

Ask a Self-Advocate

Do you need to look at a challenge you are facing with a new perspective?

Would you like to bounce ideas off someone who can relate to what you, or your loved one, are going through?

Get new insight and ideas
Discuss your questions and concerns

Cristina was diagnosed with exceptionalities as an adult. Since then she has become active in the local special needs community serving as a mentor, public speaker, and self-advocate.

To request an appointment online:
www.surveymonkey.com/r/ZPGCC3Q

Or contact us for more information:

519-886-9150 ext. 4

Erin.Sutherland@wrfn.info



Open to people with disabilities, their families, or professional supports

What to expect:

Office Hours: Mondays,
usually noon & 1pm at the
Family Centre in Kitchener

Sessions last 35-50 minutes

Cristina will ask you some
initial questions to better
understand your individual
situation. She will share her
relevant, personal
background to help you
understand her perspective.
You can then work through
various questions or
concerns that you may have.

*Please note, this program is
not a professional counselling
service, but rather informal
discussion rooted in Cristina's
lived experience.*



Possible topics for discussion include, but are not limited to:

- self-advocacy as a learned skill
- transitioning to high-school or post-secondary
- coming to terms with a diagnosis
- the value of professional supports
- experiencing exhaustion or burn-out
- processing and expressing emotions
- coping with the unexpected
- addressing sensory needs
- challenges with an invisible disability

What past clients have found helpful:

- various experiences explained with an 'insider' ASD perspective
- reassurance and validation
- brainstorming strategies to move forward