



# 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 11th December 10:30 am - 4:00 pm**

**New date!**

**Braintree Wellness Centre**  
70 Langdons Road,  
Papanui, Christchurch



To register or for more info: [ihc.events@ihc.org.nz](mailto:ihc.events@ihc.org.nz)

**ihc**  
IN YOUR COMMUNITY