



"Nothing is impossible. The word itself says 'I'm possible' - Audrey Hepburn

### **ENERGYSHARE**

The Energyshare Grant opened up on January 13, 2025. Approved applicants can receive up to \$200.00 once every twelve months and they must have an active Con-Edison account, and have received a HEAP benefit. For more information and to apply, please contact Jade Smith at 718-720-9016 ext 205, or at [jsmith1@siciliving.org](mailto:jsmith1@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, or at [cbrodsky@siciliving.org](mailto:cbrodsky@siciliving.org)

### **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, or at [cbrodsky@siciliving.org](mailto:cbrodsky@siciliving.org)

### **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](mailto:jsmith1@siciliving.org).

### **GRIEF AND LOSS SUPPORT GROUP**

This group is an opportunity to meet other grieving people and share experiences and coping strategies. This group meets once a week for 10 sessions. If interested, please contact Carla Brodsky at 718-720-9016 ext. 206 or email at [cbrodsky@siciliving.org](mailto: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, or at [cbrodsky@siciliving.org](mailto:cbrodsky@siciliving.org)

**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 at 718-720-9016 ext. 206, or at [cbrodsky@siciliving.org](mailto:cbrodsky@siciliving.org) to sign up.

### **Open Doors Program**

If you or someone you know are currently living in a nursing home or an immediate care facility and would like to transition back into the community, the Open Doors Program can assist you. Do you want to live in your own home, or apartment, a shared home, or a small group home? We can help you explore ways to live in the community and find services and support that will help you achieve your goal of living independently.

To learn more about the Open Doors Program you can contact them at 1-844-545-7108, or [www.ilny.org](http://www.ilny.org), or call us at 718-720-9016 and ask for Eric Sogomonian at ext.207, or Jade Smith at ext.205.



Staten Island Center for Independent Living  
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Staten Island, NY 10

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