

STAND Together

Self Advocacy Group



STAND Together...is a self-advocacy group

Self-advocacy is a lifelong journey of self-awareness, where people learn to speak for themselves. Self-Advocates ask for what they need and know their rights and responsibilities. They are empowered, determined and educated. It's never too early or too late to become a self-advocate!

STAND Together...is a structured support group

Self-advocates can share information about items of concern, upcoming activities, and legislation which may impact their rights or services. They also offer encouragement to each other and engage in their community through volunteer service.

STAND Together...has regular meetings

Formal meetings are held once each month, with additional opportunities to participate in special events which support inclusion and independence for people with disabilities. Members are occasionally asked to share their success stories with community groups, or even to testify at the county or state level.

Meetings are usually held the *fourth Thursday of each month from 6:30-7:30 pm* at Saint Mark Presbyterian Church, located at 10701 Old Georgetown Road in North Bethesda. Ride-On Bus 26 from White Flint Metro is a direct bus.

STAND Together...welcomes people *with and without* disabilities!

For more information, please contact:

Adriana VanDunk, STAND Together Facilitator,
STAND@arcmontmd.org, 301.984.5777 x3535

12/2018



Family & Community Services
11600 Nebel Street, Rockville, MD 20852
301.984.5777 x3535 | www.TheArcMontgomeryCounty.org