

Adult Program Seminars & Just 4 Us Meetings

Sponsored by: North Los Angeles County Regional Center. Free for adults with intellectual/developmental disabilities. Friends and family are welcome.

Just 4 Us Coordinators- Mary Abitia & Paula DeAmicis



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.



Sat. 8/21/10 from 10 -12 noon- Self-Advocacy- Your Rights and Responsibilities



12:30 -2 PM- Just 4 Us Potluck & Craft Meeting-
we'll serve a big salad. Bring a side dish or drinks. We'll have cake to honor Sheila's memory (our group founder).



Sat. 9/25/10 from 10 -12 noon- Learn About Disabilities- Autism, Down Syndrome, Cerebral Palsy & Seizure Disorders



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

At North Los Angeles County Regional Center- 15400 Sherman Way, Van Nuys, CA 91406- Conference Room 100
Reserve your seat at least 3 days before the meeting. Contact Kathryn Lincoln- NLACRC Community Outreach Specialist- 1-818-756-6225, kathrynl@nlacrc.org