

# **D.I.Y. Life Skills Class and Project Stir**

**An 8 Week Course for Young Adults Ages 18-24**

**Each Thursday: March 19 - May 7, 2020 | 3:00 - 4:30 pm  
at The Whole Person | 3710 Main, KCMO**

Presented by Sarah Carlson, The Whole Person and Lorie Perdieu, Advocacy Specialist,  
State of Missouri Dept. of Mental Health, Division of Developmental Disabilities

**Meet New Friends | Learn New Life Skills to Live Independently | Have Fun!**



## **Sarah Carlson Presents:**

### **Life Skills:**

**Advocating  
for Yourself**

**Budgeting**

**Cooking/Laundry**

**Self Care**

**GOAL:  
EMPOWERMENT**

## **Lorie Perdieu Presents:**

**Project Stir,  
a training program  
for self advocates  
designed to  
provide individuals  
with tools  
to advocate for  
themselves, mobilize  
others in advocacy  
and gain leadership  
experience.**

**For more information, questions or to RSVP, contact:  
Sarah Carlson, 816-595-3342  
[thewholeperson.org](http://thewholeperson.org)**