



# Power UP Your February with the Self Advocacy Power Network for All (SAPNA)

## New Power Events for a New Month!

**All about Rights!**  
**Powers up Feb. 23!**

**More events are:**

**All about Jobs Feb. 2,**  
**All about Relationships Feb. 8, and**  
**Power Talk with ODP Feb. 15,**



Will Punxsutawney Phil see  
his shadow on Groundhog day (Feb. 2)?  
Will we have 6 more weeks of winter?  
Or is Spring on its way?

Spread your power to friends and family!  
Share this flyer with people you trust.  
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.



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

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)

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.



SAU1 Power Board Member Lori shows off her SAU1 Mask

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

For just audio from a smartphone tap [+16468769923,2233445555#](tel:+16468769923,+2233445555) and wait to hear "You are in the meeting now."

### **Wed. Feb. 2 1 to 3pm**

#### **All About Jobs!**

A **SAPNA** Knowledge is Power Event

We'll talk about:

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

### **Tues. Feb. 8 1 to 3pm**

#### **All about Relationships!**

A **SAPNA** Knowledge is Power Event

We'll talk about:

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

### **Tues. Feb. 15 10:30 to 11:30 am**

#### **Power Talk with ODP!**

A **SAPNA** Knowledge is Power Event

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 Feb. 3 with your questions and comments, and we'll share them with ODP.

Photos of some of our SAPNA Power Coaches.



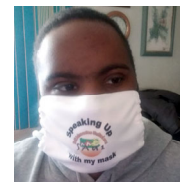
William



Bobby



Gretchen



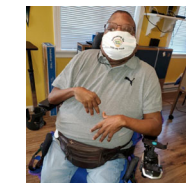
Josh



Renee



Joe



Oscar



Chris

### **Wed. Feb. 23 Pick one or both times!**

#### **10am to 12:30pm or 1:30 to 4pm**

#### **All about Rights!**

A **SAPNA** Knowledge is Power Event

We'll talk about:

- Human and Civil Rights
- History of Rights
- ODP Services
- Rules about People's Rights
- Complaints about Services
- Speaking Up for Your Rights

All SAPNA events are scheduled for eastern standard time and close captioned for those using video.

SAU1  
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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.