



2025

PLENA INTERNATIONAL MEETING PLAN



FIRST SEMESTER



Plena internacional



2025

Plena internacional is a programme coordinated by Plena inclusión and Inclusion International. The aim is for self-advocates from all over the world to meet monthly to discuss issues that are of interest to them. This is our calendar for 2025



CHAired BY

Ana Martínez and Mark Mapemba are the coordinators of the meetings.



Ana



¿WHEN?

The meetings are held on the last Thursday of each month, from 17.00 to 18.30 Spanish time. [Click here to connect](#)



Mark



WE ARE WAITING FOR YOU

If you would like to **participate** as a speaker in any of the meetings, please send email to: nataliaperez@plenainclusion.org

February - Thursday 27



2025



MENTAL HEALTH AND SOCIAL SUPPORT

- People with intellectual disabilities deserve to live happy, healthy, and fulfilling lives.
- It's so important to support our mental health, and have support to build strong relationships in our communities.
- Friendships and inclusive communities will help to feel less lonely, more confident, and more in control of our lives.
- It is important for self-advocates to talk about this topic because many people with intellectual disability need support on mental health.
- In this meeting we will talk about how we look after our mental health and how we build friendships in our communities.



March - Thursday 27



2025



NATIONAL SELF-ADVOCACY NETWORKS

- National networks of self-advocates may start in different ways.
- Some are supported by family groups or service providers.
- Some are when smaller groups of self-advocates come together and support new groups to join.
- In this meeting we will hear about how different national networks started and how they work together to make changes in their country.



April - Thursday 24

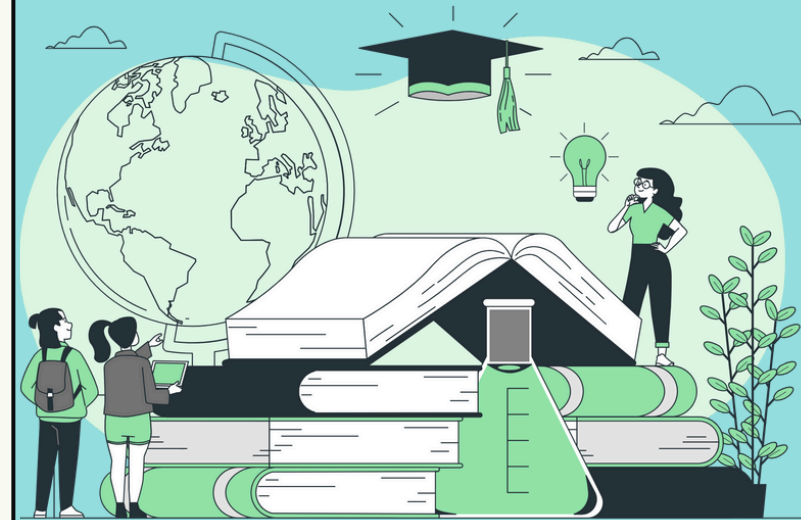


2025



INCLUSIVE EDUCATION

- Article 24 of CRPD is about inclusive Education. We have a right to inclusive education.
- Inclusive Education helps children with intellectual disabilities and families be included in their communities.
- Self-advocates can support inclusive education by sharing our experiences and working with our organisations.
- In this meeting we will hear from self-advocates who have attended inclusive education and have worked on inclusive education.



May - Thursday 29



2025



WORKING WITH FAMILIES

- When our families understand about self-advocacy they can support us to develop the skills we need to understand our rights and be leaders.
- Sometimes this is difficult for families, they may be worried and overprotect us.
- It is important for families and self-advocates to work together. This way we can both share our experiences and demand inclusion.
- In this meeting we will talk about how family groups and self-advocates work together and support one another.



June - Thursday 26



2025



TECHNOLOGY AND ARTIFICIAL INTELLIGENCE

- Article 9 of CRPD talks about Accessibility. We have the right to accessible technology.
- Technology plays a big part in all our lives, lots of information and services are now only available online.
- Many self-advocates face barriers in using technology.
- It is important to know about technology and new tools like AI.
- In our meeting we will hear from self-advocates who have worked on technology projects.
- We will talk about the advantages and disadvantages of AI.



July - Thursday 31



2025



LGBTQ+ AND INTELLECTUAL DISABILITIES

- People with intellectual disabilities have the right to be in loving relationships with the people they choose. This includes LGBTQ+ relationships.
- Many LGBTQ+ people with intellectual disabilities face extra barriers in dating and being part of LGBTQ+ communities.
- In this meeting we will hear from self-advocates who have worked on LGBTQ+ projects, such as friendship groups.
- We will talk about how we can support one another to overcome barriers to being included.



August



2025



HOLIDAYS FOR EUROPE



Calendar



2025



February

Mental Health and
Social Support



March

National self-
advocacy
networks.



April

Inclusive Education



May

Working with
families



June

Technology and
Artificial
Intelligence



July

LGBTQ+ and
intellectual
disabilities



August

