

# Speak Up and Get Back Out in Your Community!



**An ODP Zoom Town Hall Meeting**

**Mon. July 11      5 to 6 pm**

**Here's how to join the meeting.**

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 at [sau1.me/zoom](https://sau1.me/zoom)

or join right from our online events calendar at

[sau1.me/events](https://sau1.me/events) and enter the passcode.



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:(646)876-9923),

then meeting ID

223 344 5555 ##

# The PA Office of Developmental Programs (ODP) wants to hear from YOU!

- Think about the questions on the next page.
- Talk about them with the people who support you.
- Share them with other self advocates.
- Invite everyone to Speak Up!

## Speak up even if you can't make the meeting. You can

Email your answers to [info@sau1.org](mailto:info@sau1.org) or

Call Rita at 724 588 2378 and she will take notes.

**Use YOUR voice to speak up  
about getting back out  
into your community!**



## Questions to think about:

- What things did you do, or how did you spend your day, before COVID?
- What are you NOT doing now that you were doing before?
- Why aren't you doing those things?
- If you are doing some things in the community, what information has helped you get back out there?
- If you are not doing things in the community, what is keeping you from doing those things?
- What information may help you feel more comfortable in the community?
- Who would you like to support you to think about getting back out into the community?



# KNOWLEDGE IS POWER. USE IT!



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



email [info@sau1.org](mailto:info@sau1.org) phone [724 588 2378](tel:724-588-2378) [www.sau1.org](http://www.sau1.org)  
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