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Breaking Barriers Day returns to Lansing

Event celebrates Michigan's disability community

LANSING, Mich. — The Michigan Developmental Disabilities Council (MiDDC) and Self-Advocates of Michigan (SAM) are hosting the second annual Breaking Barriers Day, a gathering to celebrate the lived experiences of people with developmental disabilities. The event is free, open to the public and will take place Tuesday, July 29 in downtown Lansing.

Breaking Barriers Day coincides with the 35th anniversary of the Americans with Disabilities Act (ADA) being signed into law. The event celebrates the progress that has been made since then, while acknowledging the important work we still must do to foster and maintain inclusive communities where people with disabilities can live, work and thrive without barriers.

"Without intentional inclusion, people with developmental disabilities are too often left out of spaces where people live, work and play," said Dr. Yasmina Bouraoui, MiDDC executive director. "Breaking Barriers Day is a reminder of what is possible when we prioritize connection, creativity and community to create a Michigan where everyone belongs and no one is left behind."

Breaking Barriers Day activities include:

- **Connection on the Capitol Lawn, 2 – 4 p.m.:** The public will hear from speakers who will bring attention to issues that impact people with disabilities, while learning about the variety of services and supports offered by the disability focused organizations in attendance.
- **Lansing Shuffle Art Exhibit, 4:30 – 6:30 p.m.:** Walk and roll from the State Capitol to the Lansing Shuffle to explore the Breaking Barriers Art Exhibit, which highlights the talent and creativity of artists with developmental disabilities. Connect with artists in attendance to gain a deeper understanding of the intersection between disability and art as a powerful form of self-advocacy and self-expression.
- **Community celebration at Jackson Field, 7 p.m.:** End Breaking Barriers Day at the ballpark as the Lansing Lugnuts host a sensory-friendly night at Jackson Field in partnership with Disability Rights Michigan. Fans of all ages and abilities

will be able to enjoy America's favorite pastime in a welcoming, accessible environment.

Breaking Barriers Day is a true community celebration for all, welcoming residents living with a disability, family members, long-time advocates and those who may be new to the disability community. We invite the public to attend this free celebration to help break down barriers and create community spaces where everyone is welcome.

To learn more, visit the [Breaking Barriers 2025 event page](#).

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