

# Adult Program Seminars & Just 4 Us Group Schedule

Sponsored by: North Los Angeles County Regional Center.

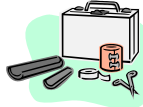
**For adults with developmental disabilities. FREE.**

Just 4 Us Coordinators- Mary Abitia & Paula DeAmicis

At North Los Angeles County Regional Center Conference Room-  
15400 Sherman Way (west of Sepulveda Blvd) in Van Nuys



**XXX Sat. 5/14/09 from 4:30 - 7 PM-** Just 4 Us Potluck Picnic. We'll provide sandwiches and paper goods. Bring a side dish or drinks to share. **Northridge Park** - meet at picnic benches. 10058 Reseda Blvd. at Mayall St, Northridge



**Sat. 6/20/09 from 10 -12 noon-** Prepare for Emergencies at Home and in the Community  
**12:30 - 2 PM-** Just 4 Us Craft Meeting & Potluck- we'll serve a big salad. Bring a side dish or drinks to share



**Sat. 7/18/09 from 10 -12 noon-** Transportation and Social Activities in the Community  
**12:30 -2 PM-** Just 4 Us Craft Meeting & Potluck- we'll make sandwiches. Bring a side dish or drinks to share



**Sat. 8/15/09 from 10 -12 noon-** Dealing with Loss & Death  
**12:30 -2 PM-** Just 4 Us Craft Meeting & Potluck- we'll serve a big salad. Bring a side dish or drinks to share

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