



educate . innovate . advocate

Westchester Institute for Human Development
Cedarwood Hall, Valhalla, NY 10595
914.493.8202 . www.wihd.org

HEAR OUR VOICES: SELF ADVOCACY GROUP at WIHD

2018 MEETING SCHEDULE

Monday March 19, 2018 6:30-8:00 PM

Topic: Making Our Voices Heard & Update on SANYS, Inc. & Hudson Valley Region

Discussion Co-Leaders: Sandy Mislow and Cynthia Gilchrist

Special Guest Speaker: Chester Finn

Monday April 23, 2018 6:30-8:00 PM

Topic: Tips and Tools for Good Cooking

Discussion Leader: Jack Levitz

Monday May 21, 2018 6:30-8:00 PM

Topic: Taking Charge of Our Dental Hygiene and Oral Health

Discussion Leader: Dr. Pat Seagriff, DDS

Monday June 18, 2018 6:30-8:00 PM

Topic: Telling Our Personal Stories to Teach People about Disabilities

Discussion Co-Leaders: Karen Millman and Mitchell Levitz

Monday September 24, 2018 6:30-8:00 PM

Topic: How to be a Good Citizen by Helping Others

Discussion Leader: (TBD)

Monday October 22, 2018 6:30-8:00 PM

Topic: Dealing with Negative Interactions

Discussion Leader: (TBD)

Monday November 19, 2018 6:30-8:00 PM

Topic: Selecting Healthy Menu Choices at Restaurants

Discussion Leader: (TBD)

Monday December 17, 2018 ANNUAL HOLIDAY PARTY 6:00-8:00 PM

All meetings are held in the First floor Boardroom at WIHD. For more information, or if you are planning on attending, please contact:

Mitchell Levitz, Self-Advocacy Coordinator-WIHD Community Support Network

Phone: (914) 493-8119 or Email: mlevitz@wihd.org