q & A session at the end. Attendees will:

- Learn how to advocate for themselves in relationships
- Understand the social dynamics of different types of relationships
- Learn habits that help or hurt relationships

APRIL 16, 2018



Monday, April 16 — 6-8 p.m.

Little Falls High School

1 High School Road, Little Falls, NY

RSVP online: www.archerkimer.org by Monday, April 9

Contact: Janet La Rock, Supports & Services

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