

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

EMERGENCY SUPPLIES BACKPACK TRAINING



**Dates: Thursday- 3/11/10 from 10 AM - 12 PM
or Friday- 3/12/10 from 2 - 4 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 **3/4/10** to reserve your backpack