

Join SAU1 to Power Your Life this Summer with Firework Fridays!



**A non profit BY people with disabilities
FOR people with disabilities.**

June and July Virtual Events

Power Talk with ODP! Jun. 13 10:30am

Power Talk with ODP! Jul. 11 10:30am

Let's Speak Up! Jul. 18 10am or 12:30pm

All About Our Wellness! Jul. 18 10am or 12:30pm



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[984 Water St.](#)
[PO Box 297](#)



sau1.me/invest

[Meadville, PA 16335](#)

How to Join:

For video and audio by computer or smartphone, go to sau1.me/power

For just audio from a smartphone: tap [+16468769923](tel:+16468769923), [2233445555](tel:+16468769923)#

and wait to hear "You are in the meeting now."

For just audio from any phone: dial 646 876 9923,
then meeting ID: 223 344 5555 ##

Tell us what you need!

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.

Share your Power!

Invite your friends, family, staff, allies, and other guests!

All are welcome to listen and learn.

Keep an eye out for events in your area:

go to sau1.me/events for the latest news on our local Power Events.

Power the Power of SAU1

At the end of every peer-to-peer empowerment event, our guests join us to shout our motto: "KNOWLEDGE IS POWER...USE IT!"

We work every day to change the world that has
left people with disabilities powerless for too long.

Join us!

Invest in the Power of SAU1 with your donation at sau1.me/invest.

You can also invest by sharing this information with everyone you know!

Power Talk with ODP!

Fri. Jun. 13, 10:30 to 11:30am

Fri. Jul. 11, 10:30 to 11:30am

Join us for our monthly chat with staff from the PA Office of Development Programs (ODP),

the government office that oversees and funds supports and services for people with ID/A. People with ID/A can speak up with ODP staff and others are welcome to listen and learn.

What questions or concerns do you have about supports and services for people with intellectual disabilities and or autism (ID/A) in PA?

Send them to Christine@sau1.org.

Send your questions to Christine by Jun. 5 for the Jun. 13 call.

Send your questions to Christine by Jul. 3 for the Jul. 11 call.

Time Change

For a while now, our Power Talk with ODP calls have started at 10am and ended at 12pm.

Starting with the June call, Power Talk with ODP calls will start at 10:30 and end at 11:30am.

Let's Speak Up!

Fri. Jul. 18, 2 sessions: 10 to 11:30am or 12:30 to 2pm Choose the time that works best for you, or come to both if you like!

- Do you know your rights? Are you getting what you want and need?
- Do you want to change your community?
- Did you know that our world changes when people speak up?

Join us to learn all about speaking up. Tell us ways YOU speak up!

All About Our Wellness!

Fri. Jul. 25, 2 sessions: 10 to 11:30am or 12:30 to 2pm Choose the time that works best for you, or come to both if you like!

Are you thinking about how to be the best you?

Join us to talk about what wellness means and the different kinds of wellness.

We'll learn about stress and why some stress is good for us!

Share your ideas for wellness, too!

Each person can start their own plan for their wellness.