



**"I learned about different ways to speak up and be a self-advocate."  
"I learned many new skills and had opportunities that I didn't have before."  
"I want to do it a WHOLE LOT MORE!"  
"I am more motivated and less discouraged."**

**~ Alliance self-advocates**

- **Are you 14 years or older?**
- **Do you want to learn how to "speak up and speak out"?**
- **Are you interested in joining or starting a self-advocacy group?**
- **Do you want to work with other self-advocates in Illinois to make changes in you communities and in Illinois?**

## **Check out the Illinois Self-Advocacy Alliance!**

The Illinois Self-Advocacy Alliance (The Alliance) is a network of self-advocates, self-advocacy groups, and allies in Illinois focused on empowering people with intellectual and/or developmental disabilities to speak up and speak out about the things that are important. The Alliance has 10 years of experience and expertise supporting the self-advocacy movement in Illinois. Webinars, trainings, the Ambassador Leadership Program, and the Training Institute are just some of the resources developed by The Alliance that support self-advocacy in Illinois and beyond.

To learn more about Membership Levels and Benefits, please contact Tara Ahern, Project Director, at [tara.advocacy@gmail.com](mailto:tara.advocacy@gmail.com). Membership is FREE, and with three membership levels, there is one that is just right for your group!



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The Alliance is proud to be an initiative of the Illinois Council on Developmental Disabilities