



# DETS

The ACT Disability Equality Training Series

**DETS 101 Course: Self-Advocacy Basics is a virtual entry-level course to help:**

- Build **personal power**
- Learn about the **rights movement** for **disability equality** and how it applies to them
- Act together to **contribute** to the community
- Build your **identity** as a "self-advocate" through participatory, fun exercises

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If you are interested, please contact:  
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