



Independent Living Program

Supportive group for adults looking to develop skills in independence*

yai.org/ilp

The course runs one day a week in the late afternoon to the early evening for two hours. ILP is a 26 week course that includes topics such as:

- budgeting
- nutrition & kitchen safety
- decision making
- problem solving
- community & internet safety
- stress management
- and other topics to help individuals make strides towards independence

A light snack and travel reimbursement is provided weekly

To apply online visit yai.org/ilp

*Registration and OPWDD eligibility required.

Open to individuals living at home with their families in
Brooklyn, Manhattan, Queens or the Bronx