



**Self Advocates United as 1—Antivirus Power Connect Calendar**

Use YOUR power to stay connected through our projects

**SAPNA, (Self Advocacy Power Network for All),**

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

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

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

Call 724 588 238 or email [Rita@sau1.org](mailto:Rita@sau1.org) to get the meeting password

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

<p><b>Mon. Sept. 7th</b></p>	<p><b>Tues. Sept. 8th</b>  <b>1 to 3pm</b>  <b>Go Voter! Let's Get Ready to Vote. By SASE</b>          Learn about registering to vote, voting rights, learning about people and issues, voting by mail, building a voting community, and more.</p>	<p><b>Weds. Sept. 9th</b>  <b>1 to 2:30 pm</b>  <b>A TEAM V event!</b>          Let's talk about volunteering while staying home and after!</p>	<p><b>Thurs. Sept. 10th</b></p>	<p><b>Fri. Sept. 11th</b>  <b>1 to 3 pm</b>  <b>You're Not Alone! By SASE</b>  <b>Let's Talk about Mental Health</b> and how covid-19 affects our mental health, and share what works for us as we take care of ourselves.</p>
<p><b>Mon. Sept. 14th</b></p>	<p><b>Tues. Sept. 15th</b>  <b>1 to 3pm</b>  <b>Let's Talk about Relationships! By SASE</b>          Different kinds of relationships          How we make them          What makes them healthy          How to know if they are unhealthy          What to do about abuse</p>	<p><b>Weds. Sept. 16th</b>  <b>1 to 2:30 pm</b>  <b>A TEAM V event!</b>          Let's talk about volunteering while staying home and after!</p>	<p><b>Thurs. Sept. 17th</b></p>	<p><b>Fri. Sept. 18th</b>  <b>11am to 1 pm</b>  <b>Go Voter!</b>  <b>Let's Get Ready to Vote. By SASE.</b>          Learn about registering to vote, voting rights, learning about people and issues, voting by mail, building a voting community, and more.</p>
<p><b>Mon. Sept. 21st</b></p>	<p><b>Tues. Sept. 22nd</b>  <b>1 to 3pm</b> <b>Let's Speak Up! By SAPNA</b>          Let's think about heading back out to the community, and how to speak up with those who support you about what YOU want.</p> <p><b>SAPNA is</b> a project of the PA Office of Developmental Programs.</p> <p><b>6 to 8pm Go Voter! Let's Vote! By SASE</b>          Registering to vote, voting rights, learning what your are voting for, ways to vote, and what to do if you have problems voting.</p>	<p><b>Weds. Sept. 23rd</b>  <b>1 to 2:30 pm</b>  <b>A TEAM V event!</b>          Tell us how YOU volunteer during Covid-19!</p>	<p><b>Thurs. Sept. 24th</b></p>	<p><b>Fri. Sept. 25th</b>  <b>1 to 3pm</b>  <b>Let's Talk about Relationships! By SASE</b>          Different kinds, how we make them, what makes them healthy, how to know if they are unhealthy, and what to do about abuse.</p>



Power Staff Renee shows off her sunflower mask



Power Staff William using his mask while picking up dinner!

SASE and Team V are supported by grants from the Pennsylvania Developmental Disabilities Council; in part by grant number 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.