

October ... Virtual ... Events



**A non profit, by people with disabilities, for
people with disabilities. Power Up!**



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@speakupSAU1



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givebutter.com
/PowerSAU1

LET'S SPEAK UP!

Tues. Oct. 3, 10 - 11:30am & Thurs. Oct. 5, 1 - 2:30pm

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!

ALL ABOUT JOBS

Tues. Oct. 10, 10 - 11:30am & Thurs. Oct. 12, 1 - 2:30pm

Join us to talk about planning to work, finding and keeping a job, your rights, workplace accommodations, ODP funded services, your benefits and other supports

POWER TALK WITH ODP

Fri. Oct. 13, 10am - 12pm

Do you have questions about or issues with the supports and services for people with intellectual disabilities and or autism (ID/A) in PA? Join us for our monthly chat with staff from the PA Office of Development Programs (ODP), the government office that oversees and funds those supports and services. People with ID/A in PA can speak up with ODP staff, and others are welcome to listen and learn. We start the calls reviewing the questions we already gathered and sent to ODP, then talk about them with ODP staff. After the ODP staff leave, you are invited to stay on for a bit while we discuss what we heard, and gather questions to send to ODP for next month.

ALL ABOUT YOUR LIFE- CHOICE AND CONTROL

Tues. Oct. 17, 10 - 11:30am & Thurs. Oct. 19, 1 - 2:30pm

In this new event,

Let's talk about:

- Self Direction,
- Supports and Services,
- Rules that protect your rights,
- Choice and Control in YOUR life, and
- Participant Directed Services.

Make your own One Page Profile, to let people know what you want and need in YOUR life!

ALL ABOUT OUR WELLNESS!

Tues. Oct. 24, 10 - 11:30am & Thurs. Oct. 26, 1 - 2:30pm

In this new event,

Let's talk about:

- What wellness means,
- Different kinds of wellness,
- Good stress and tough stress,
- Sharing ideas for wellness, and
- Making your own plan about YOUR wellness!

HOW TO JOIN:

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

Call 724 588 2378 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 any phone: dial 646 876 9923, then meeting ID: 223 344 5555 ##



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

WANT TO JOIN US IN PERSON?

Keep an eye out for events in your area:

go to sau1.org/power-events for the latest news on our local Power Events.

Spread your power to friends and family!

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

Do you want to subscribe to our calendar and have the events directly on your iCloud or Google Calendar? Go to sau1.me/calendar. If you would like us to add you please reach out to power@sau1.org.



Self Advocates United As 1
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Meadville, PA 16335

SAPNA

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.