



Virtual Summer Programs 2021!



Join us for our 2021 Summer classes and workshops! These programs for youth and adults with disabilities are FREE and will be held virtually throughout the Summer!

Why Participate?

- Meet other people with disabilities who have a passion for making positive change!
- Learn exciting new skills and information in a safe, supportive setting!
- Explore new ideas and create lasting, meaningful experiences!
- Express yourself and improve self-agency, perseverance, and resilience!
- Have fun!

How to Register

To register for workshops or group, call **414-226-8375** V/Relay and **leave your name, phone number and the workshops or groups that you would like to attend.**

Reasonable Accommodations

IndependenceFirst is committed to providing the highest degree of accessibility when offering agency-sponsored events. Please notify Kathy Meisner at 414-226-8331 V/Relay or kmeisner@independencefirst.org with your disability-related accommodation requests two weeks before the start date of the workshop or group. We will do our best to honor accommodation requests made after this date.

Environmental Chemical Sensitivities

For the safety and comfort of those with chemical and environmental sensitivities, IndependenceFirst requests that when attending agency-sponsored events, please refrain from using any perfumed products such as scented soaps, deodorants, perfumes, colognes and heavily scented fabric softeners. To maintain a smoke-free environment, please also refrain from smoking in paths of travel and doorways.

Workshop Schedule

Dates	Time	Workshop
May 24 th & 25 th	1:00 pm – 3:00 pm	Peer Support Mentor Volunteer Training
June 1 st – August 24 th Tuesdays	4:00 pm – 5:00 pm	Book Club
June 2 nd – July 7 th Wednesdays	3:00 pm – 4:30 pm	Creative Writing
June 3 rd – July 22 nd Thursdays	1:00 pm – 3:00 pm	Art and the Five Senses
June 7 th , 14 th , 21 st & 28 th	10:00 am – 11:30 am	Social Skills
June 9 th – June 30 th Wednesdays	1:00 pm – 3:00 pm	Rock & Roll Advocacy
June 21 st – June 25 th	10:00 am – 2:00 pm	Youth Leadership Summit
June 23 rd July 14 th July 22 nd August 2 nd	3:00 pm – 4:30 pm 6:00 pm – 7:30 pm 10:00 am – 11:30 am 1:00 pm – 2:30 pm	Introduction to Long-term Care
July 6 th – July 9 th	8:00 am - 10:00 am	Making Proud Choices
July 7 th – August 4 th Wednesdays	1:00 pm – 2:00 pm	Money Management
July 14 th – August 26 th Wednesdays	3:00 pm – 4:00 pm	If You Cook, They Come
July 27 th – August 17 th Tuesdays	1:00 pm – 2:30 pm	Mindfulness and Self-Care
August 23 rd – August 27 th	4:00 pm – 5:00 pm	Conflict and Anger Management