

Calling all young adults aged 16 to 35!

# OUR LIVES, OUR VOICE

Our Lives, Our Voice is a self-advocacy programme which aims to empower people with intellectual & developmental disabilities. The first of its kind in Singapore, this exciting new project jointly organized by MINDS & Down Syndrome Association (Singapore) seeks to:

- Support you in expressing your feelings
- Empower you to speak up for yourself & share your life story to others
- Educate you about your rights & how to go about being an active & helpful citizen

**Venue: Down Syndrome Association (Singapore),  
9 Bishan Place, Junction 8 Office Tower #09-01**

**Cost: Free!**

**If you are interested in this programme,  
please indicate your preferred dates & timings which are proposed below**

For more information, please contact Melissa at 6500 9306/  
[melissa@downsyndrome-singapore.org](mailto:melissa@downsyndrome-singapore.org)

*\*Please note that we will be taking pictures/videos during the programme  
for training purposes*

"Tell me and I will forget,  
teach me and I will remember,  
involve me and I will learn."  
- Benjamin Franklin

Jointly organized by:



Supported by:



**Kindly return the reply slips to DSA Centre Reception Office  
by 8 July 2017.**

Please indicate your preferred dates & timings:

- Mondays (from 17th July) 4.30pm - 6pm
- Thursdays (from 20th July) 4.30pm - 6pm
- Saturdays (from 22nd July) 4.30pm - 6pm
- Sundays (from 23rd July) 4.30pm - 6pm

Participant's Name: \_\_\_\_\_

Participant's Age: \_\_\_\_\_

Name of Centre/Workplace: \_\_\_\_\_

Participant's Contact Number: \_\_\_\_\_

Next of kin's Contact Number: \_\_\_\_\_