



## **Speaking Up for Yourself Workshops**

Do you need some strategies, tips, and effective methods to help you know how and when to speak up for yourself?

If so, this free online workshop is for you.

This workshop covers topics like:

What is self-advocacy?

How do you do it?

When do you need it?

What are the best ways to communicate?

Skills such as clarity and confidence will also be discussed.

Support to use Zoom prior to the workshop is also available.

**Tuesday 24 August 2021**

**10:00am - 12:15pm**

Numbers are limited and registration is required

Email: [admin@pdcnsw.org.au](mailto:admin@pdcnsw.org.au)

Phone: 1800 688 831

Register: [www.pdcnsw.org.au/workshops/speaking-up-for-yourself/](http://www.pdcnsw.org.au/workshops/speaking-up-for-yourself/)

Funded by the Australian Government Department of Social Services.

Visit [www.dss.gov.au](http://www.dss.gov.au) for more information.