

Fall Programs 2022!



the resource for people with disabilities

**Join us for our 2022 Fall classes and workshops!
These programs for youth and adults with
disabilities are FREE and will be held virtually and
in-person throughout the Fall.**

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 Independence First is committed to providing the highest degree of accessibility when offering agency-sponsored events. Please notify Gerald Hay at 414-226-8135 V/Relay or ghay@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, Independence First 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

Workshop	Dates	Time
Advocacy 101	Oct. 10 - Nov. 14 (Mondays)	2:00 pm to 3:00 pm
Book Club (Song for a Whale)	Oct. 11 - Dec 13 (Tuesdays)	4:30 pm to 5:30 pm
Conflict & Anger Management (Grafton Office)	Oct. 11 – Nov. 22 (Tuesdays)	1:00 pm – 2:00 pm
Fall Hiking Club	Oct. 22, Nov. 19, Dec. 17, Jan. 21, Feb. 18, March 18 (Saturdays)	9:00 am – 11:00 am
Friends & Films	Oct. 5 – Dec. 7 (Wednesdays)	6:00 pm – 8:00 pm
Halloween Workshop	Oct. 8	11:00 am – 3:00 pm
Holiday Extravaganza	Dec. 1 – Dec. 15 (Thursdays)	5:30 pm – 7:00 pm
Into Adult Long Term Care Waiver Programs <i>(Same workshop offered on different dates)</i>	Nov. 8 Nov 16 Nov 17	10:00 am – 11:30 am 12:00 pm – 1:30 pm 5:00 pm – 6:30 pm
The Art of Communicating and Speechifying	Oct. 5 – Nov. 30 <i>Skipping Nov. 23</i> (Wednesdays)	2:30 pm – 4:00 pm