

Friends Helping Friends

Friends Helping Friends is a self advocacy group.
Self advocacy is for individuals who want to speak and act on behalf of their rights.
The group provides support for individuals to develop confidence and independence.

WHO WOULD BENEFIT FROM FRIENDS HELPING FRIENDS

Friends Helping Friends Self Advocacy Group welcomes anyone who shares our dreams and goals.

We believe that all individuals have value.

We have many talents and gifts.

We have the ability to do anything we put our minds to.

We can overcome the labels and limitations of disability.

We have the determination to achieve our dreams and goals.

HOW TO ACCESS FRIENDS HELPING FRIENDS

Friends Helping Friends meets the 4th Tuesday of each month, from 5:30—7 PM
at LDA, 339 East Avenue, Suite 420,
Rochester New York 14620

For more information or assistance, please call LDA's **INFORMATION AND REFERRAL LINE** at **263-3323, EXT. 211**. Our staff can provide you with information about any of LDA's services, as well as about many other services in the Greater Rochester community. They also can help you apply for available funding for these services.

LDA's Mission

LDA Life and Learning Services is a non-profit agency helping individuals with learning disabilities, attention deficit disorder and other developmental disabilities seek personal success in school, work, relationships, and independent living.

Serving the community since 1963