

## SBRN receives Reeve grant for the Adult Empowerment Retreat

SBRN is pleased to announce that we have been chosen to receive a Quality of Life Grant from the Christopher & Dana Reeve Foundation. We have been awarded \$6,900 to support our annual Adult Empowerment Retreat. Funds will help support workshop leaders, conference rooms, some supplies and some scholarship funds for attendees. We are currently planning this year's Retreat for the fall.

SBRN's Adult Empowerment Retreat is a unique, peer-led, fun and interactive three-day conference designed to increase independence, socialization, self-esteem and overall growth of individuals with disabilities through the exploration of health and wellness, relationships and intimacy, disability justice and other important topics. Because the retreat will be developed, coordinated and facilitated by adults living with disabilities, it provides participants the opportunity to gather in a safe space to discuss the impact that disability-related issues have on their lives, both as individuals and as a community, without having to first explain the "basics" of living with a disability. Workshops provide ample opportunities for one-on-one and group interactions and are structured in a variety of ways including presentations, hands-on activities, movement and art.

The Reeve Foundation Quality of Life Grants are awarded to organizations that address the needs of people living with paralysis caused by spinal cord and other injuries, diseases or birth conditions, including (but not limited to) stroke, spina bifida, multiple sclerosis, cerebral palsy and amyotrophic lateral sclerosis (ALS). The Quality of Life Grants Program, created by the late Dana Reeve, strives to empower individuals with disabilities and their families by providing grants to nonprofit organizations that improve quality of life through inclusion, access, independence, opportunities for community engagement, and other life-enhancing endeavors. We are grateful to the Reeve Foundation for recognizing and supporting our Retreat.

In addition to providing grants, the Reeve Foundation Paralysis Resource Center (PRC) offers a wealth of free informative products and services in a variety of formats, including the *Paralysis Resource Guide*, Information Specialists services, Peer and Family Support Program, educational webinars and online community forums. You can check it out at [www.christopherreeve.org](http://www.christopherreeve.org).

