

Power up your October with SAPNA! (Self Advocacy Power Network for All)

Let's Speak Up! Oct. 3

**Let's Talk about Your Vision for YOUR
Everyday Life! Oct. 7 OR Oct. 24**

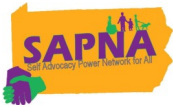
All About Relationships! Oct. 12

All About Rights! Oct. 14

All About Jobs! Oct. 17

Power Talk with ODP! Oct. 21

Spooky Dance Party! Oct. 28



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



John



Peggy



Bobby

Spread your power to friends and family!

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.

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

Mon. Oct. 3 11am to 12:30pm

Let's Speak Up!

- 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!

**Fri. Oct. 7
11am to 1pm**

OR

**Mon. Oct. 24
10am to 12pm**

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!



Wed. Oct. 12 12 to 2pm

All About Relationships!

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

Fri. Oct. 14 11am to 1pm

All About Rights!

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

Mon. Oct. 17 10am to 12pm

All About Jobs!

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

Fri. Oct. 21 11:30am to 12:30pm

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 October 6 with your questions and comments and we will share them with ODP!

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 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 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 ##



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

We hope you will join us!
Knowledge is Power! Use it!





Shake your boo-ty at our
SPOOKY DANCE PARTY!

Fri. Oct. 28 3 to 4pm

**Join DJ Sierra for an afternoon
of music and fun!**

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
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 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 ##

Want to hear your favorite spooky song?
Call [724 588 2378](tel:7245882378) or
email Sierra@sau1.org
with your favorite by **Thurs. Oct. 27** 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.

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

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.