

Build your Self-Advocacy & Leadership Skills. These meetings empower individuals to develop advocacy and leadership skills and set lifetime goals for employment, independence and community involvement.

Self-Advocacy Group Meetings

Thursday, January 2, 4:30-6:30pm

Trying New Things in 2025

We will share our goals and what new things we would like to try in the New Year. Please join us for a fun and friendly discussion on zoom.



Thursday, February 6, 4:30-6:30pm

What is Self-Advocacy?

Develop and build your self-advocacy, self-confidence, and self-awareness skills. Join us virtually for this meeting on zoom.



Thursday, March 6, 4:30-6:30pm

Believing in Yourself

Build your self-confidence, self-love, and self-esteem. We'll look at what self-esteem is, why it's important for a self-advocate, and how to build yours up.



The virtual meetings are on zoom. After registering you will receive an e-mail containing the link for you to join the Self-Advocacy Meeting. For more questions or information call (360) 715-0170. Pre-registration is REQUIRED to get the link. Must be able to connect through a cell phone, tablet or computer.

Register at: SelfAdvocacy@arcwhatcom.org



SELF-ADVOCACY

A program of The Arc of Whatcom County

"Be Strong. Be Proud. Be Heard."



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