

EMERGENCY SUPPLIES BACKPACK TRAINING



FREE training for adult consumers of North Los Angeles County Regional Center who live on their own or with elderly family

Sponsored by: North Los Angeles County Regional Center
Presenters: Kathryn Lincoln, NLACRC Community Outreach Specialist
& Jose Rodriguez, NLACRC Consumer Advocate



Date: Saturday- 5/15/10 from 10 AM - 12 PM

Adult consumers who live on their own or with elderly family will receive a backpack filled with emergency supplies at the end of this training! We'll cover:

-  1. Emergency food, water and 1st aide
-  2. Emergency household supplies
-  3. Emergency plan and home safety list
-  4. Emergency info, contacts and resources

At North Los Angeles County Regional Center-
15400 Sherman Way, Suite 170, Van Nuys- west of
Sepulveda Blvd. Conference room 100 on 1st floor

To RSVP, contact Kathryn Lincoln at **818-756-6225**,
KathrynI@nlacrc.org by **5/12/10** to reserve your backpack