



Who is it for?

The workshop is for people with disabilities to build skills, share ideas, and explore opportunities they can use in their everyday lives.



Independent Living Workshop



What is in a workshop?

- Facilitated Discussion
 - Fun Activities
 - Informative Videos
 - Useful Information



Community Living Skills includes 10 sessions on:

Disability Identity
Peer Support
Self-Advocacy
Self-Care
Housing
Technical Skills
Budgeting & Finance
Healthy Relationships
Transportation
Time Use & Management



Why take the workshop?

This workshop may let you:

- Learn and practice skills to live more independently
- Meet other people with similar experiences
- Think about choices
 - Experience peer support



We would love
to have you join!