



Voices and Choices Conference

April 23 & 24 2024

**DoubleTree by Hilton
Burlington, Vermont**

**Hosted by
Green Mountain Self-Advocates**

GMSA 30 Years Anniversary

Theme



People with disabilities speaking up to live our lives in our own way

CONFERENCE AGENDA

Tuesday, April 23



Registration
Check-in to hotel
3:00 - 6:00 pm



Drumming, Art Projects,
Talent Show *and more...*
4:00 - 6:00 pm



Dinner, Performance
& Cash Bar
6:30 - 8:00 pm



Music & Dancing
8:00 - 11:00 pm

Wednesday, April 24



Registration and
Continental Breakfast
8:30 - 9:30 am



Opening and Keynote
9:30 - 10:30 am



Workshop Session 1
10:45 - 12:00 am



Lunch & Awards
12:00 - 1:30 pm



Workshop Session 2
1:45 - 3:00 pm



Closing
3:00 pm

CONFERENCE HIGHLIGHTS

LOCATION

Double Tree by Hilton
870 Williston Road
Burlington, VT
Phone: (802) 865-6600

GMSA's 30th Anniversary is in 2024. Star in a video celebrating 30 years of self-advocacy in Vermont. Tell us about the changes you have made in your life.

GMSA Swag!

Don't forget to bring extra spending money so you can buy your conference T-shirts, sweatshirts, posters, bags & more!

Entertainment

Dinner and dance party in the Emerald Ballroom.

REGISTRATION FORM

This conference is for people with developmental disabilities and their supporters. Every person who attends (***including a support person***) must register and pay.

Name: _____

To receive conference updates we need your email and/or cell number for texting

Your E-mail Address _____

Town: _____ Cell Number _____

The only way to register is to complete this form and mail it in with a check. We do not accept registrations faxed, over the phone or on the day of the conference.

ACCOMMODATIONS: Tell us what accommodations you need by 4/3/24

LAST day to register is April 10, 2024 ~ unless we sell out!

- Sign Language Interpreter
 Large Print
 Digital Version of Program
 Vegetarian Meals
 Sugar-free desserts
 Gluten Free

CONFERENCE REGISTRATION OPTIONS: *CIRCLE ONLY ONE!*

PLAN	DESCRIPTION	Early Registration	Late Registration
A	FULL CONFERENCE All events & meals on Tuesday & Wednesday (does not include hotel)	\$160 Due March 18 Extended to March 29	\$200 Last day to get a hotel room is March 29
B	APRIL 24 TH - WEDNESDAY ONLY Wednesday events and meals.	\$80 Due March 18 Extended to March 29	\$100 Last day to sign up is April 10

YOU CANNOT REGISTER FOR TUESDAY ONLY

CONFERENCE HOTLINE
 If you have questions
 call: (800) 564-9990
 or email
conference@gmsavt.org



Make checks payable to "GMSA"
 and include payment with this form.

Mail to: GMSA
 2 Prospect St #6, Montpelier, VT

Standard
Hotel Room

HOTEL REGISTRATION

The cost for a **standard** hotel room is \$140 for Tuesday night.
Rooms have 1 bed or 2 beds or 1 bed and sofa bed.
You must find your own roommates.

Plan	How many people will be in your room?	Who will be staying in the room?	You Pay
1	1 person in a room	Just me, I am staying alone Your name: _____	\$140
2	2 people in a room each person pays \$70	Your name: _____ Roommate: : _____	\$70
3	3 people in a room each person pays \$47	Your name: _____ Roommate 1: _____ Roommate 2:: _____	\$47
4	4 people in a room each person pays \$35	Your name: _____ Roommate 1: _____ Roommate 2: _____ Roommate 3:: _____	\$35

Make checks payable to “GMSA” and include payment with this form.

Send to: GMSA, 2 Prospect Street #6, Montpelier, VT 05602

- Need a room with 2 beds (only 100—once those are gone you will get a room with 1 queen and sofa bed)
- Need a wheelchair accessible room. (There only a few **and they only have 1 bed**)
- Need a room located **near** another guest (name of guest): _____

Cots are NOT an option. According to the hotel, putting a cot in a double room violates the fire code.

My conference fee is: (Plan A or B) \$ _____

My hotel fee is: (Plan 1, 2, 3, or 4) \$ _____

Total Amount Due and Enclosed: \$ _____

LAST day to get a hotel room is March 29, 2024

LAST day to register is April 10, 2024



Tuesday Afternoon



Art



Music

This conference is for **ALL** people with developmental disabilities and their friends, families, teachers, providers and allies. We want to share our enthusiasm for encouraging youth and adults with disabilities to speak up for themselves. As always, we will have 20+ different workshops about our experiences with self-advocacy.

Here's a partial list of workshops under consideration. You do not need to sign up for workshops now. You will pick your workshops at the conference.



- ☀️ Love and Marriage
- ☀️ Living a Healthy & Balanced Life
- ☀️ Getting Your Dream Job
- Internet Safety
- ☀️ Do the Things You Love, and Live Your Best Life!
- ☀️ Date Like A Pro
- Going To College
- ☀️ Peer Mentoring
- ☀️ Do You Want to Be Your Own Guardian?
- ☀️

This conference is hosted by Green Mountain Self-Advocates

Self-advocacy is...



- ☐ speaking up for yourself and others
- ☐ getting to know yourself, being proud and feeling good



- ☐ getting to know the people around you, making friends
- ☐ realizing you are not alone, that there are other people just like you



- ☐ learning new things, solving problems, making your case, negotiating for what you want
- ☐ making your own decisions and knowing your responsibilities



- ☐ thinking of all the other civil rights movements and preserving your rights
- ☐ being part of your community



Self-advocacy is teamwork...



- ☐ listening to people's ideas and respecting their opinions
- ☐ NOT judging people because of the way they look or speak

- ☐ meeting politicians and telling them like it is
- ☐ spreading the word and getting others involved in self-advocacy, especially teens.



- ☐ helping others become leaders. Feel the Power!