



Denton Area ABLEDISABLED & Others

It's about people with lived experience helping each other.

The AbleDisAbleD group is for people who are having a hard time finding and doing things that give them a sense of purpose. Members decide what they want to do. Some choices could be:

- advocating for your needs; such as learning about resources and how to ask for help; and then helping to those who have helped us by sharing our experience, and/or others in the community.
- building skills for living; such as identifying strengths and opportunities, budgeting, or working on products for AbleDisAbleD line that supports the group's *time bank*.
- developing areas of interest; such as arts and crafts activities, and finding or creating healthy recreation activities in Denton
- learning balance & healthy ways to take care of yourself; such as using the group to solve problems related to things like cooking healthy food, setting boundaries, building social networks ...

Peer-to-Peer

Individuals with lived experience with homelessness, mental illness, or physical disabilities providing skilled supports to others who come after them

Denton Community Health Clinic & TWU

School of Occupational Therapy Partnership
525 S. Locust St., Suite 200 Denton, TX 76201

Thursdays 2:00pm-4:00pm

We exist to advocate for people in the Denton area who need help and to develop productive occupations

What is occupational therapy? Occupational therapists try to help people do what they need and want to do. Sometimes they help people think about changing the way things are done. Here they support the group meeting on Thursdays and help come up with ideas to help the group members to do what they decide they need to do.

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