PROJECT STIR (Steps Toward Independence and Responsibilities)

**A class designed to teach people about becoming self-determined individuals.**

**Sessions include:**

1. **Knowing Yourself- Students learn to identify their strengths and weaknesses to assist them in becoming a self-advocate.**
2. **Communication-Students learn how to properly use the three types of communication: *Assertive, Aggressive, and Non-Assertive*. Role play is used to demonstrate the proper style of communication for different situations.**
3. **Problem Solving and Negotiating- Focus is on being able to identify when a problem occurs-what the problem really is and how to solve it. Team work is an emphasis of Session Three.**
4. **Responsibilities-Students will learn what a rule is, what responsibilities are, and how they are connected.**
5. **Self-Advocacy and Money-Show me the Money Game helps prepare students for dealing with everyday expenses such as rent, food, entertainment, and unexpected expenses.**
6. **This session is tailored to each specific audience. Topics can include: employment, starting an advocacy group, joining a club, or starting a volunteer project.**
7. **After the six session training, students may choose to attend a train-the-trainer session on how to teach others Project STIR.**

*\*After a group is trained, the participants will get a diploma and will be able to be future Project STIR Trainers with our assistance, if needed.*

***If you are interested please contact Jeffrey Dunn at 816-671-7006***