Making A Group

Setting Up a Self Advocacy Group

- Find out about self advocacy.
- Meet with friends to start planning a group.
- Ask for help to start the group.
- Keep the group small at first.
- Having regular meetings of the group.
- Plan your meetings.
- When you are ready, start to recruit more members.
- As numbers grow, have an elected committee.
- Continue to involve all the members in the group's work.
- Use your Advisor for any help you need.
- Keep in touch with other groups.
- Keep going, even if you have some difficulties.