

YOUTH TOK - Frequently Asked Questions [FAQ]

What IS YOUTH Tok?

YOUTH Tok is a youth-driven support group for teens 14-18 years old with disabilities, medical complexities, neurodivergence, or are receiving “special education” services. We invite ALL of our disabled peers to share their experiences, hold space for one another, and just have fun.

Who is leading the group?

As a young disabled professional who believes in the meaning of the Independent Living Philosophy, working as a member of the Marin Center for Independent Living (Marin CIL), is a privilege that she tries to also instill in others. Olivia is a University of California, Santa Barbara graduate. And an Alumna of California’s YO! (Youth Organizing) Disabled & Proud program. YO! Is a program that organizes, educates, and connects disabled youth to advocate and create policy change. During her time with YO! She helped launch the Disability Leadership Speaker Series. Beyond disability advocacy, Olivia is a huge musical theater fan and has been involved in the theater since she was young!

Is there a cost?

YOUTH TOK is FREE thanks to the California Department of Education (CDE).

I have a reasonable accommodation , who should I speak to?

Please complete the questions on the sign up form (QR Code on front) and we will reach out to solidify access needs. For this program, you need to be able to attend semi-independently in a small group format.

I have dietary requirements / allergies, how is this tracked?

On the sign up form (QR code on front) there is an option to inform us of any dietary restrictions. We can assist you with guidance by reading labels, offering suggestions, etc. If cross-contamination is a concern, PLEASE bring your own snack/water bottle/utensils, etc.

I have non-disabled siblings, can they attend as well?

YOUTH Tok is specifically for teens (14-18) with disabilities and centers disabled people. We DO provide SibShops for non-disabled siblings to share their experiences and learn more about disability. Find out more at tinyurl.com/matrixsibshops

My parent has questions. Who can they talk to?

We invite your parents to meet us before the meeting in-person to get a sense of the group. All questions can be directed to Hill Pashalides, Parent Advisor, at hillp@matrixparents.org or (415) 475-2120.

sign up! tinyurl.com/YOUTHTok