


February ... Virtual ... Events




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

 [724 588 2378](tel:7245882378)

 info@saul.org

 saul.org

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

 [@speakupSAU1](#)

 [@speakupSAU1](#)

 [saul.me/linkedin](#)

 [saul.me/invest](#)

ALL ABOUT LIFESHARE

Tues. Jan 30, 10 - 12pm & Thurs. Feb. 1, 1 - 3pm

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!

ALL ABOUT JOBS

Tues. Feb. 6, 10am - 12pm & Thurs. Feb. 8, 1 - 3pm

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. Feb 9, 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 Feb. 1.

ALL ABOUT YOUR LIFE- CHOICE AND CONTROL

Tues. Feb. 13, 10am - 12pm & Thurs. Feb. 15, 1 - 3pm

Let's talk about what self direction is and different supports and services available to you. Learn the rules that protect your rights, what choice and control is in YOUR life. Find out about participant directed services and make your own one page profile, to let people know what you want and need in YOUR life!

YOU ARE NOT ALONE - TACKLING TOUGH TIMES

Tues. Feb. 20, 10am - 12pm & Thurs, Feb. 22, 1 - 3pm

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.

ALL ABOUT OUR WELLNESS!

Tues. Feb. 27, 10am - 12pm & Thurs. Feb. 29, 1 - 3pm

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!

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 ##

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.



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
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.