

# Self-Advocates of Frederick County



We are a self-advocacy group in Frederick, MD run by people with disabilities for people with disabilities. Our mission is to help young people like ourselves learn about self-advocacy, become self-advocates, and build a community that can share resources and help advocate for our rights to build up our ideal lives.

## When do you meet?

- We meet every second Wednesday of the month
- Our main meeting place is Spinners Pinball Arcade

## What topics do you cover?

- History of the disability movement
- What is Self-Advocacy?
- How we can best advocate for ourselves?
- What support we have

Feel free to invite your friends.  
We hope to see you at the meetings.  
Contact Kevin Cook at [fredmdselfadv@gmail.com](mailto:fredmdselfadv@gmail.com) with any questions

