

Road Map to a Self-Advocacy Group!



Great! You have decided to join a Self-Advocacy group. The first step, is **to find a group near you.**

Call Max at 1-800-564-9990 or

Go to our website at www.gmsavt.org

At the bottom of the page click on [Locate a group near you.](#)

Click on a group is the closest to you.

Or look us up on FACEBOOK!

Once you find a group near you, call to ask:

- **When do they meet?**
- **Where do they meet?**
- **How many times a month do they meet?**

You can always call GMSA at 1- 800-564-9990 to talk to Max. He can suggest a group that might be a good fit for you.



Your next step is to **contact the group** to tell them you would like to join and to find out about their next meeting.

You will want to send an email or make a phone call. Tell them:

- Your name
- Your age
- Where you live
- How to contact you (phone #)

You will also want to start thinking about any support you need getting to the meeting. This includes **transportation!** How will you get to the meeting and get home after?



Your First Meeting has arrived! It is time to meet new friends, learn new skills, have fun, and get ready to start speaking up! Here are some things **to bring to your first meeting:**

- Pen and paper
- Positive attitude
- Your energy and talents
- Date book
- You can bring an ally if you like.

