

## Employment Networking Group

This is a voluntary networking group for people who are seeking employment, meeting the 3<sup>rd</sup> Wednesday of every month from 10 AM to 11 AM.

Contact Starr Vahsholtz ext. 109 for any accommodations. Please allow at least one week's notice.



## INDEPENDENT LIVING CLASS SCHEDULE

### Fall Session

## The IC's Mission:

Working with people with disabilities, their families and the community, we create independence so that all may thrive.

People with disabilities  
building community

# THE INDEPENDENCE CENTER

729 South Tejon Street  
Colorado Springs, CO 80903

719-471-8181

Toll Free: 855-646-8181

[theindependencecenter.org](http://theindependencecenter.org)

People with disabilities  
building community

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## Independent Living (IL) Skills Classes

Classes are generally eight weeks long and run on a quarterly schedule throughout the year to meet all of our consumers' needs. Please contact IL Skills Specialist, Edgar Morales, at extension 168 to register for classes. Please visit [the-ic.org](http://the-ic.org) for all current class schedules.

### Registration Deadlines:

**Session 1:** August 21, 2015

**Session 2:** October 23, 2015

### Mondays

**Money Management, 9:00am – 10:30am**

**Session 1: August 24- Oct. 19**

**Session 2: Oct. 26- Dec. 14**

Learn how to start managing your Money by learning about checking and savings accounts, budgeting and using your money wisely.

### Basic Spanish

**August 24- Oct. 19, 11:30am – 1:00pm**

An Introduction to the Spanish language and culture.

### Living Well With a Disability

**Sept. 14- Dec 30, 10:30 am – 12:00pm**

Group Discussions, interactive suggestions and conversations. Contact Tim Ashley to register at ext. 123.

### \*Snow Day Disclaimer

If your class is canceled due to a snow day, then please return the following week at your regularly scheduled time for your class. The class will in turn run for an extra week at the end of the course schedule.

### Tuesdays

**Independent Cooking, 11:00am – 1:30pm**

**Session 1: August 25- Oct. 20**

**Session 2: Oct. 27- Dec. 15**

Learn the skills to cook complete, healthy meals.

**ILS Classes as needed -TBD**

9:00am – 10:30pm

### Wednesdays

**Self-Advocacy**

**August 25 – Oct. 21, 11:30am -1:00pm**

Learn the skills and basic knowledge to advocate for yourself.

**Positive Attitude and Overcoming Barriers**

**Oct. 26- Dec. 16, 11:30am-1:00pm**

Learn to develop the skills and empowerment to conquer daily obstacles with a positive attitude and outcomes

## Employment Skills Classes

“Tools for Success”

Are you looking for a job? These classes will help prepare you for the process of applying for and succeeding in your new position! **Registration required.** If accommodations are needed, please allow at least one week's notice. Please call Starr Vahsholtz, Employment Specialist at ext. 109.

**Available Classes at  
The Independence Center.**

### Employee Readiness

This series on classes covers the following topics: Resume & Cover Letter, Find a Job/ Dress for Success, Mock Interview/Take Home Recording, Resume Wrap Up

**Session one: Aug. 6, 13, 20, 27**

**Session two: Oct. 1, 8, 15, 22**

**Meets from 10am – 12pm**

### Employee Retention

This series on classes covers the following topics: Keeping a Job, Starting a Job and Meeting Position Expectations, Supervisor Communication, Problem Solving in the Workplace

**Session one: Sept. 3, 10, 17, 24**

**Session two: Nov. 5, 12, 19, Dec. 3**

**Meets from 10am – 12pm**