

MPOWER Me™ Workshop

2nd Wednesday of Every Month
6:00pm-8:00pm

at The Arc of Northern Virginia, 2755 Hartland Road, Suite 200, Falls Church, VA 22043

Interaction with mobile devices can help improve self-awareness and understanding while supporting responsible behaviors and hobbies. MPower Me coaches families and Students, preparing Students to use technology effectively and to act more independently, by applying three principles:

		
<p><u>Student-Directed</u> Students learn to be the boss of their technology.</p>	<p><u>Instructional</u> Technology provides reminders, prompts, and directions.</p>	<p><u>Interactive</u> Students report and track their progress towards own goals.</p>

TechMentors™ help participants learn and practice:

- Setting their own goals for independence and participation
- Planning to achieve complex tasks with smaller steps
- Identifying activities that mobile technology can support
- Tracking and reporting progress towards goals

This workshop is hosted by The Arc of Northern Virginia, who developed the award-winning TravelMate and EmployMate support apps. These provide virtual support for individuals with cognitive challenges to help them be more independent.

Register at: <https://goo.gl/forms/63tkoYEAeajeoqNm2>