



## Transitions to Adulthood Workshop Series



LOUISIANA DEVELOPMENTAL DISABILITIES COUNCIL

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# EMPOWERING VOICES:

## CIVIC ENGAGEMENT AND VOTING RIGHTS

**August 20, 2025  
10 to 11:30 am**

This interactive session will empower individuals with intellectual and developmental disabilities (IDD) to actively participate in their communities through voting and civic engagement. Participants will learn about their voting rights, the electoral process, and how to register to vote in an accessible and supportive environment. The workshop will also feature hands-on activities, including mock elections, to practice the voting process with confidence. Additionally, attendees will explore ways to engage in community advocacy and leadership through partnerships with local advocacy groups. Join us to gain the knowledge, skills, and resources needed to make your voice heard and shape the future of your community!

# NAVIGATING WAIVERS:

## SERVICES AND ACCESSING SUPPORT

**August 20, 2025  
1 to 2:30 pm**

This interactive session is tailored to support individuals with intellectual and developmental disabilities (IDD) in managing their health and wellbeing. Participants will explore essential topics like balanced nutrition, simple exercises, and mental health strategies through hands-on activities and discussions. The session also covers how to access healthcare services and understand basic health insurance concepts. With engaging resources, practical tips, and a list of professional contacts, this workshop empowers participants to take charge of their health and live their best lives.

## ONE DAY - TWO OPTIONS!

**Presenters:**



**Sharon  
Delvisco, DSW,  
LMSW, CGMP**



**Elizabeth  
Power,  
M.Ed.**

**Register Now:**

<https://bit.ly/DDCTAHRus>



**Ruston Region  
Lincoln Parish Library 910 N Trenton St  
Community Room**

**Questions?**  
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