

Self Advocacy

Self Advocacy supports people with intellectual disability become their own self advocates.

Self Advocacy helps people:

- Speak up for themselves
- Know their rights
- Make real choices
- Learn new skills
- Work in a community
- Make positive changes



Since 1986, Self Advocacy Sydney has been supporting people with intellectual disability become self advocates.



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Self Advocacy Sydney Inc.
Speaking for Ourselves

Central Coast

New Leaders, Peer Support and Self Advocacy

Free programs for all people with
intellectual disability



What is New Leaders, Peer Support and Self Advocacy?

New Leaders, Peer Support and Self Advocacy are programs with free support for people with intellectual disability.

These programs are:

- **New Leaders** – for people from age 18 - 35 who want to learn how to become leaders.
- **Peer Support** – for people who want to be supported and support other people with intellectual disability.
- **Self Advocacy** – for someone with intellectual disability to be able to speak up and represent themselves.



New Leaders helps people:

- Learn new and exciting ideas
- Gain confidence
- Develop different strategies become leaders
- Gain strong speaking skills
- Lead and organise small groups with confidence

Our New Leaders, Peer Support and Self Advocacy programs are FREE

Peer Support helps people to:

- Communicate with peers and share their own stories
- Support each other in developing skills
- Learn new things
- Include people with other disabilities in talks
- Work together as a team

