

# Are You a Teen or Young Adult (Ages 13-24) with a Disability Living in King County?

Are you interested in learning more about:

- Life Skills
- Leadership
- Education Opportunities
- Employment
- Social skills
- Advocacy
- Community Resources
- Health & wellness



Would you like to get involved with our youth programs?

- Youth peer support groups
  - Seattle: 3<sup>rd</sup> Tuesday of the month. 2:30-3:30pm
  - Bellevue: 2<sup>nd</sup> Wednesday of the month. 3:00-4:30pm
- Art and creative expression programming
- Out and About social group (beginning February 2015)
  - 2<sup>nd</sup> Wednesday of the month. 2:30-4:00pm
- 1 on 1 assistance with independent living goals

Alliance works with teens and young adults with all types of disabilities to develop skills including self-advocacy, connect with valuable resources, and reach their independent living goals. Our program provides opportunities for youth to plan for life as an adult and meet other teens or young adults in King County.

## Contact Information

Seattle Office:

Monday – Thursday 9-4

1120 E Terrace St.

Suite 100

Seattle, WA 98122

206-545-7055 Voice

Bellevue Office:

Monday – Thursday 9-4

1150 140<sup>th</sup> Ave NE

Suite 101

Bellevue, WA 98005

425-558-0993 Voice

Youth Transition Specialists (Seattle):

Mariah Hutchinson – mariah@disabilitypride.org

Christine Miles – christine@disabilitypride.org

Youth Transition Specialist (Bellevue):

Kyla Smith – kyla@disabilitypride.org

[www.disabilitypride.org](http://www.disabilitypride.org)

Check us out on Facebook—Youth with DisAbilities Rock!