


March ... 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 RIGHTS

Tues. Mar. 5, 10am - 12pm & Thurs. Mar. 7, 1 - 3 pm

Learn about human rights, civil rights and the history of rights. We'll also go over the rules about people's rights and speaking up for your rights. Find out more about ODP services and complaints about services.

POWER TALK WITH ODP

Fri. Mar. 8, 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 29.

YOUR VISION FOR YOUR LIFE

Tues. Mar. 12, 10am - 12pm & Thurs. Mar. 14, 1 - 3 pm

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.

LET'S SPEAK UP!

Tues. Mar. 19, 10am - 12pm & Thurs. Mar. 21, 1 - 3 pm

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!

ALL ABOUT JOBS

Tues. Mar. 26, 10am - 12pm & Thurs. Mar. 28, 1 - 3 pm

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.

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.me/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.

POWER THE POWER OF SAU1

At the end of every peer-to-peer empowerment event we present, we lead the crowd in a spirited shout of our motto: "KNOWLEDGE IS POWER... USE IT!" Maybe it's because so many people with disabilities have felt powerless for so long. We are working every day to change that... Will you join us? Please help Power the Power of SAU1 with your investment today! Invest at sau1.me/invest



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.