

The West Virginia People First Conference is designed to provide individuals with intellectual, cognitive, and related developmental disabilities knowledge and skills needed to successfully advocate for themselves on many issues. Adaptations and modifications of material and presentations are made to ensure participation and understanding by all participants.



16th Annual WV People First Conference **HEALTHY RELATIONSHIPS...NEW BEGINNINGS!**

September 9-11, 2009
Jackson's Mill, WV

This year will bring with it some exciting new features including two talented keynote speakers from North Carolina: Barton and Megan Cutter. With the theme Healthy Relationships...New Beginnings!, The Cutters are ideal to kick off the conference by speaking at the opening session, as they have an inter-ability relationship. They are aware that many people have questions about how they met, marriage with someone who has a disability and how they manage daily life. Together, they educate and teach others the power of love just by walking down the street. Together, they teach that love can roll on, no matter what the circumstances. The Cutters sessions will include "Self-Determination...Taking Total Control of My Life" and "Real Relationships, Risks, and Responsibilities".

Break-Out Sessions and Activities

How Do I Plan Healthy Meals?

Searching For A Job: Where Do I Begin?

Using Music to Relax or Overcome Depression

Computer Skills: Using Them To Network With Others

Starting & Running A People First Chapter

Developing Money Skills: Good Spending Choices

Planning For The Future: What Should I Know?

Basic First Aid Skills and Emergency Preparedness

Babysitting and Childcare Skills

Grooming/Hygiene For Men

Advisor Training: Supporting A People First Group

Gardening and Lawn Care

Art Projects, Choir, Photography, Archery, Golf/Lawn Games, Line Dancing, and Fishing Skills are other classes being offered, with other activities to include Swimming (yes, it's back!), Photography, and tours of the historical Jackson's Mill - the childhood home of Stonewall Jackson!

Registration Fees and Lodging Cost

Stipend funds are made available to people with developmental disabilities and family members of people with developmental disabilities through funds from the WV Developmental Disabilities Council.

The total cost to attend the conference will vary depending on where you want to stay. The Registration fee is \$70 per person, and limited stipends are available for people with developmental disabilities who need them. The lodging fees vary depending on what option is best for you and range from \$12.50 (cottage) - \$25.00 (private room) - \$34.00 (lodge) per night per person.

For more information or to obtain a registration form visit www.peoplefirstwv.org; Call 304-422-3151 and ask for James McClain (ext 128), Christina Smith (ext 106), or Kevin Smith (ext 129); or email james.mcclain@arcwd.org, christina.smith@arcwd.org, or kevin.smith@peoplefirstwv.org.

