



Power up your December with SAPNA!



(Self Advocacy Power Network for All)

**Let's Talk about Your Vision
for YOUR Everyday Life Dec. 2**

Let's Speak Up! Dec. 5

All About Jobs! Dec. 12

Power Talk with ODP! Dec 16



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



Central PA Coordinator and Power Coach team Angie and John.

Spread your power to friends and family!

[Email](#)
[Phone](#)

[Contact Us](#)
[Website](#)

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Fri. Dec. 2 10:30am to 12:30pm

**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!

Mon. Dec. 5 10am to 12pm

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. Dec 12 1 to 3pm

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. Dec. 16 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 December 1 with your questions and comments and we will share them with ODP!



How to join our events



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

[Call](#) or [Email](#)



The day of the event, go [online](#) then enter the passcode or join right from [SAU1's events calendar](#) and enter the passcode.



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

For just audio on any phone, dial 646 876 9923, then meeting ID 223 344 5555 ##

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.

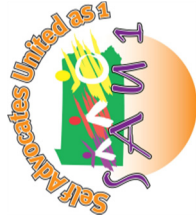


**We hope you will join us!
Knowledge is Power! Use it!**



All SAPNA events are scheduled for Eastern Standard Time and close captioned for those using video.

SAU1
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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.