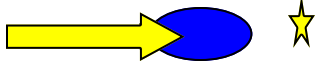
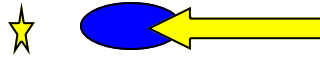


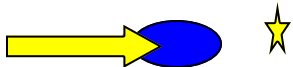
A **PATH** can help at any time, and ideally should be experienced at intervals in a person's life. A PATH can be especially helpful at transition times, such as between school and adult years, or facing life beyond one's parents.



Taking part in a **PATH** helps everyone to think more creatively and positively. The facilitators led us to focus on visions and goals and the steps we might take to realize our dreams.



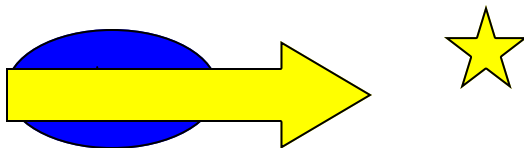
**PATH** helps everyone taking part to see and feel the things we have in common rather than the differences.



### What a PATH can do?

PATH is a time for brainstorming and sharing creative ideas rather than the nuts and bolts of funded services. Some very specific benefits and contacts can come out of the PATH, enriching your life.

The PATH poster is a great visual and organized plan for the future.



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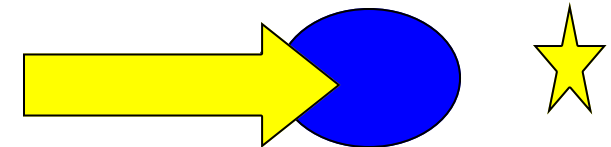
Website:  
www.gumamami.org



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Planning Alternative Tomorrows with Hope.



**Dream big  
Be a pathfinder.**

It takes approximately two hours to chart your path. With the help of family and friends you can map your dreams and the vision of the tomorrow you want to find yourself living in. A exciting opportunity to explore the future you dream of, look at the perceived obstacles that might be blocking that future and realize the steps you need to take in order to achieve your goals.

**Guma' Mami, Inc.**

Find your North Star and Dream your way to a possibilities of a positive future!



Asking people to join you in charting your PATH.

It takes about two hours to complete the PATH but it's really necessary to focus in enough depth.

Family, friends and others in your community that commented will find the experience very rewarding.

The atmosphere is informal and relaxed.

How can we find a time that will suit everyone interested in coming?

Make a list of the key people you would like to attend and get an idea of their availability before they settle on and schedule a date.

How is a Circle of Support developed?

The focus person decides to ask help from people they know and trust. These people are called together to focus and collaborate to reach a common goal. Creating a PATH or Circle can involve three challenges.

Asking others to get involved is hard, as we think we have so few friends and fear being refused.

Believing that there are community people we can trust to share in a CIRCLE or PATH.

Do I need a Circle of Support to do a PATH?

**No.** Your Circle of Support will evolve and grow with you. It may start with a small intimate group of 4 or 5 people with whom you plan and set some goals. Then you will invite others to join you, to join in celebrating successes and coping with challenges. As time goes by, your PATH will change and grow and your Circle will change and grow with it.

## What is PATH?

PATH is a powerful, creative and useful planning tool

PATH is daring, bold and action-oriented

PATH is personal

PATH is life-giving and life-changing

PATH is feeling the fear and doing it anyway

PATH is flying into the unknown and having a circle there to support the dream

PATH is a social process, a journey of self discovery

PATH is an opportunity to give and receive a gift

## What PATH is not...

*What PATH is not....*

PATH is not a prepackaged set of steps

PATH is not a guarantee

PATH is not a test

## Who are PATHFINDERS?

People who want to create their own future

Individuals with a dream or desire to move forward

Families who want to work together

Friends who want to make a difference in someone else's life



## What are the Steps of PATH?

Create a clear picture or vision of where you want to be

Identify your goals—focus for the next year

Ground yourself in the now

Identify people to enroll on the journey

Recognize ways to build strength

Chart Action Steps needed to achieve your goal

## What is a Circle of Support?

A group of people who agree to meet on a regular basis to help a person with a disability to accomplish certain personal visions or goals, by overcoming obstacles and opening doors to new opportunities.



## Planning Alternative Tomorrow's with Hope.

PATH was developed by Jack Pearpoint, John O'Brien and Marsha Forest beginning in 1991. Facilitators are trained by Pearpoint and associates at the Marsha Forest Centre for Inclusion-Family-Community in Toronto.