



# Power UP Your April with the Self Advocacy Power Network for All (SAPNA)

**Your Vision for YOUR Everyday Life Apr. 5**

**All about Rights Apr. 11**

**All about Jobs Apr. 13**

**Power Talk with ODP Apr. 19**

**All about Relationships Apr. 21**



Spread your power to friends and family!  
Share this flyer with people you trust.  
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.



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

email [info@sau1.org](mailto:info@sau1.org) phone [724 588 2378](tel:724-588-2378) [www.sau1.org](http://www.sau1.org)  
Facebook: [@SAU1PA](https://www.facebook.com/SAU1PA) Twitter: [@speakupSAU1](https://twitter.com/speakupSAU1)

For video and audio by computer or smartphone, get the passcode from Rita anytime before the event! Call [724 588 2378](tel:7245882378) or Email [power@sau1.org](mailto:power@sau1.org)  
 The day of the event, go online at [sau1.me/zoom](https://sau1.me/zoom) then enter the passcode  
 or join right from our online events calendar at [sau1.me/events](https://sau1.me/events) and enter the passcode.

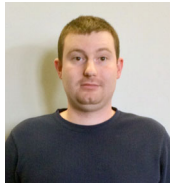
For just audio from a smartphone tap [+16468769923,2233445555](tel:+16468769923,2233445555) and wait to hear "You are in the meeting now."

For just audio on any phone, dial [\(646\)876-9923](tel:(646)876-9923), then meeting ID 223 344 5555 ##

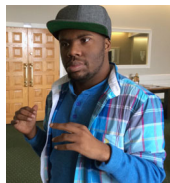
Photos of some of our SAPNA Power Coaches.



Joe



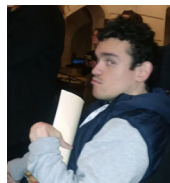
Chris



Josh



William



Bobby

**Tues. Apr. 5      1 to 3pm**

**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. Apr. 11      10am to 12:30pm**

**All about Rights!**

We'll talk about:

- Human and Civil Rights
- History of Rights
- ODP Services
- Rules about People's Rights
- Complaints about Services
- Speaking Up for Your Rights

**Wed. Apr. 13      1 to 3pm**

**All About Jobs!**

We'll talk about:

- Your rights
- Planning to work
- Finding a job
- Keeping your job
- Workplace accommodations
- ODP funded services
- Other supports
- Work and your benefits

**Tues. Apr. 19      10:30 to 11:30am**

**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 Apr. 7 with your questions and comments, and we'll share them with ODP.

**Thurs. Apr. 21 Pick one or both times!**

**1 to 3pm or 5:30 to 7:30pm**

**All About Relationships!**

We'll talk about:

- The different kinds
- How we make them
- Healthy relationships
- Unhealthy relationships
- What abuse is
- What to do about abuse
- Ways YOU can learn more!

All SAPNA events are scheduled for eastern standard time and close captioned for those using video.



**Fri. Apr. 1      3 to 4pm**

Join us for a

**Silly Songs Dance Party!**

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The day of the event, go online at [sau1.me/zoom](https://sau1.me/zoom) then enter the passcode or join right from our online events calendar at [sau1.me/events](https://sau1.me/events) and enter the passcode.

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Want to hear your favorite silly song? Call [724 588 2378](tel:7245882378) or email [Sierra@sau1.org](mailto:Sierra@sau1.org) with your favorite by **Thurs Mar. 31.** We'll add as many as we can to the dance list.



SAU1 Power Staff Gretchen is ready to dance, smiling and dressed like a go-go dancer from the 1960's.

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SAU1  
428 S. Main Street  
Suite 3  
Greenville, PA 16125



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.