

WORKSHEET:

Helpful Organizations



Individuals, organizations or groups that might have some helpful suggestions for me are:

Name:

Phone No.:

Name:

Phone No.:

Name:

Phone No.:

The agencies and individuals you listed previously are good sources of information on how to:

- Be better informed about what your rights and responsibilities really are
- Get an idea of your chances of getting what you want
- Be prepared when you contact an agency where you will be advocating for yourself

Some questions people need to answer in order to self-advocate are:

- What do laws or policies say about my rights in this situation? Where can I find that information?
- What have other people in similar situations done? Were they successful in getting what they wanted?
- Who else in the community deals with this kind of situation? Is there someone in particular I could talk to?
- Based on the information I have collected, what do I want to happen in my situation?

This is a good time to pick up the phone and call the agencies that can help you self-advocate.

1-800-499-1986 • www.cdnaids.ca • www.HIVandPoverty.ca

SELF-ADVOCACY