

# LifeCourse Training

The **Charting the LifeCourse** framework helps individuals and families develop a vision for a good life, think about what they need to know and do, and identify how to find or develop support. It conceptualizes key principles to ensure that all people have the right to **live, love, work, play** and **pursue their life aspirations** in their community.

This training will provide:

- An overview of the foundations of the LifeCourse framework
- An explanation of how to apply two of the LifeCourse principles in ways that enhance exploration, planning, decision-making and problem-solving
- Information on how the LifeCourse tools are being used to support individuals, families, organizations, educational and school systems, transition and employment, and Developmental Disability systems to integrate services and supports.

Participants will have the opportunity to:

- Practice using two LifeCourse principles
- Begin developing a LifeCourse Portfolio for their son, daughter, or family member.



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**This training is for parents and families of individuals with disabilities as well as Case Managers and other I/DD professionals.**

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**WHEN:** Tuesday, February 23, 2021

Three sessions available:

9:30 a.m. – 12:00 p.m.

1:30 – 4:00 p.m.

5:00 – 7:30 p.m.

**WHERE:** ONLINE via Zoom

**RSVP online:** [www.foothillsgateway.org/  
event/lifecourse](http://www.foothillsgateway.org/event/lifecourse)

*\*\*If you require any special accommodations, please note your need in your RSVP. \*\**