"I've enjoyed learning about speaking up for myself"



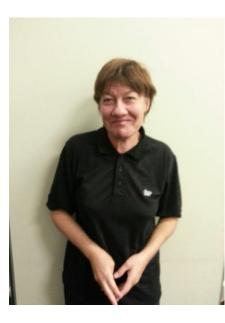
Adam Aagaard

"I have enjoyed travelling, meeting new people and meeting members of Our Voice"





"I like that we are treated equal and that I can speak freely"



Cheryl Cox

"The group has helped me stand up for my rights and it has helped build my confidence"



Julie Cox

"The group has taught me about my rights and about bullying."



Brenton Masters

"Self Advocacy has helped me to stick up for myself and the people I live with. I don't let people put me down"





"I have learnt many things such as how to deal with bullies, how to be strong, happy and how to tell other people how I feel. It's also given me opportunities like going to the Geelong "Having a Say" conference and also speaking in front of the Prime Minister and Premier about the NDIS"



Shannon Mitchell