



Services for Independent Living, Inc.'s Peer Support and Independent Living Skills Training (ILST) Calendar January 2017 to March 2017



Happy 2017! Services for Independent, Inc. (SIL) is looking forward to an eventful year. You will find our **Peer Support and Independent Living Skills Training (ILST) Programs** calendar of events for Winter 2017. You will find the schedule packed full of events to keep you warm this Winter.

During these three months, SIL's **ILST** sessions will focus on **Resource Management** and getting a better handle on your finances and the resources around you. If you are not sure which topics are best for you, an **evaluation** may be done to determine which topics would benefit you the most. Also, if the times and/or days scheduled are not good for your schedule, SIL staff will try to accommodate your schedule.

The monthly **Abilities-R-Us discussion/support group** meets at SIL monthly on Wednesdays from 1:00-3:00. Please call one week before to RSVP. Light snacks will be provided.

Peer consultants are trained volunteers who are matched with consumers with a disabilities for the purpose of emotional support and encouragement. SIL trains new consultants once a quarter and the next training is Thursday, March 16th, 2017. Lunch will be provided. Please call by March 9th to RSVP.

SIL's **Big Peer/Little Peer Program** is a program that matches youth with disabilities between 12 and 19 years of age with trained adults with disabilities. The training to become a Big Peer is online. Anyone interested in becoming a Big Peer should contact Lisa. Likewise if anyone is interested in becoming a Little Peer, please call Lisa.

All of the events are held in SIL's mock apartment and training room, 26250 Euclid Ave Suite 801, Euclid, OH 44132.

If you plan to attend any of these events, please RSVP one week before and inform April or Lisa if any accommodations (large print, sign language) are needed.

For more information on these events or to RSVP, please call April or Lisa at (216) 731-1529 (V/TTY).

SIL is a scent free environment, please refrain from wearing scented products when attending SIL events.

January

| | Sun 1 | Mon 2 | Tues 3 | Wed 4 | Thurs 5 | Fri 6 | Sat 7 |
|---|----------|--------------------------------|---|---|--|--|----------|
| 8 | | | | | | 13 1-2 ILST: Checking Accounts (A) | 14 |
| 15 | | 16 MLK DAY —SIL CLOSD | 17 1-3 ILST: Balancing a Check book (L) | 18 1-3 Abilities- R-Us (A) | | | 21 |
| 22 | | | | | | 27 1-3 ILST: Budgeting (A) | 28 |
| 29 | | | 30 | 31 1-3 ILST: Shopping on a Budget (L) | **In the event of bad weather, please call SIL before coming.** | | |
| <p>Key: (A) means the session is facilitated by April Holmes—aholmes@sil-oh.org (L) means the session is facilitated by Lisa Marn—lmarn@sil-oh.org</p> | | | | | | | |





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February

| Sun | Mon | Tues | Wed 1 | Thurs 2 | Fri 3 | Sat 4 |
|--|---------------------------------------|---|-------------------------------------|------------|---|----------|
| 5 | 6 | 7 | 8 | 9 | 10 1-3 ILST: Credit & Future Planning (A) | 11 |
| 12 | 13 | 14 1-3 ILST: Paying Bills (L) | 15 1-3 Abilities-R- Us (A) | 16 | 17 | 18 |
| 19 | 20 PRESIDENTS DAY—SIL CLOSED | 21 | 22 | 23 | 24 1-3 ILST: Accessing Community Resources (A) | 25 |
| 26 | 27 | 28 1-3 ILST: Shopping on a Budget (L) | | | | |
| **In the event of bad weather, please call SIL before coming.** | | | | | | |

March

| Sun | Mon | Tues | Wed 1 | Thurs 2 | Fri 3 | Sat 4 |
|--|-----|--|----------------------------------|---|--|----------|
| 5 | 6 | 7 1-2 ILST: Balancing a Check book (L) | 8 | 9 | 10 1-3 ILST: Checking Accounts (A) | 11 |
| 12 | 13 | 14 | 15 1-3 Abilities -R-Us (A) | 16 11-3 Peer Consultant Training (L) | 17 1-3 ILST: Budgeting (A) | 18 |
| 19 | 20 | 21 1-3 ILST: Credit & Future Planning (L) | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| PLEASE CALL IF YOU PLAN TO ATTEND ONE OF THESE EVENTS ONE WEEK BEFORE THE EVENT. THANK YOU! | | | | | | |

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Key: (A) means the session is facilitated by April Holmes—aholmes@sil-oh.org
(L) means the session is facilitated by Lisa Marn—lmarn@sil-oh.org