

January ... Virtual ... Events



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



724 588 2378



info@sau1.org



sau1.org



984 Water St.
PO Box 297
Meadville, PA 16335



@speakupSAU1



@speakupSAU1



sau1.me/linkedin



sau1.me/invest

YOUR VISION FOR YOUR LIFE

Tues. Jan. 2, 10am - 11:30am

Thurs. Jan. 4, 1:00pm - 2:30pm

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.

YOU ARE NOT ALONE - TACKLING TOUGH TIMES

Tues. Jan. 9, 10 - 11:30am

Thurs. Jan. 11, 1 - 2:30pm

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 tough times. Make a plan for the support you need to tackle tough times.

POWER TALK WITH ODP

Fri. Jan 12, 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. Please send questions to anita@sau1.org by Jan. 4.

ALL ABOUT OUR WELLNESS!

Tues. Jan. 16, 10 - 11:30am

Thurs. Jan. 18, 1 - 2:30pm

In this new event, Let's talk about what wellness means, the different kinds of wellness, good stress, and tough stress. Share ideas for wellness, and make your own plan about YOUR wellness!

LET'S SPEAK UP!

Tues. Jan. 23, 10 - 11:30am

Thurs. 25, 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 LIFESHARE

Tues. Jan 30, 10 - 11:30am

Thurs. Feb. 1, 1 - 2:30pm

Join us to talk about Life Share! It is a great way for people to get the services they need in a caring home! Life Share is NOT group home living. Learn how Life Share started, who can get services, and what makes Life Share different from other residential services. Find out how Lori uses Life Share services to stay in her family home and get the supports she needs. Leave knowing who to talk to so you can learn more about Life Share!

HOW TO JOIN:

For video and audio by computer or smartphone, get the passcode from Carla 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 any phone: dial 646 876 9923, then meeting ID: 223 344 5555 ##

Would something help you be part of our events, like sign language, braille, CART, or large print?

Let Carla know two weeks before the event and we'll make it happen! Call or text Carla at [814 201 6061](tel:8142016061) or email at carla@sau1.org.

Spread your power to friends and family!

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

Keep an eye out for events in your area:

go to sau1.org/power-events for the latest events.

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

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
984 Water St. PO Box 297
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.