

Self Advocacy Power Network for All

Do you need ideas
on how best to equip your students for life,
for today and after high school?

SAPNA Power Teams offer **FREE**, interactive,
ODP-approved empowerment events!

Real life experience is the best teacher, which is
why all SAPNA events are created and led
BY people with disabilities,
FOR people with disabilities.

All of our events include specific information about
the supports and services available to people with
intellectual disabilities and/or autism (ID/A).

Take a minute to check out what we offer,
and see how easy it is to set up YOUR free event
with the Self Advocacy Power Network for All!





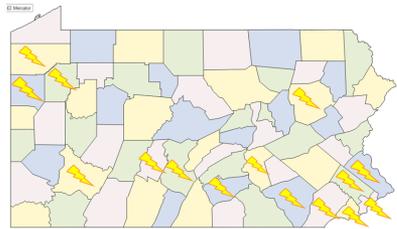
SAPNA Power Teams

are comprised of trained professionals who learn about a topic, work to create materials that make sense to most people, share their own life experience, and engage audiences.

Power Coaches are people with ID/A who lead the events.

Power Coordinators set up and facilitate events.

Power Teams are from all over PA and can lead events in person or through Zoom.



SAPNA Power Staff gathered for staff development.

All SAPNA staff have current clearances for:
Criminal History Background Check from the PA State Police, and
Child Abuse History Clearance from the PA Dept. of Human Services.





Choose one or more of these SAPNA events for your students!

45-60 minute programs:

Let's Speak Up! Students will talk about their rights, how to speak up for their rights and what they want and need, and even how to form or join a group!

All About Wellness! Let's talk about the different kinds of wellness. Learn from each other ideas about wellness, and leave with your own plan for your personal wellness.

90 minute programs — all at one time, or in two segments:

All About Jobs! empowers people to think about REAL jobs for REAL pay. Learn how to plan for and find the job that works for you. Find out about waiver services and other supports to help, and how to work and keep your benefits.

Your Vision for Everyday Life! Folks will use fun Life Course tools to plan for the life they want. Learn about waiver services, and make your plan to get what you want in your life.

All About Relationships! We all have relationships. Let's talk about the different kinds of relationships and how relationships start and grow. We'll learn what makes relationships healthy and what makes them unhealthy. Find out what to do if you have an unhealthy relationship.

SAPNA will, upon request, provide accessible materials, sign language interpretation, and Spanish interpretation.





Contact Christine today to set up your event at the time, and in the way, that works best for the people you support and your staff.

Call (814) 201-6179
or email
Christine@sau1.org



is a project of the
PA Office of Developmental Programs,
Dept. of Human Services.

SAPNA is managed by Self Advocates United as 1.

Learn more about SAU1

www.sau1.org

Email info@sau1.org

Facebook—Instagram

[@speakupSAU1](#)

