

Employment-Related Classes
Offered by LILA's Peer Employment Specialists



Disability Management (DM) Class

Helps you to overcome disability-related barriers, with an emphasis on barriers to employment.

When: Monday from 2:00 to 4:00 pm for 8 weeks

Your Class Begins: Monday January 5th 2015 from 2:00 to 4:00 pm

Where: LILA office at **20 E 13th Ave**, Eugene (across from the Downtown Fire Station and FedEx Kinko's).

This class helps you to overcome disability-related barriers, with an emphasis on barriers to employment. You will:

- Gain an understanding of cultural biases around disability so you are better prepared to comfortably work with co-workers and employers;
- Examine and understand where in the "grieving process" you are. The more you have worked through the "grieving process," the better you can manage communications about your disability with people at your workplace.
- Recognize what coping styles and behaviors DON'T work in employment situations.
- Learn new coping strategies to use at the workplace that are more effective, such as positive communication, knowing what to share and what to keep private, and using positive self-coaching skills.
- Practice coping strategies in role-plays in class, using the class members as a constructive feedback system to encourage and help refine your new coping strategies.

For more information please call LILA at 541-607-7020 or email:

James "Bo" Reitz at boreitz@lilaoregon.org

Kent Gross at kgross@lilaoregon.org



LILA is a cross-disability, consumer driven organization. Our goal is to help people with disabilities achieve as much choice, access, inclusion and independence as possible. We invite you to learn more about the many programs LILA offers and to consider becoming a voting member of LILA. Working together, we can break down societal barriers so that all people with disabilities are free to fulfill their potential.

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This document is available in alternate formats (large print, Braille, electronic). To request, call LILA on 541-607-7020