

FREE training for adults with intellectual/developmental disabilities who live on their own or with their family.

Sponsored by: North Los Angeles County Regional Center





Presenters: Kathryn Lincoln, NLACRC Community Outreach Specialist
and Jose Rodriguez, NLACRC Consumer Advocate



EMERGENCY SUPPLIES BACKPACK TRAINING

Date: Tue. - 10/12/10 from 2 - 4 PM

Adult consumers who live independently or with their family will receive a FREE backpack filled with emergency supplies at the end of the training! Only 1 backpack per NLACRC consumer. 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, Van Nuys- west of Sepulveda Blvd.
Conference room 100 on the 1st floor

To RSVP, contact Kathryn Lincoln at 818-756-6225,
KathrynI@nlacrc.org at least 3 days before to reserve your
backpack- supplies are limited. **1st come, 1st serve.**