Wrap Up Your Year this December.
Use Your Voice with Other Leaders!

We have a busy December, planned by people with disabilities, for people with disabilities and allies.
Check out the events below. Read more about each one on the next page.

You can join as many as you like by phone, tablet, or computer.
You can register in one of three ways: Use this QR code:

Click https://forms.cloud.microsoft/r/JWiaX68dup
Or, email Carla@sau1.org, or call Carla at 814 201 6061.

Tues. Dec. 1 **10:30 am to 12:** All About Relationships!	**Weds. Dec. 2** **6 to 7:30 pm:** All About Relationships!	**Thurs. Dec. 3** **1 to 2:30 pm** All About Relationships!
Tues. Dec. 8 **10:30 am to 12:** All About Jobs!	**Weds. Dec. 9** **6 to 7:30 pm:** All About Jobs!	**Thurs. Dec. 10** **1 to 2:30 pm** All About Jobs!
Tues. Dec. 15 **10:30 am to 12:** All About Wellness!	**Weds. Dec. 16** **6 to 7:30 pm:** All About Wellness!	**Thurs. Dec. 17** **11 am to noon:** Learn about the ISAC — the Information Sharing and Advisory Committee **1 to 2:30 pm** All About Wellness!
Tues. Dec. 22 10:30 to 11:30 am: Office of Developmental Programs (ODP) Update.	Happy Holidays! See you in **2027**!	SAPNA Self Advocacy Power Network for All

Dec. 1, 2, and 3

Let's talk All about Relationships!

- The different kinds
- How we make and grow them
- Healthy and unhealthy
- What to do when relationships are unhealthy
- What abuse is, and what to do about it.



Dec. 8, 9, and 10

Let's talk All about Jobs!

- Your rights.
- Planning to work.
- Self employment.
- How to find a job.
- Tips to get and keep a job.
- ODP funded services.
- Other supports.
- Work and your Benefits.



Dec. 15, 16, and 17

All about Wellness!

- What wellness is,
- The different kinds of wellness,
- What kinds of wellness things we do, and
- Make your own plan for your wellness.

Two Times to Learn about and Speak Up for Your Services and Supports!

ODP's ISAC: Dec. 17: Information Sharing and Advisory Committee of the PA Office of Developmental Programs

Talk with SAU1's Power Coach to learn about the ISAC. This group helps the PA ODP by talking about ODP's work and plans. SAU1 Power Coaches and other self advocates speak up, and can share your ideas and concerns.

ODP Update Call: Dec. 22

End the year by hearing from the ODP staff about what's happening, and for their answers to the questions and concerns of people who get services. Email your questions to Christine@sau1.org by Dec. 8 so she can pass them on.

These are SAPNA events! The Self Advocacy Power Network for All (SAPNA) is managed by Self Advocates United as 1 (SAU1). It is a project of the PA Office of Developmental Programs (ODP), Department of Human Services.