

CPTN:

The Community Participation Training Network (CPTN) is the project under which Practical Self advocacy training was initially developed. It has been piloted by DFI to help support the capacity of and direct representation of people with disabilities within local community structures in Galway and Limerick. The course is now being delivered in Dublin.



Course Details:

When?

Every Friday for 6 weeks from the 11th of November to the 16th of December, 11am—3pm.

Where?

Ballyfermot Library, Ballyfermot Rd.



For further information or to register contact:

Laura English on 086 8206736 or lauraenglish@disability-federation.ie



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Disability Federation of Ireland

Community Participation
Training Network (CPTN)
Programme of Training

Freedom, Respect, Equality and Dignity

Practical Self
Advocacy

Supported by



Is Practical Self-Advocacy for me?

Training is suitable for anyone who is interested in improving their ability to speak up for themselves and have their voice heard.

It is also useful for people who would like to learn more about themselves, meet new people and improve their confidence.

What Can I expect?

Training will be delivered in an active learning style. There will not be exams and you will not be graded. All Participants will be invited to get involved in a range of workshop activities and encouraged to share their perspective on different topics.

Weekly Content:

- * Practical Self Advocacy
- * Self-Esteem and Assertiveness
- * Communication Styles
- * Rights and Responsibilities
- * Inequality
- * Support and Putting theory into practice.



What can I hope to learn from this course?

- * How to identify opportunities for self-advocacy
- * Skills to communicate more effectively
- * How to be more active in the community
- * How to improve confidence
- * About rights and entitlements

Meet the Trainers



The course will be co-facilitated by **Annie Byrne** from Blanchardstown.

Annie is an active member of Greater Dublin Independent Living and graduated from the Practical Self Advocacy Course which took place in Galway last year. Annie is looking forward to sharing her experiences of advocacy with others in the Dublin region.

Laura English is the DFI Community Development Worker for Wicklow and South Dublin

