

The Center for Independence of the Disabled (CID) is very pleased to announce the launch of a new initiative, The Women's Disability Empowerment Network (*Women's DEN.*) Through the generous support of Mills Peninsula Health Services, CID is now able to establish the first cross-disability support network for Women with Disabilities in San Mateo County.

The most current statistics from the U.S. Census bureau reflect there are there are approximately 33,000 women with disabilities in the county, yet there is nothing in place to make connections and learn about important issues. Often women and girls with disabilities do not have someone to talk with about shared life experiences similar to their non-disabled peers. The *Women's DEN* will provide a safe space for women with disabilities to talk about issues such as sexuality, self-esteem, body image, health care and how to talk to your doctor or select one, relationships, and disability pride.

The initiative will be guided by of a diverse, cross-disability advisory board consisting of women with disabilities. Any woman with a disability, who is interested in applying to serve on the Advisory Board or would just like more information, is encouraged to contact Amy Selders at [amys@cidsanmateo.org](mailto:amys@cidsanmateo.org) or (650) 645-1780 ext. 120.

*Note: Applications for the Advisory Board and all materials are available in alternate formats, Spanish, Chinese, and Tagalog. If a format is required that is not already transcribed then it will be provided following the request.*