



LUTHERAN
**Community
Services**
NORTHWEST



Health. Justice. Hope.

Healthcare Self-Advocacy Workshop

Are you a refugee or immigrant who wants to learn how to get the most out of going to your doctor? In this workshop, we will talk about physical and mental health basics including medications and what you should know before, during, and after going to the doctor. We will discuss how and when to advocate for yourself. Participants will leave with a medical passport (we will provide in home languages) with all current personal information.

Pingala Dhital from Refugee Connections and Amy McColm, Clinical Care Coordinator at Lutheran Community Services, will be presenting this interactive workshop on **Thursday, July 28 from 3-5pm**, with snacks and a short break. Please reserve your spot with Pingala or Amy so we can have language interpreters and medical passports available for everyone.

Pingala Dhital, pingala@refugeeconnectionsspokane.org

Amy McColm, amccolm@lcsnw.org or my office phone (509) 343-5089

