



Help Yourself

A Guide to Learning Self-Advocacy

You are the most important person in your life. Make sure your voice is heard in decisions affecting you.

Monday, March 26
Tuesday, March 27

Wednesday, March 28
Thursday, March 29

9:00am to 12:00pm

Rock County Job Center, 1900 Center Ave, Janesville

Presented by people with disabilities for people with disabilities in a flexible learning environment.

We welcome the use of technology and personal care workers. Please contact **Jenni** at **262-723-8181** to request an accommodation.

Join us to learn more about how to:

- ◆ Speak for yourself and your own needs and wants
- ◆ Know your rights and responsibilities
- ◆ Handle conflict with others
- ◆ Overcome discrimination and harassment
- ◆ Communicate effectively to solve problems and be heard

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