



## EMPOWERMENT GROUP

A group for adults with disabilities who want to talk, share concerns, and help each other become more confident and empowered in their lives. Gain and give support to peers as we share the joys and struggles of living with a disability.

### Begins the last Tuesday in March!!

Learn to:

- Communicate better with others
- Confront problems with confidence
- Cope with social isolation and loneliness
- Discover your own strengths
- Stand up for your rights
- Form strong peer relationships



Registration is ongoing. An intake is required for new participants.

**When:** Tuesday evenings,  
beginning March 27

**Time:** 6:30—8:00 p.m.

**Where:** Eisenhower Community  
Center  
1001 Highway 7, Hopkins

Discover the difference a network of peers can make in your life!

### 2012 Empowerment Banquet

#### Strengthening and Empowering Yourself Through Health and Wellness



**When:** Tuesday May 22, 2012

**Where:** Vecios Restaurant, St. Louis Park

Come learn the importance of health and wellness as a source of empowerment and how to become a self-advocate! We will be discussing strategies and skills to improve health and wellness as well as learning how to become community leaders and help other self-advocates improve wellness.

**The best part? It's free!**

Call 952-988-4177 to register