

# You are invited!

## Becoming your own Health Care Advocate for Oregon Youth age 12-17

Join this *new* interactive workshop for youth about taking charge of your health!

**WHO is invited?** Youth aged 12-17 who:

- See doctors, therapists, or counselors regularly, **or**
- Take medications (other than vitamins) **or**
- Experience an intellectual or developmental disability **or**
- Have a life-long or complex health condition

You may invite a parent, caregiver, or friend to join you.

**WHAT is the project?** This workshop was created by a college student. It's purpose is to help youth learn about what to expect from health care as they get closer to age 18. We are asking for YOUR feedback on how to make it better!

**WHAT will we do?** This workshop is informal and confidential. It will include:

- Information you can use
- A few fun activities
- A couple of short videos
- Discussion – a chance to share experiences with others who are going through the same things.
- Brainstorming: ideas for future actions
- Questions and answers

Each participant gets \$20 gift card as a thank you for their time and feedback.

This event is limited to 10 youth participants. Registration is on a first-come, first-served basis.

**WHEN:** Tuesday, March 22, 2022  
11 am – 12 pm

**HOW:** [Register here](#) You will need parent or guardian permission to register.

**DEADLINE:** March 21, 2022

**QUESTIONS?** [dennehy@ohsu.edu](mailto:dennehy@ohsu.edu)  
503-494-2765