

# Spark your September with SAPNA! (Self Advocacy Power Network for All)

**All About Jobs! Sep. 2 and Sep. 26**

**All About Rights! Sep. 6**

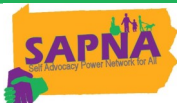
**Waiver Changes with ODP! Sep. 9**

**Let's Speak Up! Sep. 12**

**Let's Talk about Your Vision for  
YOUR Everyday Life! Sep. 19**

**Power Talk with ODP! Sep. 20**

**All About Relationships! Sep. 23**



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



Oscar



Gretchen



Chris

## 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](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)

**Fri. Sep. 2 11am to 1pm**

Or

**Mon. Sep. 26 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

**Tue. Sep. 6 1 to 3:30pm**

### 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

**Fri. Sep. 9 11am to 12:30pm**

### All about Waiver Changes!

- Do you get services like staff, supports coordinator, job coaching, group home or community living, or others?
- Join us to hear about changes to services from ODP.

**Mon. Sep. 12 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!

**Mon. Sep. 19 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!

**Tue. Sep. 20 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 September 1 with your questions and comments and we will share them with ODP!

**Fri. Sep. 23 11am to 1pm**

### 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!

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."



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



For just audio on any phone, dial [646-876-9923](tel:6468769923), then meeting ID 223 344 5555 ##

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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.