

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



Dates: Monday- 4/12/10 from 10 AM - 12 PM or Monday- 4/19/10 from 2:30 PM - 4:30 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**,
KathrynL@nlacrc.org by **4/9/10** to reserve your backpack