

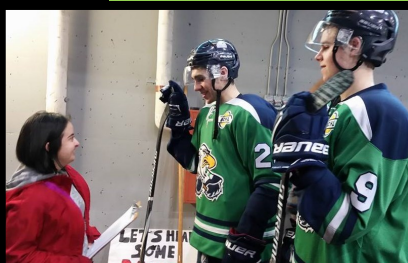
**Advocacy:** “When SAS feels strongly about a cause that we are passionate about, **we rise to the occasion and let our voices be heard.**”

- SAS member Craig Muirheard



**Important**

**Fun**



The Self-Advocates of Semiahmoo (SAS) are a group made up of awesome people with diverse abilities and forward thinking ideas.

SAS is about real change. SAS members gain confidence, friendships and create meaningful experiences.

There are lots of ways to be a part of SAS; meetings, speaking, karaoke nights, fundraisers, conferences, Community Inclusion month, Surrey Eagles night, sharing with others and so much more!!

Email: [sas@shsbc.ca](mailto:sas@shsbc.ca)

Phone: 604-536-1242

Facebook.com/Self-AdvocateSAS



The Self-Advocates of Semiahmoo (SAS) are a group of people who want to make their lives, their peers' lives, the community and the **world a better place**. SAS does this by **meeting, planning and doing**. We also **have fun!**



## Fundraisers

**SAS leads fundraisers to make change.** As an example, SAS wants to make **White Rock beach 100% inclusive.** SAS is working to bring beach accessible wheelchairs to **White Rock beach.** SAS is leading this fundraiser with friends at Feral Boardsports and Semiahmoo House Society. **All the money SAS raises goes to projects that SAS chooses.** Helping peers and the community is important to SAS.



## Community

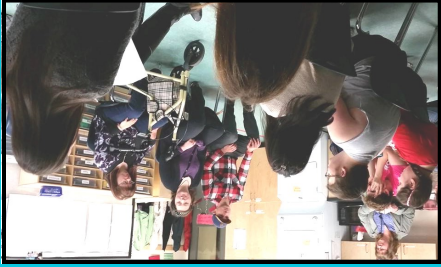
**SAS is a part of the South Surrey/**

**White Rock community.** There are many ways that SAS helps.



## Equally Empowered

SAS goes into the community to share their experiences. SAS wants others to feel empowered to make decisions for themselves and hopes that we can learn from each other.



## Meetings



SAS meets on two Mondays every month. There are no meetings in the summer. The meetings are from 2:30 to 4:00. We plan everything together. **We make the choices.** You can pick and choose how much you want to do with SAS. You choose how you want to make SAS part of your life so that it can be good for you.

## SAS Speaker Series

**SAS hosts a speaker series at Semiahmoo House Society.** These speakers are **picked by SAS.** The SAS Speaker Series is for everyone.



## Events

**SAS hosts events.** Popular nights are "Bingo & Pizza" or "Karaoke & Pizza". These events are for everyone.



## Conferences

SAS goes to one or more conferences every year. We usually stay over-



night and have fun! At times, we are one of the speakers. We always try to learn something new and make friends!

