



Empowering Voices: What You Can Do as a Self-Advocate During National Developmental Disabilities Awareness Month

March is **National Developmental Disabilities Awareness Month (NDDAM)**—a time to celebrate the inclusion and contributions of individuals with developmental disabilities (DD). It's also an opportunity to raise awareness and break down barriers in employment, housing, and community participation.

What can you do as a Self-Advocate?

1. Know Your Rights

Understanding your rights is the first step to self-advocacy. You have the right to:

- ✓ Work in a job that pays fair wages.
- ✓ Live in a home of your choosing.
- ✓ Access education and community services.
- ✓ Be treated with dignity and respect.

♦ Tip: Visit the [ADA website](#) or connect with advocacy groups like CAPC to learn more about your rights.

2. Speak Up for Yourself & Others

Your experiences matter! By sharing your story, you help educate others and inspire change.

- ✓ Practice self-advocacy—speak up in meetings, with service providers, or when accessing resources.
- ✓ Participate in self-advocacy groups—join CAPC's weekly self-advocacy meetings to connect with peers.
- ✓ Use social media to share your journey—your story can break stereotypes and empower others.

♦ Action: Write down one thing you want to advocate for this month and make a plan to talk about it.

3. Get Involved in the Community

Inclusion starts with participation!

- ✍️ Attend community events and public forums.
- 🗣️ Reach out to local representatives and share your experiences.
- 💡 Volunteer or join a group that promotes disability rights.

♦ Challenge: Invite a friend to attend a self-advocacy or disability awareness event with you this month.

4. Educate & Raise Awareness

One of the best ways to create change is to educate others.

- ✍️ Write a blog post or create a video about what inclusion means to you.
- 🎨 Design a sign or wear an advocacy T-shirt to start conversations.
- 📱 Post facts about developmental disabilities on social media.

♦ Idea: Share one fact about DD and tag a friend, challenging them to do the same!

#MYABILITY MATTERS

Join the #MyAbilityMatters Social Media Challenge!

How to Participate:

1. Post a photo or video of something you're great at (art, music, work, sports—anything!).
2. Use the hashtag #MyAbilityMatters and tag CAPC.
3. Challenge 3 friends to share their abilities too!

SHARE YOUR
STRENGTHS AND
ABILITIES



CAPC HIGHLIGHT



“Working at CAPC has been a great experience watching a lot of individuals work hard and improve themselves. For example, Arthur Cordova who would have trouble with writing and reading, now picks books to check out of the library to read at home. As for his penmanship is readable and clear.”

-Gabrielle M., DSP



Gabrielle and Arthur are pictured together out in the community.

“I like being a part of CAPC a lot because they help me with my day to day life and help me order at McDonald’s. CAPC helps me be able to hang out with friends. I like working with staff, specifically Alex, Gabby, Celina and ‘auntie’ Loretta.”

-Arthur C., Consumer

Empowered Together:



Women's Self-Advocacy Group



Women’s Self-Ad group after their meeting.

"Women's group was started by me and my best friend Ana before Covid. We have the meetings at Ana's house and will go out to lunch for birthdays and other celebrations from time to time. It was a great way to talk to other women about some of the challenges we go through. I'm glad everyone can come together to talk about different things on their minds and try to help one another. I really like having a safe space to share my experiences with the other women and get tips on how to work them out. I also appreciate the women in the group and love talking to them!"

- Cindy P., Consumer



Interested in joining a Self-Advocacy Meeting?

See below available meeting times and contact your Case Manager for more details!

MONDAY

@ 12:00 PM

WEDNESDAY

@ 2:30 PM

THURSDAY

@ 10:00 AM

FRIDAY

@ 1:00 PM

Kathleen's Journey to Success

by Case Manager, Patty May

"Kathleen is about to celebrate an incredible milestone—27 years as a consumer at CAPC, INC! She has a heart of gold and always looks out for her staff, wanting them to be happy and stress-free. Despite facing many personal challenges, Kathleen's resilience shines through. Over the course of the past 5 years, Kathleen accomplished something truly inspiring by graduating from the North Orange Continuing Education program and earning her high school diploma in 2024. Kathleen would like to volunteer at a local animal shelter and continue her education this year. Now, Kathleen is taking some time to explore her next steps and dream about what's ahead.

Whatever she chooses, there's no doubt she'll continue to inspire those around her!"



Kathleen is pictured at her graduation.

A Look Back at our Open House!



Last month, we welcomed consumers, families, and potential CAPC clients to visit our Whittier office where attendees received updates on CAPC's latest initiatives. During the event, participants had the chance to meet with our Employment Specialists to explore career support options, ensure they're on track with the goals they've set for this year with our Directors, and signed up to participate in our monthly newsletter, join the Individual Advisory Committee or weekly Self-Advocacy meetings. Thank you to everyone who joined us! Stay tuned for more updates on our next Open House!



Betty Ann R.

Cindy P.

James D.

Michelle S.

Ana B.

2025 CAPC EVENTS CALENDAR



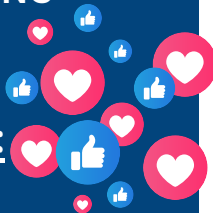
Abilities Expo - March 7, 2025
 Knotts Berry Farm - May 21, 2025
 Angel's Game - Spring 2025
 Founders Luncheon - June 4, 2025
 CAPC Open House - August 2025
 Great Wolf Lodge - September 2025
 Celebrity Waiter Dinner & Dance-
 October 4, 2025
 Golf N Stuff Halloween Day -
 October 2025
 Community Harvest Event-
 August 2025
 CAPC Holiday Party- December
 2025

FOLLOW US ON SOCIAL MEDIA AND STAY UPDATED:

FACEBOOK: @CAPCINC
 INSTAGRAM: @CAPCINC
 X: @CAPCINC



OR VISIT OUR WEBSITE:
 WWW.CAPCINC.ORG



*If you see one of
these icons...*



Community
Outreach



Events



CAPC Highlight



Community
Support



APPLYING TO JOBS? NEED A WORK STATION TO FILL OUT APPLICATIONS?

INDIVIDUAL RESOURCE CENTER IS AVAILABLE FOR USE!



FILL OUT
JOB APPLICATIONS



TRANSPORTATION



HUDD HOUSING
PACKETS



SUBMIT A SCHEDULE REQUEST TO RESERVE A DESK!

AVAILABLE FOR USE AT
CAPC RESOURCE CENTER

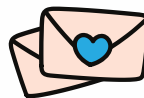


Guided Hands ImaginAble Solutions

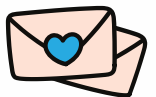
Assistive device that helps
anyone with limited hand
mobility to write, paint, draw
and access technology
through touch-screen
devices.

Contact your case manager to reserve a device!

Be on the LOOKOUT
for our new monthly resource guide



CAPC COMMUNITY RESOURCE EMAIL



Explore various community events and resources
happening in our
service areas of
Los Angeles and Orange County.

If you have a resource to share with
other CAPC families
call the office or email Savannah at
rross@capcinc.org