



## Join the Family Voices of Minnesota staff For a Unique Training Opportunity

**PURPOSE:** Family Voices of Minnesota staff will be participating in a specialized training series to learn the foundational principles of the Charting the LifeCourse Framework and its decision-making and planning tools. We are looking for 4 to 5 parents who are raising children, youth or young adults with extra needs who are interested in participating in this training series together with our staff. The goal of this training is to learn a new set of skills and tools we can use as we assist and support other parents. Parents will receive a stipend for their participation and completion of the training series.

**ABOUT CHARTING THE LIFECOURSE:** The Charting the LifeCourse framework is an authentic grassroots activity, driven by the core belief that "all people have the right to live, love, work, play and pursue their life aspirations." Driven by the quest to answer the question, "what do families need to know to support their family member with a disability across the lifespan."

The Charting the LifeCourse framework was created to help individuals and families of all abilities and all ages develop a vision for a good life, think about what they need to know and do, identify how to find or develop supports, and discover what it takes to live the lives they want to live. The framework is the keystone for supporting a community of learning that champions transformational change through knowledge exchange, capacity building, and collaborative engagement.

**COMMITMENT:** This Charting the LifeCourse training will consist of a series of videos you will watch on your own and a short independent work project associated with each video. This will be followed with group coaching sessions by phone that will be held every other Monday from 10:00-11:30am. The series will begin in November 2020 and run through mid-February 2021 (time off in December for the holidays). The total time commitment for each participant is 17-18 hours over 3 months.

### REQUIREMENTS:

- Parent of child, youth or young adult raising a child with extra needs
- Ability to commit to participate in all aspects of the training series actively and fully
- Willingness to use skills learned to support other families

**APPLY:** If you are interested in participating this training series with our team, please follow this link to fill out an application: <https://www.surveymonkey.com/r/FVMNCtLC2020>.

Applications must be received by October 23, 2020. For additional information please contact Carolyn Allshouse: [Carolyn@familyvoicesmn.org](mailto:Carolyn@familyvoicesmn.org) or Tricia Brisbane: [Tricia@familyvoicesmn.org](mailto:Tricia@familyvoicesmn.org).

Learn more about Charting the LifeCourse here: <https://www.lifecoursetools.com/lifecourse-library/lifecourse-framework/>.