

# SKILLS

# FOR SELF ADVOCACY

Every Wednesday  
from September 20  
to October 25, 2017

9:30am - 12:00pm

Kitchener Downtown  
Community Health  
Centre

44 Francis Street,  
South, Kitchener, 1<sup>st</sup>  
floor

Childcare available upon  
request



Photo by Lori Butler

## JOIN US FOR OUR 6 WEEK PROGRAM AND LEARN HOW TO:

- Speak up for yourself on issues important to you
- Communicate more effectively within your personal life (e.g. family, friends, neighbours, landlords)
- Communicate more effectively with agencies (e.g. OW, ODSP, Immigration, Family and Children Services, medical centres)
- Better understand your responsibilities and become more assertive about your rights
- Make changes within your power to improve the quality of your own life and community

**REGISTER: 519 745 4404 x 209 (Almira) or x 234 (Nicole)**