

Self Advocates United as 1—Antivirus Power Connect Calendar

Use YOUR power to stay connected through our projects

SASE (Self Advocate Support and Empowerment) and Team V (volunteer)

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 ##.

Call 724-588-2378 or Email Rita@sau1.org to get the meeting password.

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



<p>Mon · Aug. 17</p>	<p>Tues. Aug. 18</p> <p>6 to 8pm</p> <p>Let's Talk about Relationships! Different kinds of relationships How we make them What makes them healthy How to know if they are unhealthy What to do about abuse A SASE event</p>	<p>Weds. Aug. 19</p> <p>1 to 2:30 pm</p> <p>Team Volunteer! Let's talk about volunteering while staying home and after! A Team V event.</p>	<p>Thurs. Aug. 20</p>  <p>Power Staff Gretchen Laudenslager shows off her mask in the car.</p>	<p>Fri. Aug. 21</p> <p>1 to 2:30pm</p> <p>Yoga and Meditation Join us to use yoga and meditation for your health while staying home and after. A SASE event</p> <p>3 pm SAU1 Just Dance Party!</p>
<p>Mon · Aug. 24</p>	<p>Tues. Aug. 25</p> <p>6 to 8pm</p> <p>Go Voter! Let's Get Ready to Vote. Learn about registering to vote, voting rights and responsibilities, and more. A SASE event.</p>	<p>Weds. Aug. 26</p> <p>1 to 2:30 pm</p> <p>Team Volunteer! Let's talk about volunteering while staying home and after! A Team V event.</p>	<p>Thurs. Aug. 27</p>  <p>Power Staff Josh Harper shows off his mask while getting a haircut.</p>	<p>Fri. Aug. 28</p> <p>1 to 3 pm</p> <p>Disability and Disease Hear how disease and disability affect people, from the first settlers arriving to today and Covid-19. Learn why we must keep speaking up! A SASE event</p> <p>3 pm SAU1 Just Dance Party!</p>
<p>Mon · Aug. 31</p>	<p>Tues. Sept. 1</p> <p>2 to 3:30 pm</p> <p>You're Not Alone! Let's Talk about Mental Health and how covid-19 affects our mental health, and share what works for us as we take care of ourselves. A SASE event.</p>	<p>Weds. Sept. 2</p> <p>1 to 2:30 pm</p> <p>Team Volunteer! Let's talk about volunteering while staying home and after! A Team V event.</p>	<p>Thurs. Sept. 3</p>  <p>Power Board Member Lori McFarland shows off her mask.</p>	<p>Fri. Sept. 4</p> <p>11am to 1pm</p> <p>Go Voter! Let's Get Ready to Vote. Learn about registering to vote, rights and responsibilities, finding out about people and issues, building a voting community, and more. A SASE event.</p> <p>3 pm SAU1 Just Dance Party!</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.

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.