



**PRESS RELEASE - FOR IMMEDIATE RELEASE**

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**LEARN HOW TO BE THE BEST ADVOCATE FOR YOU AND YOUR FAMILY AT A FREE  
VIRTUAL WORKSHOP FROM THE MELVIN J. & CLAIRE LEVINE LIFEPLANNING® PROGRAM ON AUGUST 19, 2021**

**WEST PALM BEACH, FL – July 22, 2021** – Ferd & Gladys Alpert Jewish Family Service’s Melvin J. & Claire Levine LifePlanning® program invites people with disabilities, and their parents, siblings and caregivers to attend a free virtual workshop, “Being the Best Advocate for you and Your Family,” on Thursday, August 19, 2021 at 2 p.m. via Zoom.

The workshop, featuring Lisa Math, Director of Family STAR: Support, Training, Assistance, Resources at Family Network on Disabilities, will cover laws that protect you and your family, understanding the Mental Health Parity act, effective strategies to document your loved one’s system involvement, creating the story that works for you, and recognizing your role in reducing stigma.

“Being an advocate for a loved one with special needs requires perseverance, patience and passion,” said Math. “This presentation will include information and strategies to make you the best advocate that you can be.”

“No one understands your family better than you. Juggling doctor appointments, evaluations, assessments and more, it is important to be able to advocate, ensuring your loved one has the best quality of life possible,” said Alpert JFS LifePlanning® Director Tami Lustig, MSW. “Our goal is to help simplify things by providing community members with knowledge and tools to assist in best planning for the future.”

To register for the workshop, visit [alpertjfs.org/lifeplanning/](http://alpertjfs.org/lifeplanning/) by Tuesday, August 17, 2021. To request reasonable accommodations for a disability, phone Lustig at 561-713-1917 or email [Tami.Lustig@AlpertJFS.org](mailto:Tami.Lustig@AlpertJFS.org) at least five [5] business days prior to the Zoom session. She is also available to answer questions and provide additional information.

LifePlanning® offers a number of relevant workshops with diverse subjects annually. Earlier this year, participants enjoyed learning about government benefits, assistive technology tools, the importance of legal planning, ABLE accounts and special needs trusts, relationships, boundaries and online safety, and the service and supports offered by APD: Agency for Persons with Disabilities. “Mental Health First Aid Training” is scheduled to be presented in October.

The Melvin J. & Claire Levine LifePlanning® program offers education, advocacy, confidential consultation, and emotional support to people of all faiths and ethnicities who have, or care for someone with a disability. Free workshops encourage and assist with planning for the future, providing information on education, recreation, building independence skills and vocational opportunities.

Established in 1974, Ferd & Gladys Alpert Jewish Family Service is a nationally accredited service provider for children, adults, seniors, and Holocaust survivors. The non-profit, non-sectarian organization is a trusted leader, with a team of nearly 200 highly skilled professionals delivering high-quality care to community members. Alpert JFS works to ensure the well-being of children and families, independence of older adults and quality-of-life for individuals with disabilities. For more information, visit [AlpertJFS.org](http://AlpertJFS.org) or phone 561-684-1991.

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