



"Being kind means responding to the needs of others—and people can be kind, no matter how old or young they are." —*Fred Rogers*

Home Energy Assistance Program

The Home Energy Assistance Program (HEAP) begins on November 1st and can help eligible New Yorkers heat their homes. If you are eligible, you may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits if you are in danger of running out of fuel or having your utility service shut off. Eligibility and benefits are based on income, household size, the primary heating source, and the presence of a household member who is under age 6, age 60 or older or permanently disabled. For more information, please contact Shante' Alexander at 718-720-9016 ext. 203 or salexander@siciliving.org.

WOMEN'S PEER SUPPORT GROUP

The group meets every other Tuesday from 1:30pm to 3:00pm. The group will meet to discuss topics that include life experiences, relationship issues and other issues of interest. To join or to get additional information, please call Carla at 718-720-9016 ext 206.

WEEKLY PEER GROUP

This group meets once a week on Wednesday's from 10:30am to 12:00pm with Carla for socialization and peer support. Please contact Carla if interested in joining at 718-720-9016 ext. 206.

COMPUTER LITERACY PROGRAM

Are you interested in learning basic computer skills? Join us for our computer class. Please contact Jade if interested in joining at 718-720-9016 ext. 205 or jsmith1@siciliving.org.

GRIEF AND LOSS SUPPORT GROUP

This group is an opportunity to meet other grieving people and share experiences and coping strategies. We will meet every other Tuesday from 1:30pm-3:00pm. If interested, please contact Carla Brodsky at 718-720-9016 ext. 206 or email at cbrodsky@siciliving.org.

ADDITIONAL WORKSHOPS AT SICIL

Health and Wellness – Join us to learn about nutrition on a budget. The classes are one day a week for a 1 ½ hours for 10 weeks. To register for the next session please call Carla at 718-720-9016 ext. 206.

Domestic Violence Prevention Workshops –The focus of this workshop will be to teach women with disabilities the skills necessary to identify, prevent and escape abuse and abusive situations and ways to foster healthy relationships. As the workshop is primarily educational, women who wish to participate do not have to have had any personal experience with these issues. Please call Carla 718-720-9016 ext. 206 to sign up.

Open Doors Program

The goal of the Open-Door project is to increase the number of people in nursing homes who are able to access home and community-based services. NYAIL has partnered with SICIL and other Independent Living Centers (ILCs) across the state to implement the program. ILCs are disability-led grassroots organizations providing advocacy and supports to assist people with disabilities of all ages to live independently and fully integrated in their communities. The Independent Living philosophy emphasizes consumer control, the idea that people with disabilities are the best experts on their own needs and have the right to decide how to live, work, and take part in their communities. Many ILCs run programs aimed at transitioning people out of nursing homes and providing person centered services for them to live independently in the community. Please contact either Eric Sogomonian at ext. 207 or at esogomonian@siciliving.org or Jade Smith at ext. 205 or at jsmith1@siciliving.org.

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