



Power up your January with SAPNA!



(Self Advocacy Power Network for All)

All About Jobs! Jan. 9

All About Relationships! Jan. 11

**Let's Talk about Your Vision for YOUR
Everyday Life Jan.11**

Power Talk with ODP! Jan. 20

All About Rights! Jan. 23

Let's Speak Up! Jan. 25



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



SAU1 Power Coach Oscar Drummond waves to the camera while talking with SAU1 Board Advisor Carolyn Morgan.

Spread your POWER to friends and family!

Here is how to contact us at SAU1

[Email](#)
[Website](#)

[Twitter](#)

[Phone](#)
[Facebook](#)

Mon. Jan. 9 10am to 12pm

All About Jobs!

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

Wed. Jan. 11 1 to 3pm

All About Relationships!

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

Wed. Jan. 11 5 to 7pm

**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!

Fri. Jan. 20 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 January 5 with your questions and comments and we will share them with ODP!

Mon. Jan. 23 10am to 12pm

All About Rights!

- Human and Civil Rights
- Rules about people's rights
- History of Rights
- Complaints about Services
- ODP Services
- Speaking up for your rights

Wed. Jan. 25 1 to 3pm

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!



How to join our events

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

[Call](#) or [Email](#)

The day of the event, go [online](#)



then enter the passcode or join right from [SAU1's events calendar](#) and enter the passcode.



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

For just audio on any phone, dial 646 876 9923, then meeting ID 223 344 5555 ##

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.



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

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Knowledge is Power!
USE IT!

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.