



ACT
Mental Health
Consumer Network

Self-Advocacy Workshop Series

Developed by consumers, for consumers!

Our Self-Advocacy Workshop Series offers practical skills to help you speak up, make informed decisions, and feel more confident in everyday life.

Each workshop stands alone—you're welcome to come to the sessions that interest you or join the full series for a complete skills-building journey.

The ACT Mental Health Consumer Network is offering a series of free, lived-experience-designed **Self-Advocacy Workshops** from April to June. Each session focuses on a different foundation of self-advocacy — from finding your voice and building confidence, to communicating assertively and making empowered decisions.

Topics include:

- **Introduction to Self-Advocacy – Finding Your Voice** (15 April)
- **Self-Confidence & Self-Esteem – Building Your Inner Strength** (29 April)
- **Self-Determination & Self-Reliance – Your Life, Your Direction** (13 May)
- **Self-Expression – Communicating with Confidence** (27 May)
- **Self-Development – Growing at Your Own Pace** (10 June)

Each session stands alone, so you can come to the topics that interest you or join the whole series.



DATES: Wednesdays, fortnightly,
15 April—10 June 2026

TIME: 10:30am – 1:00pm

WHERE: Members' Area,
The Network

REGISTER: [actmhc.org.au/events/
education@actmhc.org.au](https://actmhc.org.au/events/education@actmhc.org.au)
or call 6230 5796

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