

**Free
Workshop**

Planning for a Good Life



Everyone has the right to live a good life. Everyone also has a right to get the best support they need to live the life they want to live.

This workshop helps people with intellectual disability to identify what a good life looks like for them, and what things they can do to get it.

Workshop topics include:

- Looking at your strengths
- Thinking about a good life
- Good and bad supports and services
- Speaking up and advocacy

To book a free Planning for a Good Life workshop please contact:
admin@sacid.org.au or call 08 8352 4416.

Funded by the Australian Government Department of Social Services – ILC Grants.

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South Australian Council
on Intellectual Disability
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**Working
towards
an inclusive
South
Australian
community**