

The Ontario Self-Help Network/Self-Help Resource Centre

“Self-Help/Mutual Aid and Ethno-Cultural Communities”

These booklets are 12 pages long, with illustrations and **available in 8 languages.**

Topics covered include:

1. Self-Help/Mutual Aid and Ethno-cultural Communities
2. What is Self-Help Mutual Aid?
3. How Does Self-Help/Mutual Aid Work?
4. What are the Benefits?
5. How Can I Start a Group?
 - The 10 Basic Steps
 - Planning Topics you should discuss
 - Things to remember (general)
 - Community Outreach Tips
 - Things to remember at your group meeting
6. The Self-Help Resource Centre’s Role
 - How do we help?
 - Information/Referral
 - Community Outreach and Promotion
 - Consultation and Training on diverse topics

For more information, call (416) 487-4355

To order free copies of these booklets, complete and fax this form to: (416) 487-0344

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