

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.**

# **Educated, Skilled and Empowered**

**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!**