



NOTHING ABOUT US WITHOUT US

We are a statewide organization by and for self-advocates. Our mission is to empower self-advocates through education so we make choices that improve and enrich our lives.

WHO WE ARE & WHAT MASS IS ALL ABOUT

MASS FLASH Monthly Newsletter

Kamisha here—I am a self-advocate, Trainer and the MF editor. The MF includes fun stories, important issues and ways to get involved in the regions.

RAINBOW SUPPORT group of Massachusetts

These groups provide support/info to individuals with developmental disabilities who identify or are on the LGBTQ spectrum. Meetings give us a chance to find our voices and to be heard in a safe friendly environment.

Contact info:
rainbowbos@charternet or
kellylyn21@gmail.com

Legislative Advocacy Day - Every 2nd Wednesday of the month self-advocates meet at State House to speak to Legislators about issues important to them.

As member Brian Corbett of Lynn says, "There is nothing wrong with anybody. We are all equal. We should be proud of what we do have. There should be nothing stopping us or stopping you!"

SELF-ADVOCACY in the REGIONS

MASS supports regional meetings throughout the state. Regional groups of self-advocates support each other and work together to make positive changes on issues like employment, human rights and transportation. Members of regional groups also provide workshops and presentations related to speaking up. We are available to help you start your own self-advocacy group, where you can learn about your rights and how to speak up for yourself! See below for contact information.

Northeast Region Meeting—3rd Wednesday of each month at the YMCA—165 Haverhill St., Andover, MA 6:30—8:00 PM.
Contact: Bridget Crowley at 781-789-4274 or bridget@ma-advocates.org

Southeast Regional Meeting— 2nd Thursday of each month at various locations in the southeast. Contact Gail Delgado at 339-2922 or gail@ma-advocates.org

Metro Regional Meeting—3rd Thursday of each month at Beaverbrook STEP, 85 Main St., Watertown, MA 6:00—8:00 PM.
Contact Gail Delgado at 339-2922 or gail@ma-advocates.org

Central Regional Meeting— 2nd Tuesday of the month at Seven Hills Aspire, 150 Goddard Memorial Drive, Worcester, MA 6:00—8:00 PM. Contact Sue Moriarty at 508-209-7184 or sue.moriarty@ma-advocates.org

TRAINING

MASS partners with the MDDC in supporting the 10 week Self-Advocacy Leadership Series and offering classes at **Independence College**. In partnership with the Building Partnerships Initiative, MASS' self-advocate training teams provide **Awareness and Action Training**: educating individuals with disabilities to recognize, report and respond to abuse. MASS also offers **Explore, Prepare and Act: Finding the Job You Want** a peer to peer training which covers developing a resume, interview skills and other aspects of finding real jobs for real pay!