



Call SAC6 with  
any questions  
209-955-3306  
SAC6@vmrc.net

Supported by:



**SAC6**



# Join us on a **SAC6 ZOOM CHAT!!** Let's Check In with each other!

**WHEN:** Fridays

**TIME:** 11:00am-12:00pm

**WHERE:** ZOOM- computer, tablet, cell phone

**Here is the info you need to get on the calls!**

**SAME Link for November 6, 13 & 20, 2020**

Join Zoom Meeting

[https://zoom.us/j/96257779463?](https://zoom.us/j/96257779463?pwd=VXQybnQ5WVVVaZIBNdENPYWtrYWVwZz09)

[pwd=VXQybnQ5WVVVaZIBNdENPYWtrYWVwZz09](https://zoom.us/j/96257779463?pwd=VXQybnQ5WVVVaZIBNdENPYWtrYWVwZz09)

Meeting ID: 962 5777 9463

Passcode: 144334 (MUST ENTER PASSCODE)

**OR you can call in:**

TOLL FREE NUMBER TO CALL IN-

877 853 5257 US Toll-free

## **DATES & TOPICS for SAC6 CHATS**

**Friday, November 6, 2020**– Cyber bullying–  
Let's End this! By SAC6 Members

**Friday, November 13, 2020**– What's New with  
Special Olympics? By SAC6 members & Special  
Olympics Participants

**Friday, November 20, 2020**– What does Self  
Advocacy mean to YOU? By SAC6 members

**ALSO at each CHAT:**

**A VMRC update by Tony Anderson Executive  
Director and a Mental Health Tip of the Day  
by Dr. Dave Demetral**