

# It's Your Life: Youth Empowerment Days

Training opportunity for  
Virginia's DARS students  
receiving Pre-ETS

Choose the session that works  
best for your schedule. The total  
time spent will be about 4 hours.

You will NOT have to log in every  
day of the session.

## Session One

Open from June 21-July 4

## Session Two

Open from July 12-July 25

## Session Three

Open from July 26-Aug 8

## Session Four

Open from Aug 16- Aug 29

To explore signing your child  
up for this workshop, contact  
your local DARS office or Pre-  
ETS Counselor. If your child  
does not have a DARS case  
the following will be needed:

- ◆ Pre-Employment Transition Services Permission Form **completed, signed and returned to your DARS counselor.**
- ◆ Copy of student's disability certification (IEP, 504 cover page, or medical statement from doctor) if not on file with school.

**DARS counselors will connect  
parents/guardians with  
PEATC's registration contact  
to get your student  
registered.**



**This virtual opportunity will be FREE to students  
and will include:**

- **Learning to Speak Up** – The Importance of Self-Advocacy
- **Reality Check** – Independent Living and Social Skills Checklist and Discussion
- **Workplace Readiness** - Am I Ready for a Job?
- **Let's Dream and Plan** - What does your Dream Future look like?
- **What's Out There to Help Me?** – Resources for the Transition to Adulthood
- **Next Steps for Your Future!**

**This event will include mailed student and parent packets, online information, and scheduled virtual group meetings to provide opportunities to students to learn and share and to begin practicing self-determination and self-advocacy skills.**

