

**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. - 9/14/10 from 5 - 7 PM or  
Fri. - 9/24/10 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 1<sup>st</sup> 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,  
[KathrynL@nlacrc.org](mailto:KathrynL@nlacrc.org) at least 3 days before to reserve your  
backpack- supplies are limited. **1<sup>st</sup> come, 1<sup>st</sup> serve.**