**Disability Visibility (Workshop):**

Main themes/ ideas:

* Ableism
* Personal stories & value of community
* Relating to the chapters that addressed relating to a caregiver/family and idea of ‘inter-dependance’.
* “Crip time”

Session 1: Identifying Ableism

* Introduce that part of purpose of this workshop is to ‘make space’ (an idea addressed in book) to consider various elements and topics (organically) come up from the student responses.
* Response to book and if any chapters stood out in terms of your connecting with them intellectually, emotionally, or providing a sense of kinship in some way. **Why?**
* Do students recognize this idea of ‘making space’ and the workshop (or other places/times) being as such. Can you relate the idea of ‘crip time’ to that of ‘making space’?
* If comfortable with sharing, can you identify any experience of the frustrations within an ableist society in your life?
	+ Maybe it would be useful for participants to either name/identify the the parameters of what is ableist in these experiences.
	+ Maybe useful for participants to share, with one another, ideas on how to think of that scenario differently -- in terms of re-evaluating it and explaining the experience in different light. (Kind of like a CBT exercise of re-framing something?)

Session 2: Personal Stories.

* … the power of community.
* Value of personal expression.
* Solidarity.

Session 3: Agency & Inter-dependance.

* Defining & identifying ‘Agency’.
* Considering idea of inter-dependence: Can interdependence be a form of independence?
	+ How and when could this be the case?
	+ What would the understanding or considerations of such a relationship be?
	+ Do students think it is a productive exercise to identify and articulate these factors?