

Brain Injury Association of Massachusetts

How to Use Communication Skills to Advocate for Yourself



Description: This survivor workshop will focus on strategies to learn what it takes to be assertive and improve advocating for yourself.

WHEN: Meets on the 4th Friday, 10:00 a.m. - 11:00 a.m.

6/28/24 *Overview of Communication Styles with a Focus on Skills Needed for Self-Advocating*

7/26/24 *Using Self-Advocacy Strategies to Plan for and Ask for What You Want on a Daily Basis (focus on home and local community-based skills, medical appointments and relationships)*

ABOUT:

- All sessions are led by Amy Karas, MS, CCC-SLP, CBIS/T. Amy is a neuro SLP and certified brain injury specialist with 25+ years' experience running groups with individuals with acquired brain injury and other neurological conditions/disorders.
- No cost to participants.
- You can attend one or all of the sessions.

REGISTER:

www.zoom.com/join | Meeting ID 845 5262 1428 | Passcode 479508

This education series is supported by the Ed Wilkinson Memorial Fund and the Massachusetts Rehabilitation Commission.

Questions? Please email supportgroups@biama.org.