

Community Education Service



Improving emotional health and well being

Promoting Self-Determination in Everyday Life: Practical Strategies

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Self-determination refers to the ability to be in charge of your own life. It can include choosing what to eat for breakfast, choosing your leisure activities, or choosing where to live among many other choices we make everyday. However, research shows that autistic people are less self-determined than their peers. This workshop will provide a brief overview of self-determination theory and factors that support its development. Participants will leave with practical strategies to embed into daily routines that will enhance self-determination for autistic teens and young adults.

FREE Webinar

Thursday, September 9, 2021
6:30 - 8:30 PM

[Register](#)

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