

MOVERS

The purpose of the group is to “move forward.” Choosing fun activities, these individuals consider their lives and explore the things that make their life more fulfilling according to their own standards. Another focus for this group is “Emergency Preparedness.”

OFFICERS' TRAINING

Managing a Self-Advocacy group can be very challenging. Members, who are group officers or those who are interested in becoming officers, attend this group for support and training in the skills necessary to successfully run a Self-Advocacy group.

PEOPLE IN ACTION (P.I.A.)

We explore current events that concern our lives. We also participate in, or create, fundraising events. We work to make our lives and the lives of others better.

SHAKERS

In this group, we are working together as a team by setting goals and motivating each other to achieve them. We work on our personal mission statements and create a life plan to facilitate our next steps. The Lanterman Act is also reviewed in this group.

STRIVE FOR AWARENESS (S.F.A.)

In group we review the latest news and legislative issues that affect people with disabilities. We write to our local legislators and we attend rallies and seminars to keep up with the latest information. We also help others get registered to vote.

TRAVEL CLUB

This group is as its name suggests, a group about travel. It includes going to places that we have chosen and doing so on a budget. We make plans to travel locally and long distances. For example, we have been to places like Las Vegas, San Francisco, San Diego, Sacramento, Theme Parks, Museums, Fairs, Concerts, just to name a few. We also learn how to plan trips ahead of time and learn creative ways to save money for trips.

WELLNESS GROUP

“Wellness exists on a continuum and is unique to each individual person. Each of us defines our own wellness. It’s hard to say, you know, you’re well or you’re not well. That’s not the way it works. It’s a unique thing based on our individual circumstances. And wellness in this view is also seen as a holistic concept. It’s looking at the whole person and not just as your blood pressure level or how much you weigh, or how well you manage your stress. It’s not one thing; it’s all these things connected. Wellness involves the spiritual, the body, the mind, and the concept dimensions.”
– Cara Culley

WESTSIDE JAM SUB-COMMITTEE

The Westside Jam is an annual celebration of Self-Advocacy. This group assists in the planning of the next Westside Jam. Bring your ideas and thinking caps. We would love to hear from you.

WINNERS

This group focuses on volunteering and giving back to the community. Throughout the month, each member volunteers at a place of their choosing. They also review the Lanterman Act and bring current information from organizations that are looking for volunteers.

ADVOCACY COORDINATOR

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SELF ADVOCACY GROUPS

WESTSIDE
REGIONAL
CENTER





SELF-ADVOCACY GROUPS

There are several active self-advocacy groups in the WRC area. Self-advocacy groups strive to empower individuals to become active and influential members of their communities. These groups meet at various community locations including restaurants, malls, and community rooms. Meetings offer a great opportunity for members to make new friends and maintain lasting friendships. For more information, call the Advocacy Coordinator at 310-258-4245 or visit our website at www.westsiderc.org.

CONSUMER ADVISORY COMMITTEE (CAC)

CAC is the leading Self-Advocacy group. CAC is a committee of the WRC. This group represents the concerns of all WRC consumers. The officers of CAC report directly to the WRC Board of Directors. If you have concerns and/or support for the decisions that the Board of Directors makes, then this is the group for you. CAC also oversees all Self-Advocacy groups.

CREATIVE WRITING

This group focuses on developing creative writing skills by actively writing our stories. Our stories are not limited and will reflect the vastness of our minds and imaginations. Everyone has a story to tell. In this group, the members explore their creative talents and write stories. For those interested, we will pursue getting the articles/stories/books published.

CULVER CITY PEOPLE FIRST

It is the mission of People First California, Inc. to help share, inform, and support local chapters so that all people with developmental disabilities are able to speak for themselves, know their rights and responsibilities, and become respected, valued members of our community.

EXECUTIVE CAC

Executive CAC is the meeting where all the "business" of CAC takes place. Agendas for the CAC are created, past meetings are analyzed and future goals are set. Join us! Make the CAC work for you.

FRIENDSHIP NETWORK

The main focus of this group is respect. These members are concerned with how to treat everyone with more kindness, understanding and acceptance. Skills and techniques to avoid judgment and criticism are discussed. Members share their experiences with the intention of finding more positive solutions to daily situations.

GO-GETTERS

This group enjoys exploring their community. Often they choose to meet in different locations to experience different aspects and areas in their surroundings.

INDEPENDENT GROUP

This group is for those individuals who are interested in more independence. These members use a "peer-mentor" approach and teach/learn the skills that are helpful when becoming or maintaining independence. Health and wellbeing topics and information are very important to this group.

LEADERS OF TOMORROW (L.O.T)

In order to become leaders, you must lead by example. These individuals are particularly focused on the political decisions that affect their lives. Members learn how to speak to city and state officials and many of them are members of Boards that make decisions for their lives. They have active roles in their local legislation to affect positive change in existing laws.

LET'S TALK SELF-ADVOCACY WITH LINDA BUTLER

Are you an individual receiving services from WRC? Want to learn more about self-advocacy? Want to meet others who can support you in advocating for yourself? Want to get your point across and still get your needs met? Or, do you want to encourage, support or teach others the skill of advocating for themselves? If you answered "YES" to any of these questions, please join us. Bring your questions, ideas, bring a friend; we will listen and troubleshoot with you.

