
 **Power UP Your May** 
with the
**Self Advocacy Power Network for All
(SAPNA)**

Let's Speak Up May 6

All About Relationships May 11

All About Jobs May 19

All About Rights May 27



Spread your power to friends and family!



Share this flyer with people you trust.

Families, staff, and guests are welcome to listen and learn.



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

email info@sau1.org phone [724 588 2378](tel:724-588-2378) www.sau1.org
Facebook: [@SAU1PA](https://www.facebook.com/SAU1PA) Twitter: [@speakupSAU1](https://twitter.com/speakupSAU1)

Here are our events for May!

Fri. May 6 12:30 to 2pm

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!



Wed. May 11 10am to 12pm

All About Relationships!

We'll talk about:

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



Thurs. May 19 1 to 3pm

All About Jobs!

We'll talk about:

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

Fri. May 27 11am to 1:30pm

All About Rights!

We'll talk about:

- Human and Civil Rights
- History of Rights
- ODP Services
- Rules about People's Rights
- Complaints about Services
- Speaking Up for Your Rights

Here's how you can join the 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
The day of the event, go online at sau1.me/zoom then enter the passcode
or join right from our online events calendar at sau1.me/events and enter the passcode.

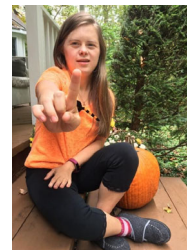
For just audio from a smartphone tap [+16468769923](tel:+16468769923), [2233445555](tel:+12233445555) # and wait to hear "You are in the meeting now."



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



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



We hope you will join us!

Knowledge is Power! Use it!



All SAPNA events are scheduled for eastern standard time and close captioned for those using video.

SAU1 Power Coach Gretchen

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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.