



Space to Stand

FRIDAYS
10:30AM-NOON



EDUCATE

We provide clear, accessible information about your rights in everyday situations.



EMPOWER

Knowledge builds confidence.
We empower individuals to speak up and take action.



SUPPORT

We create a supportive space to ask questions, share experiences, and find resources.



PROTECT

Awareness of your rights creates safer communities and helps protect our dignity and freedom.

KNOW YOUR RIGHTS

knowledge empowers. awareness protects. unity strengthens.

EMPOWER YOUR LIFE

Together, we review a
“PERSONAL BILL OF RIGHTS”
and focus on practical ways to apply these principles in everyday life.

This peer support group is a safe, non-judgmental space for individuals to explore and strengthen their sense of self-worth, personal rights, and healthy boundaries.



CONNECT WITH US

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Through shared experiences, reflection, and skill-building, members are supported in finding their voice, building self-trust, and reclaiming a sense of choice and personal agency.