

# Adult Program Seminars & Just 4 Us Meetings

Sponsored by: North Los Angeles County Regional Center  
Free for adults with intellectual disabilities, their families and friends.  
*Just 4 Us Coordinators- Mary Abitia & Paula DeAmicis*

At North Los Angeles County Regional Center Conf. Room 100-  
15400 Sherman Way, Van Nuys- west of Sepulveda Blvd.



**Sat. 4/24/10** from 10 -12 noon- Community Choices- Group Homes and Independent Living, Work and Day Programs



**12:30 -2 PM-** Just 4 Us Spring Party & Potluck- we'll serve sandwiches. Bring a side dish or drinks to share. We'll make spring crafts and have a treasure hunt.



**Thu- 5/20/10- 4 - 7 PM- Just 4 Us Potluck Picnic-** we'll serve sandwiches. Bring a side dish or drinks to share. Games, raffle, fun.



**Sat. 6/19/10** from 10 -12 noon- Stop Abuse



**12:30 - 2 PM-** Just 4 Us Potluck & Craft Meeting- we'll serve a big salad. Bring a side dish or drinks to share.



**Sat. 7/31/10** from 10 -12 noon- Social Activities on a Budget



**12:30 -2 PM-** Just 4 Us Potluck & Craft Meeting- we'll serve sandwiches. Bring a side dish or drinks to share.

Reserve your seat at least 3 days before the meeting- Kathryn  
Lincoln- NLACRC Community Outreach Specialist-  
**818-756-6225, [kathrynl@nlacrc.org](mailto:kathrynl@nlacrc.org)**