



Services for Independent Living, Inc.'s Peer Support and Independent Living Skills (ILST) Calendar July 2015 to September 2015



July

It is really an exciting and busy time for Services for Independent, Inc.'s (SIL) **Peer Support** and **Independent Living Skills Training (ILST) Programs**. You will find the schedule packed full of events for July, August, and September 2015.

You will find a variety of **ILST** topics which are designed to empower you with skills to be more independent. 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, staff may be able to add days to meet your needs.

If you have a **monthly Medicaid spend down** and you want help meeting it, please call Lisa to discuss how SIL's ILST sessions can help.

The **Abilities-R-Us discussion/support group** meets on monthly on a Wednesday. The theme for the next three months is "*Fun and Games*." Each session will be filled with exciting fun with your peers.


Peer consultants are trained volunteers who are matched with a consumer with a disability for the purpose of emotional support and encouragement. SIL trains new consultants once a quarter and the next training is September 17, 2015.

SIL's **Big Peer/Little Peer Program** is an exciting program that matches youth with disabilities between 12 and 19 years of age with trained adults with disabilities. The next training for Big Peers is Saturday, September 26, 2015.

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

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

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.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2	3 SIL CLOSED	4 
5	6	7 10-11:30 ILST: Assertive- ness (A)	8	9 1-2:30 ILST: Self- Awareness (L)	10	11
12	13 1-3 ILST: Intro to Computers (A)	14	15 1-3 Abilities-R- Us—ADA celebration & games	16 10-12 ILST: How to be a self- advocate (L)	17	18
19	20	21 1-3 ILST: Coping with Bullying (A)	22	23 10-12 ILST: Sexuality & Relation- ships (L)	24 10-12 ILST: Using the Internet (L)	25
 26 ADA 25TH ANNIVERSARY	27 10-12 ILST: Social Media (A)	28	29 1-3 ILST: Kitchen Safety (A)	30	31	

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

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August

September

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2	3	4 1-4 ILST: House-keeping (L)	5 10-12 ILST: Meal Planning & Prep (A)	6 1-3 ILST: Using a Microwave (L)	7	8
9	10 1-4 ILST: Laundry Skills (A)	11	12 10-12 ILST: Identifying & Counting Money (L)	13	14 1-3 ILST: Budgeting (A)	15
16	17	18 10-12 ILST: Checking Accounts (L)	19 1-3 Abilities-R-Us	20 1-3 ILST: Credit & Future Planning (A)	21	22
23	24	25	26	27	28	29
30	31 1-3 ILST: Shopping on a Budget (L)					

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2 10-12 ILST: Accessing Comm Resources(A)	3	4 10-12 ILST: Emergency Preparedness (L)	5
6	7 	8	9 10-12 ILST: Transportation (A)	10	11	12
13	14	15 1-3 ILST: Community Safety (L)	16	17 11-3 Peer Consultant Training (L)	18	19
20	21 10-12 ILST: Shopping on a Budget (L)	22 10-12 ILST: Intro to Computers (L)	23 1-3 Abilities-R-Us	24	25 1-3 ILST: Checking Accounts (A)	26 12-4 Big Peer Training (L)
27	28	29 10-1 ILST: Laundry Skills (A)	30			

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