



Wrightslaw answers these two questions quite concisely, so I'm going to quote from them. Speaking directly to those with disabilities but relevant to all of us:

What is Self-Advocacy?

Self-Advocacy is learning how to speak up for yourself, making your own decisions about your own life, learning how to get information so that you can understand things that are of interest to you, finding out who will support you in your journey, knowing your rights and responsibilities, problem solving, listening and learning, reaching out to others when you need help and friendship, and learning about self-determination.

Why is Self-Advocacy Important?

So that you have the knowledge needed to succeed and are given the chance to participate in decisions that are being made about your life.

On **Wednesday, January 13, 2016, 10:00 AM - 12:00 PM** at the East Bank Regional Library, 4747 W. Napoleon Ave., Metairie, LA, join Families Helping Families of Jefferson and presenter, Sharon Hennessey, People First Director, The Arc Louisiana, for **SELF-ADVOCACY** training.

If you are the parent of a teen that has a disability, self-awareness and self-advocacy are keys to their future success. In the past, self-advocacy was a term applied mostly to adults with disabilities, but recently more emphasis has been placed on teaching this skill to teenagers.

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If you are an adult with a disability and have never learned to advocate for yourself, it is never too late. Even if you need to take the time to get motivated and/or brush up on your self-advocacy skills, don't let this opportunity pass you by.

We encourage parents of and teens with disabilities, adults with disabilities and those who support them in the community, and educators to join us for this empowering event.



Wednesday, January 13, 2016

10:00 AM - 12:00 PM

East Bank Regional Library
4747 W. Napoleon Avenue
Metairie, LA 70001

Presenter: Sharon Hennessey
People First Director
The Arc Louisiana

To register, call: 504-888-9111

To register online, please visit:
<http://tinyurl.com/ptbvvg5>

Come join us and learn the skills you need to become a Self-Advocate by:

- speaking up for yourself,
- asking for what you need,
- negotiating for yourself,
- knowing your rights and responsibilities,
- using the resources that are available to you, and
- explaining your disability

It is never too early or too late to begin to learn self-advocacy skills.

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Changing Lives Every Day

Contact us and find out how we can help.

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