**Peer Learning Groups- Additional**

Beginning the week of April 27th

Helen Keller National Center is pleased to announce additional Peer Learning Groups.

10:00am-11:00 am EST (Wednesday)

**Savvy Shopper Virtual Group**

In this tight economy, it is important to make your dollars stretch. Do you have friends who always get the best deals? You can too! In this group, tips and strategies will be shared and discussed for smooth and effective food shopping. Topics including preparing to go food shopping, making a shopping list, using QR code reader apps to obtain information on products while shopping, setting up your support to go shopping, the differences between online and in-person food shopping, choosing items based on brands, and using customer service will be discussed. Individual assignments will be provided for identifying your best practices.

Facilitated by: Maricar Marquez, Erlisa Koci and Tracey Gilbert-Dallow

11:00am-12:00pm EST (Friday)

**Living on Your Own**

What is your dream for yourself for your future life? Do you want to develop the knowledge of what is involved with living on your own? In this group, tips and strategies will be shared and discussed for practical methods for living comfortably and safely at home. The topics of housekeeping, labelling and organization, food storage, alerting systems, living arrangements, and accessing one’s community will be discussed. Consumers will be invited to share their experiences about doing daily activities at home. Individual assignments will be provided.

Facilitated by HKNC’s Independent Living department team:   
Maricar Marquez, Erlisa Koci, Lucia Trupin and Tracey Gilbert-Dallow.

**Advocacy in the Deaf-Blind World**

Two sessions will be offered.

Do you want to develop and enhance your ability and confidence to self-advocate? Advocacy in the Deaf-Blind World (ADBW) virtual classes are being offered over a period of eight weeks. Learn about your rights to communication access as it pertains to interpreting. The ADBW curriculum reflects the additional challenges experienced in many situations related to equal access common among the deaf-blind community. The classes will focus on strategies and opportunities for advocating for equal access to: communication, transportation, print/media and technology application. Emphasis is placed on understanding one’s own specific needs, being able to articulate these needs to others, understanding the laws that protect an individual’s rights to equal access, learning strategies for advocating for these rights and learning what steps to take if these rights are being violated. This course is facilitated by instructors who are deaf-blind themselves and are able to share personal experiences about their own self-advocacy.

2:00pm - 3:30pm EST (Tuesday)

Facilitated by Megan Conway. This group is for individuals who utilize speech and are hard-of hearing.

11:00am - 12:00pm EST (Thursday)

Facilitated by Ryan Odland and Sonia Hernandez. This group is designed for ASL users.