

Long Island Center for
Independent Living, Inc. (LICIL) Presents...

Educated, Skilled and Empowered



**A self-advocacy group for
young adults (ages 18-26)
with physical disabilities**

**Kickoff
Meeting
March 29th!**

**Be your best
advocate in your
community, in the
workplace, and
beyond!**

**Empower yourself!
Recognize and develop
your strengths, talents,
and capabilities**

**Build a
peer
support
network**

**Fridays
2:00 - 3:15 PM
LICIL
3601 Hempstead Tpke.
Suite 500
Levittown**

**Learn about
Independent Living
resources
for navigating
adulthood!**

**...and
more!**



**Interested?
Contact Ashley Andree
advocacy@licil.com
(516) 796-0144**



LICIL
Long Island Center
for Independent Living, Inc.

**If you require reasonable
accommodations, please make
your request at least ten days in
advance. E-mail
advocacy@licil.com AND
ThereseA@licil.com
or call 516-796-0144.**

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**Presented by Long Island Center for Independent Living, Inc.
(LICIL)**

**A self-advocacy group for young adults
with physical disabilities**

****Ages 18-26****

Are you a young adult with a physical disability? Has the transition to adulthood been especially challenging? Have you encountered barriers to school or community access? Are you sometimes hesitant to speak up for what you need and want in your life? Do you experience poor attitudes from those without disabilities? Do you have concerns about navigating the world of work with a disability?

If this sounds like you, come join us!

Become an effective self-advocate in your community, on campus, in the workplace, and beyond

Recognize your strengths and how to use them strategically to nourish your talents and capabilities

Build a support network of peers in similar situations

Learn about how independent living services can support and empower you throughout your adult life

...and more!

About the Facilitator:

Ashley Andree, M.S.Ed. is a graduate student in Hofstra University's Rehabilitation Counseling Program. Living with her own physical disability, Ashley understands the unique challenges facing young adults with mobility impairments as they strive for independence in a world made for typical young adults. Additionally, Ashley has prior experience working as a special education teacher at the K-12 level. In 2017, she shifted her focus to working with college-age students with disabilities and is currently a Graduate Assistant in Student Access Services at Hofstra University. Ashley is a fierce advocate who is passionate about empowering individuals dealing with disability-related issues.

Check out the attached flyer for more information on how to get involved! Our first meeting is March 29th – hope to see you there!