

# November ... Virtual ... Events



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



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givebutter.com  
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## YOUR VISION FOR YOUR LIFE

**Thurs. Nov. 2, 1 - 2:30pm & Tues. Nov. 21, 10 - 11:30am**  
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.

## YOU ARE NOT ALONE - TACKLING TOUGH TIMES

**Tues. Nov. 7, 10 - 11:30am & Thurs. Nov. 9, 1 - 2:30pm**  
Let's talk about the ways tough times may change how we think, feel and act. Hear from others and, if you choose, share your own ideas about getting through tough times. Make a plan for the support you need to tackle tough times.

## POWER TALK WITH ODP

**Fri. Nov. 10th, 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](mailto:anita@sau1.org) by Nov.2

## ALL ABOUT JOBS

**Tues. Nov. 14, 10 - 11:30am & Thurs. Nov. 16, 1 - 2:30pm**  
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.

## ALL ABOUT OUR WELLNESS!

**Tues. Nov. 28, 10 - 11:30am & Thurs. Nov. 30, 1 - 2:30pm**  
In this new event, 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!

## COMPETENCE AND CONFIDENCE: PARTNERS IN POLICYMAKING (C2P2) WITH TEMPLE!

**Tues. Oct. 24th 1 - 2pm**

Stacy Phillips is the Project Coordinator for Educational and Leadership Development at the Institute on Disabilities. She will be discussing the C2P2 program which is accepting applications this Fall for the 2024 cohort. C2P2 is a leadership development training program designed for:

- adults with intellectual disabilities and/or autism, and for
- parents of school age children with intellectual disabilities and/or autism.

It is a great opportunity for self-advocates and family members to come together and learn to become stronger advocates in their communities!

## 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](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 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](mailto:carla@sau1.org).

**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](https://sau1.me/calendar). If you would like us to add you please reach out to [power@sau1.org](mailto:power@sau1.org).**

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



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**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.