



Peer Support Group Opportunities

For Individuals with a Disability



Peer Support Groups are currently being offered online thru Zoom!

- Coping Strategies during the COVID-19 Pandemic Support Group
- Parenting with a Disability Support Group
- Newly Acquired Disability Group
- Self-Advocacy for Individuals with a Disability
- Personal Care Attendant (PCA) Support Group
- Exercise: Adaptive Sports Programs
- Navigating Public Transportation Systems

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Join us at CILO to learn how you can become more Independent in your own community!

www.cilo.net

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