



Center for Independent Living Options

Classes · Peer Support · Presentations

May	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3 <u>STEP 10AM</u> <u>Writers Express 1PM</u>	4	5 <u>Computer Skills</u> <u>10AM</u>	6
	9	10 <u>STEP 10AM</u> <u>Writers Express 1PM</u>	11	12 <u>Computer Skills</u> <u>10AM</u>	13
	16	17 <u>STEP 10AM</u> <u>Writers Express 1PM</u> <u>Brown Bag Lunch –</u> <u>12noon</u>	18	19 <u>Computer Skills 10AM</u> <u>Life Series 11AM</u> <u>Cooking Basics</u>	20
	23	24 <u>STEP 10AM</u> <u>Writers Express 1PM</u> <u>Life Series 11AM</u> <u>Housing Rights</u>	25	26 No class today	27 

June	Monday	Tuesday	Wednesday	Thursday	Friday
	May 30 CILO Closed	May 31 <u>STEP 10AM</u> <u>Writers Express 1PM</u>	1	2 <u>Computer Skills</u> <u>10AM</u>	3
	6	7 <u>STEP 10AM</u> <u>Writers Express 1PM</u>	8 <u>Life Series 11AM</u> <u>Responsible Health</u>	9 <u>Computer Skills</u> <u>10AM</u>	10
	13 YOLO Begins	14 <u>STEP 10AM</u> <u>Writers Express 1PM</u>	15 <u>Life Series 11AM</u> <u>Quality Childcare</u>	16 <u>Computer Skills</u> <u>10AM</u>	17
	20 	21 <u>STEP 10AM</u> <u>Writers Express 1PM</u>	22	23 No class today	24
	27	28 <u>STEP 10AM</u> <u>Writers Express 1PM</u>	29	30 <u>Computer Skills</u> <u>10AM</u>	



CILO - 2031 Auburn Avenue - Cincinnati, OH 45219

For information contact us at 513.241.2600 or email cilo@cilo.net

STEP: Supportive Transformation & Employment Program

Meets Tuesday 10:00AM to 11:30AM

This group helps people develop the skills needed to participate in job training and employment.

Writers Express

Meets Tuesday 1:00PM - 3:00PM

Do you have a passion for creative writing and a desire to inspire others? This group is an opportunity to express yourself through your writing and stimulating conversations with others. This group also helps develop a knowledge of Microsoft Word.

Computer Skills

Meets Thursday 10:00AM - 11:30AM

A beginner's level computer class where people can learn Microsoft Word and basic internet skills.

Life Series (Call to reserve a seat)

Free educational presentations promoting independent living skills for people with disabilities. Something for everyone—topics, days and times vary (refer to our monthly calendar)

The Center for Independent Living Options, Inc. (CILO) is a 501(c)3 non-profit organization serving people of all ages with all types of disabilities in Greater Cincinnati and Northern Kentucky since 1977.

Homeless Services • Advocacy • Peer Support •
Independent Living Skills • Information & Referral • Transition Services