



APRIL EVENTS





**A non profit, by people with disabilities, for
people with disabilities. Power Up!**

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POWER TALK WITH ODP

Fri. Apr. 12, 10am - 12pm

Join special guest from ODP, Candi Walton, who will share the results of the 2023 Supporting Families Survey. Hear about what people with disabilities and their families had to say about the services they get, what they need, and what they'd like to learn more about. You'll be able to ask questions and tell ODP what YOU think!



GETTING YOUR OWN PLACE: MYTHS AND FACTS

This event is funded by a grant from the PA Developmental Disabilities Council.

Wed. Apr. 17, 7 - 8:30pm OR Thurs. Apr. 18, 10:30am - 12 pm

Join us to learn about Housing from SAU1 Power coaches! The Power Coaches will share some common myths about housing for people with disabilities, and then help to replace these myths with facts.

This presentation is designed for older teens and adults with disabilities, their families, and the professionals who support them. Contact Carla carla@sau1.org or call her at [814 201 6061](tel:8142016061) to let her know you're coming to this event!

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.

Spread your power to friends and family!

Families, staff, allies, and other guests are welcome to listen and learn.



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

SPRING IS HERE! JOIN US IN-PERSON AT AN EVENT NEAR YOU!

Contact Carla carla@sau1.org or call her at [814 201 6061](tel:8142016061) to learn more about any of these events

ALL ABOUT WELLNESS

Mon. Apr. 8, 10am - 11:30am, Franklin, PA

Let's talk about what wellness means, the different kinds of wellness, good stress, and tough stress. Share ideas for wellness, and make your own plan about YOUR wellness!

ABUSE - THERE IS NO EXCUSE

Fri. Apr. 10, 12:30pm - 3:30pm, Meadville, PA

Let's talk about what abuse is, different kinds of abuse, where abuse happens, who is an abuser, what to do about abuse, resources for help and info for victims and survivors.

YOUR VISION FOR YOUR EVERYDAY LIFE

Fri. Apr. 25, 5:30pm - 7:30pm, Cedars, PA

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.

YOUR VISION FOR YOUR EVERYDAY LIFE

Thurs. Apr. 25, 3pm - 5pm, Washington, PA

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.

ALL ABOUT RIGHTS!

Mon. Apr. 29, 5pm - 7pm, Sharon, PA

Learn about human rights, civil rights, the rules about people's rights, and speaking up for your rights. Find out more about ODP Services and Complaints about Services.

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? 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.