



SELF- -ADVOCACY

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.

PROVIDED FREE OF CHARGE BY



Changing Lives Every Day

Contact us and find out how we can help.

504-888-9111 • fhfjefferson.org

201 Evans Rd., Bldg. 1, Ste. 100, Harahan LA 70123



Follow us on twitter:
twitter.com/fhfjefferson



Like us on facebook:
facebook.com/fhfjefferson