

Self-Advocates Leading Connection During COVID-19

The following BC Self Advocacy Groups have been awarded a CLBC grant to organize safe ways for people with diverse abilities to stay safe and connected during the pandemic.

Please help promote opportunities for social connection and self-advocate leadership by sharing the following information.



B.C. Self-Advocate Leadership Network (SALN)

SALN is a Network made of Self-Advocates Leaders from organizations in the Lower Mainland and Vancouver Island. SALN promotes a good life through positive and informed actions, networking and advocacy. Visit the SALN website <https://salnbc.com/> for easy to understand resources during COVID-19.

SALN is creating frequent social events and activities to help people stay safe and connected during COVID-19. Past events have included Laughter Yoga, Public Speaking & Mindfulness.

SALN events are posted on the SALN Facebook page @salnbc and on the [Calendar for Connection](#)

Contact SALN: salnbc19@gmail.com



Self-Advocates of the Rockies (SAOR)

A group of adults with diverse abilities from Cranbrook BC. This group aims to empower others to use their voice. SAOR promotes inclusion by celebrating diversities.

SAOR are creating weekly social events and activities to help people stay safe and connected during COVID-19. Events can be attended virtually or by phone. To date, SAOR has hosted weekly Freaky Geeky meetings with Kimberly, a National Pizza Day with Jonathan and weekly group phone calls with Raymond.

SAOR events are posted on the SAOR Facebook page @SelfAdvocatesoftheRockies and on the [Calendar for Connection](#).

Contact SAOR: cranbrooksaor@gmail.com

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The Advocacy League of Kindness (TALK-NW)

We are a new Self-Advocacy group located in Kitimat and Terrace.

During COVID-19 we will be creating weekly social events and activities to help people stay safe and connected. Events can be attended virtually. So far, TALK-NW has hosted *Kindness and the Heart-rock movement*.

TALK-NW events are posted on the [Calendar for Connection](#)

Contact TALK-NW: talknorthwest@gmail.com

Kamloops Speaking Up for Self-Advocacy Awareness (SUSA)

SUSA is focused on being a team, to encourage, support, and stand up for each other; to have a voice and take charge of our lives to achieve our goals and dreams; to be understood in all aspects of our lives and to create awareness and a better world!

During COVID-19 SUSA is hosting virtual social events and activities to help people stay safe and connected.

SUSA events are posted on the SUSA Facebook page @SPEAKING UP FOR SELF ADVOCACY and on the [Calendar for Connection](#).

Contact SUSA: email: speakupkamloops@gmail.com

