



2023 Self Advocacy Forums

Calling all people with an intellectual disability!

Want to learn about self advocacy?
Meet new friends? Learn some new skills?
If you do, come to IHC's self advocacy forums!

At the forum you will:

- learn about self advocacy and how to speak up
- hear from People First and be able to join
- hear from advocates from the Health and Disability Advocacy Service

FREE

**QUIZZES AND
PRIZES TO WIN**

**LUNCH
PROVIDED**

Monday 4th December 10:30 am - 4:30 pm

New date!

Devon Hotel
390 Devon Street East
Strandon
New Plymouth

To register or for more info: ihc.events@ihc.org.nz



ihc
IN YOUR COMMUNITY