



# Power up your February with SAPNA!



## (Self Advocacy Power Network for All)

**All About Relationships! Feb. 6**

**Let's Speak Up About Life in the  
Community Feb. 10**

**Let's Talk About Your Vision  
For YOUR Everyday Life Feb. 13**

**Power Talk with ODP! Feb. 17**

**All About Jobs! Feb. 20**

**Let's Speak Up! Feb. 24**



"Life in the Community" is a SASE event, funded by a grant from the Pennsylvania Developmental Disabilities Council (PADDD)



is a project of the PA Office of Developmental Programs (ODP), managed by Self Advocates United as 1 (SAU1).



SAU1 Power Coach Chris Moore accepts his certificate for presenting Let's Talk about Your Vision for YOUR everyday Life as Projects Manager Sharon Harper-Young looks on.

### Here is how to contact us at SAU1

Email: [info@sau1.org](mailto:info@sau1.org)

Phone: [724 588 2378](tel:7245882378)

Website: [sau1.org](http://sau1.org)

Facebook: [@speakupsau1](https://www.facebook.com/speakupsau1)

Twitter: [@speakupsau1](https://twitter.com/speakupsau1)

**Mon. Feb. 6 10am to 12pm**

### All About Relationships!

- The different kinds
- How we make them
- Healthy relationships
- Unhealthy relationships
- What abuse is
- What to do about abuse
- Ways YOU can learn more!

**Mon. Feb. 20 12 to 2pm**

### All About Jobs!

- Your rights
- Planning to work
- Finding a job
- Keeping your job
- Workplace accommodations
- ODP funded supports
- Other supports
- Work and your benefits

**Fri. Feb. 10 11am to 12:30pm**

### Let's Speak Up About Life in the Community!

Life in the Community can mean you get to choose

- The home you live in
- The people you live with
- How to be supported to live your life, your way

**Learn how to speak up about living in the community!**

**Fri. Feb. 24 1 to 3pm**

### Let's Speak Up!

- Do you know your rights?
- Are you getting what you want and need?
- Join us to learn all about speaking up.
- Tell us ways YOU speak up!

**Mon. Feb. 13 10 to 12pm**

### Let's Talk About Your Vision For YOUR Everyday Life

- What do YOU want in your life?
- How do you make it happen?
- Who can help?
- Learn how to plan for, and get, the life YOU want!

### How to join our events

For video and audio by computer or smartphone, get the passcode from Rita anytime before the event!

Call [724 588 2378](tel:7245882378) or Email [power@sau1.org](mailto:power@sau1.org).

The day of the event, go online to [sau1.me/zoom](https://sau1.me/zoom) then enter the passcode or



join right from SAU1's events calendar at [sau1.me/events](https://sau1.me/events) and enter the passcode.



**Fri. Feb. 17 11:30am to 12:30pm**

### Power Talk with ODP!

- Join us to talk about services, issues, and covid.
- Get the answers you need to speak up, and live your life, your way.
- Call or email us by [February 3](#) with your questions and comments and we will share them with ODP!



For just audio from a smartphone, tap

[+16468769923,2233445555#](tel:+16468769923,2233445555)

and wait to hear "You are in the meeting now."

For just audio on any phone, dial [646 876 9923](tel:6468769923), then meeting ID 223 344 5555 ##

Our events are **BY** self advocates, **FOR** Self Advocates Families, staff, and guests are welcome to listen and learn.

SAU1 reserves the right to remove anyone from our events who does not follow our ground rules as explained on each call.

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Knowledge is Power!  
USE IT!

SAU1's mission is to support the self advocacy of people with disabilities for positive impact in our communities and in people's lives.

SAU1 is a PA non-profit led and staffed **by** people with disabilities, **for** people with disabilities.