

Self Advocates United as 1—Antivirus Power Connect Calendar



Use YOUR power to stay connected through our projects

SASE (Self Advocate Support and Empowerment), Team V (volunteer) and SAPNA (Self Advocacy Power Network for All).



Join as many calls as you can to connect while we can't meet in person.

Share the info with your friends, family and coworkers.

You can join any or all of the calls by computer at <https://zoom.us/j/624794330>

or by phone: dial (646)876-9923, then your meeting ID: 624 794 330 ##.

All guests on all calls are required to share their first name and county.

<p>Mon. May 11</p> <p>1:30 to 3:30 pm</p> <p>Let's Talk about Your Vision for YOUR Everyday Life</p> <p>A SAPNA event.</p>	<p>Tues. May 12</p> <p>10:30 to 11:30 am</p> <p>Talk with folks from the PA Office of Developmental Programs about YOUR life during Covid-19.</p> <p>A SAPNA event.</p>	<p>Weds. May 13</p> <p>1 to 2:30 pm</p> <p>Team Volunteer!</p> <p>Let's talk about volunteering while staying home and after!</p> <p>A Team V event.</p>		<p>Fri. May 15</p> <p>1 to 2:30 pm</p> <p>CoP</p> <p>Learn how to use Community of Practice Tools to get the life you want while staying home and after.</p> <p>A SAPNA event.</p>
<p>Mon. May 18</p> <p>1:30 to 3:30 pm</p> <p>Let's Speak Up!</p> <p>Join us to learn about YOUR right to speak up about what is important to you!</p> <p>A SAPNA event.</p>	<p>Tues. May 19</p> <p>10:30 to 11:30 am</p> <p>Talk with folks from the PA Office of Developmental Programs about YOUR life during Covid-19.</p> <p>A SAPNA event</p>	<p>Weds. May 20</p> <p>1 to 2:30 pm</p> <p>Team Volunteer!</p> <p>Let's talk about volunteering while staying home and after!</p> <p>A Team V event.</p>		<p>Fri. May 22</p> <p>2 to 3:30 pm</p> <p>Yoga and Meditation</p> <p>Join us to learn how you can use yoga and meditation to help your health while staying home and after.</p> <p>A SASE event</p>

Self Advocacy Support and Empowerment (SASE), and Team V (Volunteer) events are supported by grants from the Pennsylvania Developmental Disabilities Council; in part by grant numbers 1801PABSDD and 1901PASCDD-02, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

Self Advocacy Power Network for All (SAPNA) events are a project of the PA Office of Developmental Programs, managed by Self Advocates United as 1.

Our mission is to support the self advocacy of people with disabilities for positive impact in our communities and in people's lives.

What do YOU want to learn about during our time at home?

Call, write, or email us using the info below.