

## HOLDING SPECIAL MEETINGS

Sometimes a special meeting can be a good way of getting new people to come along.

You could try any one of the several different meetings including:

- having a meeting where you talk about self advocacy, about why you have the group, and why you want new members.
- you could show a film about self advocacy — a list is at the end of this booklet.
- you could invite along a theatre group and have a discussion after the performance.

At the end of a special meeting, make sure you have the names, addresses and phone numbers of the people who came along. Make sure they know when the group meets so they can come along to the next meeting.

## 4. LEARN NEW SKILLS

Although you may not be good at all of the skills on the list when you first start being involved in self advocacy, one thing is certain — being involved in self advocacy will help you improve your skills.

One way of doing this is to set aside a regular time in your self advocacy meeting to work on one skill.

Ask people you know to help you learn new self advocacy skills.

