

HOW TO START A SELF-ADVOCACY GROUP

1. RECIPE FOR SUCCESS

- Two or more self-advocates motivated to make change.
- One or more allies to help. Allies are people, with or without disabilities, who support the group where needed.
- A place to meet at least once per month.
- One or more people to contact if you have questions.
- One or more people to get supplies and snacks for the meetings (snacks are important – you can't start a revolution on an empty stomach!)

Tip: Try not to judge your success on the size of the group. It is more important to focus on what you are doing and how well you are doing it.

2. HOW TO ASK FOR HELP?

Talk with the person that is helping you start your group about what you think you will need help with and what you can do on your own.

Remember that this will change; having this same conversation every few meetings is important.



3. GETTING STARTED

Step 1: One of the first things to do is **pick a name** for your group.

- **Activity:** Make a list of possible names on a big piece of paper. Don't decide on the same day. Give everyone time to think about it and make the choice at the next meeting.

***Tip:** Your name should be simple, easy to remember, and it should describe what the group is all about!*

Step 2: Learn about “**Group Agreements**” – Worksheet #3

Step 3: Learn about how to make a **Meeting Agenda** – Worksheet #4

Step 4: Learn about **Setting Your Goals** - Worksheet #5

Step 5: Get started and have fun!

