



# Supported Decision Making Training for Clients and Families

## What is Supported Decision Making?

A process that allows adults with disabilities to make choices about their own lives with support from a team of people they choose. Individuals with disabilities choose people they know and trust to be part of a support network to help with decision-making.



## When is the training?

Monday, March 2, 2026

1:00 pm - 2:00 pm

held virtually via Zoom



**Click here to  
register**  
or scan the  
QR code



**Alta California**  
Regional Center

Language translation needs available upon request.