

Independent Living is a philosophy and a movement of people with disabilities who work for self-determination, equal opportunities and self-respect.

Independent Living does not mean that we want to do everything by ourselves and do not need anybody or that we want to live in isolation Independent Living means that we demand the same choices and control in our every-day lives that our nondisabled brothers and sisters, neighbors and friends take for granted. We want to grow up in our families, go to the neighborhood school, use the same bus as our neighbors, work in jobs that are in line with our education and interests, and start families of our own.

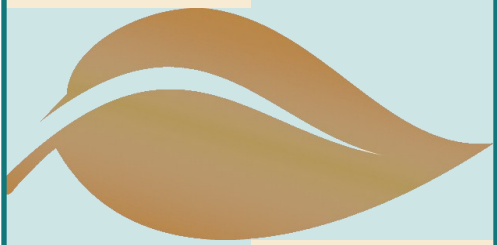
Since we are the best experts on our needs, we need to show the solutions we want, need to be in charge of our lives, think and speak for ourselves - just as everybody else. To this end we must support and learn from each other, organize ourselves and work for political changes that lead to the legal protection of our human and civil rights.

We are profoundly ordinary people sharing the same need to feel included, recognized and loved.

As long as we regard our disabilities as tragedies, we will be pitied.  
As long as we feel ashamed of who we are, our lives will be regarded as useless.  
As long as we remain silent, we will be told by others what to do. Adolf Ratzka 2005



**Independent Living Class Schedule Fall 2011 Block II**



**729 South Tejon St  
Colorado Springs, Co. 80903**

**Phone: 719-471-8181 V/TTY**

**Fax: 719-471-9322**

**VP: 719-358-2513**

**Toll Free:**

**866-646-8181**

**Independent Living Class Schedule Fall 2011 Block II**

Classes Starting the week of October 31st:

SOCIAL LIVING

Skills in living independently  
Mondays  
9am to 10:30am

MONEY MANAGEMENT

Skills in money management and budgeting  
Mondays  
10:30am to 12pm

EMPLOYMENT READINESS

Skills in choosing the right job and how to find employment  
Tuesdays  
9am to 10:30am

CUSTOMER SERVICE

Skills in how to successfully work with customers  
Tuesdays  
10:30am to 12pm

**PLEASE NOTE:**

- NO CLASSES THE WEEK OF 11/21/11 (THANKSGIVING WEEK)
- CONTACT THE INDEPENDENCE CENTER FOR PRICING INFORMATION

Classes Starting the week of October 31st:

EATING HEALTHY

Skills in cooking and good nutrition  
Thursdays  
9am to 10:30am

MICROWAVE COOKING

Skills in using a microwave to cook quick and healthy meals  
Thursdays  
10:30pm-12pm

Person Centered Learning

One-on-one tutoring in reading and math  
By appointment  
Call Gerri at x134 for more Information

MOSAIC ART CLASS

Learn to put together Mosaics while improving dexterity and concentration with new friends  
\$10 drop in or \$45/ 5 week session starting 10/27  
Thursdays 2:30pm to 4pm

**BLIND & LOW VISION SUPPORT  
GROUPS, 55+**

**Aspen Mine Center  
Conference Room**

**3rd Wednesdays of the month  
1pm to 2 pm**

**C.S. Senior Center,  
John & Catherine Smith Room**

**3rd Tuesdays of the month  
10 am to 11 am**

**Village at Skyline  
Skyline Room**

**2nd Thursdays of the month  
10:30 am to 11:30 am**

**View Point Small Dining Area  
2nd Tuesdays of the month  
10 am to 11 am**

**SUPPORT GROUPS & DISABILITY  
AWARENESS CLASSES**

Traumatic Brain Injury Group (TBI)  
2nd and 4th Wednesdays of the month  
1:30 to 3 pm

Disability Support Group  
1st and 3rd Wednesdays of the month  
1:30 to 3 pm

Advocacy  
Tuesdays 1pm to 2:30pm

Independence Way  
Wednesdays 10am to 11:30am  
Thursdays 1pm to 2:30pm

**SUPPORT GROUPS CONT.**

Community Transition Services (CTS)  
Support Group  
The last Thursday of the month  
2pm to 3pm

---

**Intimacy in Living**  
This class has been cancelled for block II  
and may begin again after the first of the  
year

**DEAF & HARD OF HEARING CLASS  
AND SUPPORT GROUP INFO**

ASL Coffee Chat  
1st Saturday of the month  
1 pm to 4 pm  
Barnes & Noble Starbucks  
Near the Citadel Mall

Deaf Chat  
3rd Friday of the month  
3 pm to 6 pm  
The Independence Center

HOH Support Group  
4th Friday of the month  
3 pm to 5 pm  
The Independence Center

EMERGENCY POLICIES FOR DEAF  
AND HARD OF HEARING  
Nov 2nd to Dec 14th  
1 pm to 2 pm  
No Cost associated

***Independent Living  
is the freedom to  
live the life you c  
choose!***



729 South Tejon Street  
Colorado Springs, CO 80903  
Phone: 719-471-8181 V/TTY  
Fax: 719-471-9322  
VP: 719-358-2513  
Toll Free: 855-646-8181  
[www.theindependencecenter.org](http://www.theindependencecenter.org)