Pathways to Friendship Presentation Descriptions

Our presentations use a variety of mediums, including video, and are co-presented with people with disabilities. We can modify trainings based on interest or age and will present in-person or virtually. Trainings are also available in a **Train-the-Trainer** format for those interested in strengthening their capacity.

General Community:

- **Introduction to Friends:** This presentation is appropriate for any audience just beginning to explore the importance and possibilities of friendships between people with and without disabilities. It is suitable for community trainings, classroom work, webinars, and more. Content includes what we mean by "Friend", the benefits of such friendships and the challenges to make these relationships happen

- **Building Friendships Between People with and Without Disabilities**: **A Training for Community Recreation, Cultural and Faith Organizations**: The intended audience for this training is staff from community organizations, including municipal Park & Recreation Programs, libraries, summer camps, YMCA's, sports groups, museum programs, Faith organizations and many, many more. This presentation explains why friendships are critical for all of us, and provides concrete strategies and techniques for embedding disability inclusion and relationship-building into organizational programming and services

- **The Imperative of Friendship: A Training for Volunteers:** This presentation provides a basic introduction to disability and disability etiquette, but primarily focuses on the need and benefits of friendship for everyone. Participants will come away with concrete tips for forming authentic and meaningful relationships between people with and without disabilities

- **Building Friendships at School:** This training explains the importance of friendship between students with and without disabilities, and introduces strategies that can be used by teachers, paraprofessionals, and parents to promote and support these relationships

Youth:

- **Appreciating Diversity: Disability**: This presentation is geared to middle school students, and helps youth understand disability as part of natural human diversity. The training explains the terms *disability* and *inclusion*, highlights how we are all more alike than we are dissimilar, and emphasizes the benefits that come from friendships with all different types of people
    - **Growing Through Differences: Disability and Friendship:** This is a modified version of the above training, geared toward upper elementary school students (3rd, 4th, 5th graders)

- **Diversity, Disability and Friendship:** This presentation is geared to high school students and goes a step beyond the *Appreciating Diversity: Disability* training. In addition to explaining disability as a natural form of human diversity and the importance of inclusion, this training also covers the benefits of friendships, the detrimental effects of loneliness, and provides concrete tips for forming authentic and meaningful relationships between people with and without disabilities

Families and Disability Service Providers:

- **Creating Circles of Support**: Relationships and social networks are vital in providing advice, support and opportunities in the different realms of our lives. Unfortunately, many people with disabilities are missing these core relationships or "Circles of Support". This training, which is based upon Resourcing Inclusive Communities' *Circles of Support Manual*, introduces the concept of Circles of Support, explains their importance, and provides instruction on how to create an intentional Circle of Support

- **Supporting Friendship: A Presentation for Families**: Families often struggle with how to help their children with disabilities to form relationships with peers without disabilities. This presentation highlights the importance of friendship for all, and provides concrete suggestions, tools and handouts to help parents/other caregivers connect their children with others in deep and meaningful ways

- **Supporting Friendship: A Training for Disability Support Staff:** This presentation explores the importance and possibilities of friendships between people with and without disabilities, and the valuable role that staff play in developing and supporting these relationships. The training will provide participants with strategies and tools for developing friendship and belonging for those they support, as well as suggestions on overcoming common hurdles to this goal

- **Supporting Friendship at Work:** This presentation covers how to support people with disabilities to develop natural supports and friendships in their workplaces. The audience for this presentation is job coaches, job developers, employment specialists, and supported

employment managers. Any staff person who supports people with disabilities in their employment goals! This presentation will provide the audience with strategies to support people with disabilities to truly be a part of their workplace and connect with coworkers, both at work and outside of work

- **Friendship For All:**
  Friendship and Connection for People with Greater Support Needs:
  Everyone can have and be a friend regardless of support needs and methods of communication! In this training, you will learn how to support friendship for those with greater support needs, whether it is someone who is medically complex, has limited or alternative communication, needs help managing emotions and behavior, or requires assistance with daily living tasks. Participants will learn how to develop a vision for the focus person's life, ideas for building a support team, and strategies on how and where to develop friendships.

- **Positive Behavior Support as a Friendship Strategy:** This interactive training explores how friendship, meaningful relationships, and social connection can be intentionally woven into Positive Behavior Support (PBS) strategies for adults with IDD. Through the profiles of four young adults, participants will see how familiar PBS approaches can also create opportunities for friendship, support diverse communication styles, and build social connection into everyday life, promoting dignity, belonging, and positive emotional and behavioral outcomes

- **Tools for Belonging: Community Mapping in Action:**
  This interactive training introduces Community Mapping as a practical, strengths-based approach to help individuals build meaningful relationships and live more inclusive lives. Participants will learn how to identify and map important people, places, and opportunities in a person's life, while strengthening natural supports and reducing reliance on formal services. The session focuses on simple, usable tools that support belonging, inclusion, and person-centered planning in everyday practice.

Self-Advocates:

- **Friendship Matters!: Tools and Tips from Self-Advocates on Building and Maintaining Friendships:** This workshop explores the very important topic of friendship. Friendship makes us happier, healthier, and safer, and every single one of us needs and deserves it! Workshop participants will discuss what makes a friend and why friendship is important, and will also learn some methods for making friends, and for overcoming challenges to building friendship

- **Connecting to Your Community:** Self-Advocate and Pathways to Friendship presenter, Jonathan Spiller, teaches about making connections in your community through sharing lessons and techniques from his own experiences

- **Friendship at Work:** This presentation offers guidance and techniques for building meaningful relationships and friendship in the workplace or volunteer setting. Participants will learn steps for initiating and maintaining friendships with co-workers, as well as the importance of setting healthy boundaries.