



Self-Advocacy Association  
of New York State, Inc.

## WHAT IS SELF-ADVOCACY?

“Self-Advocacy is learning how to speak up for yourself, making your own decisions about your own life, learning how to get information so that you can understand things that are of interest to you, finding out who will support you in your journey, knowing your rights and responsibilities, problem solving, listening and learning, reaching out to others when you need help and friendship, and learning about self-determination.” [www.wrightslaw.com](http://www.wrightslaw.com)

## WHY IS SELF-ADVOCACY IMPORTANT?

“So that you have the knowledge needed to succeed and are given the chance to participate in decisions that are being made about your life.” [www.wrightslaw.com](http://www.wrightslaw.com)

ARE YOU LOOKING FOR A PLACE WHERE YOUR VOICE CAN BE HEARD?

WANT TO JOIN OTHERS IN LEARNING HOW TO SPEAK UP FOR WHAT YOU NEED AND WANT?

## COME JOIN THE SELF-ADVOCACY GROUP AT THE SUFFOLK Y JCC,

Open to the public and servicing ALL abilities in Suffolk and Eastern Nassau counties!

MEETS THE FIRST WEDNESDAY OF EVERY MONTH

Learn about SANYS, Self-Advocacy of New York State and how you can help make a difference!



Contact

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