

# Self-Advocacy

- What is self-advocacy?
- How to self-advocate?
- Understand your rights!



Have you ever found yourself afraid to ask questions? Have you ever struggled to stand up for your needs? The goal of this course is to help people gain the skills of self-advocacy. It is for **YOU** to decide what you want, then develop and carry out a plan to help you get it. Know your rights and responsibilities. Learning new skills that help you to speak-up, communicate and listen to others. If you think this course is for you, please come along!



**Mondays 10am – 1pm**

**11<sup>th</sup> Nov to 2<sup>nd</sup> Dec 2019**

Shine Resource Centre

14A Washington St West,

Cork City

To register for a place – Please call 021 4226064