

Attention All Youth Age 13-18. We have an amazing course for you!

I AM A LEADER

A ten week (one evening per week) course designed for students with an intellectual disability.

This course will:



- Build self-awareness by giving students the opportunity to talk in new ways about their lives, their ups and downs, their goals and dreams.
- Empower students to think of themselves as leaders by giving opportunities to practice the components of leadership.
- Build self esteem and self confidence by giving students the opportunity to develop skills necessary for leadership.
- Ultimately empower the next generation of leaders in the self-advocacy movement. (www.selfadvocacy.org)

Cost: Free of charge

Bring: A pen and a small binder to keep papers in.

Dates: Wednesdays - October: 7, 14, 21, 28, November: 4, 18, 25, December: 2, 9, 16. (November 11th omitted due to Remembrance Day)

Time: 6:30-8:30pm with a 15 minute break at 7:15.

Location: Community Living Winnipeg, 120 Maryland Street

Registration: Space is limited so register early! Please contact Lisa or Heidi at 953-5877 or e-mail: amongfriends@aclwpg.ca

Other info:

- Youth will take turns bringing snacks and we will schedule turns at the first class.
- Youth will have a bit of homework to be completed prior to the next class.
- Everyone who completes the course will receive a certificate.

This is a great course for teens who are reaching for the Duke of Edinburgh award! www.dukeofed.org

