



Independent Living Skills Program

Supportive group for adults looking to develop skills in independence*

yai.org/ilsp

The course runs one day a week in the late afternoon to the early evening. ILSP has two 12-week semesters that cover 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 is provided weekly

To apply online visit yai.org/ilsp

For more information call YAI LINK at 212.273.6182 or email link@yai.org

**Registration and OPWDD eligibility required.*

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