

People First & ALLY Toastmasters

Presented by The Arc of Northern Virginia



Help Us Stand Up and Be Heard

ALLY Toastmasters and People First want you to join us!

All self-advocates are welcome to join us for this FREE monthly meeting where we learn about advocacy issues, practice speaking, have guest speakers, and socialize.

**All meetings are held at The Arc of Northern Virginia's office
2755 Hartland Rd., Suite 200, Falls Church, VA 22043, 6:30-8 PM**

2019 Schedule:

January 10
February 14
March 14
April 11
May 9
June 13

July 11
No August meeting
September 12
October 10
November 14
December 12

Contact: Lucy Beadnell, 703-208-1119 x116 LBeadnell@thearcofnova.org

No RSVP needed. Come in and join us!