


SPEAK UP SATURDAYS

 **July 29th, 2023**
10:30AM - 4PM
Check in at 10AM



Mount Ararat Baptist Church
271 Paulson Ave.
Pittsburgh, PA 15206



Free Admission,
Lunch, and
Refreshments

Our Day Together

- In the morning, grab your coffee, juice, water and snacks while you hear who SAU1 is and why we are here today.
- We will learn together about how You're Not Alone - Tackling Tough Times
- Let's talk about the ways tough times may change how we think, feel, and act.
- Hear from others and, if you choose, share your own ideas about getting through and past tough times.
- You will end the morning with a plan YOU MAKE about the support you need to tackle tough times.
- During your free lunch, enjoy a video with pictures of many of our own professional self advocate staff, called Power Coaches, showing My Life, My Way!
- In the afternoon, let's talk All About Wellness. We will learn about different parts of wellness in people's lives. Hear from others and share your ideas about what you do, or would like to do, for wellness. End the meeting with your own plan about your wellness.
- We will wrap up the day with an afternoon snack, time to talk more with other guests and the presenters, and lots of things you can choose to take with you for fun, to learn more, and to help you remember what we talked about together.

Who is Invited?

People with disabilities who want to talk with people with real life experience! We also would love others to join us, especially people who support people with disabilities as friends, family, or paid supporters. There is important information that may help anyone, and the bonus is clear information for people with intellectual disabilities and/or autism and the supports available to them through the PA Office of Developmental Programs.

How to Register

Online at sau1.me/speakupsaturdays

Or call or text Carla at [814 201 6061](tel:8142016061) or email at carla@sau1.org.

Would something help you be part of the day, like sign language, braille, captioning, or large print? Let Carla know by July 15th and we will make it happen!

This is a SAPNA event! The Self Advocacy Power Network for All (SAPNA) is a project of the PA Office of Developmental Programs, Department of Human Services and managed by Self Advocates United as 1.



724 588 2378



sau1.org



info@sau1.org



[984 Water St.](#)
[PO Box 297](#)
[Meadville PA 16335](#)



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