

Class Descriptions

Monday:

Express Yourself Through Writing 10:30pm-12:30pm *Assigned Staff: Tiffany*

This class strives to help consumers express feelings through poetry while also assisting with writing and public speaking skills.

Peer Support Group 1:30pm-3:00pm *Assigned Staff: Aspyn, Debbie L.*

This peer group works to help people with all disabilities adjust to a more independent life in the community.

Tuesday:

Peer Support Group 10:30am-12:00pm *Assigned Staff: Aspyn, Debbie L.*

This peer group works to help people with all disabilities adjust to a more independent life in the community.

Deaf Communications Class (Taught in ASL) Third Tuesday 10:30-12:00 (Carole)

Deaf individuals will learn more about communication skills

Food Sense 2: 2:00pm-3:00pm *Assigned Staff: Aspyn*

Consumers will learn about healthy eating from the SNAP Program from the U of U Extension Services.

ASPIRE First and third Tuesdays. 4:00pm to 5:00pm *Assigned Staff: Debbie Sarah Gamarra*

Youth consumers will learn a variety of independent living skills.

Wednesday:

Advocacy and Disability Culture 11:00am-12:00pm *Assigned staff: Aspyn*

This class teaches about disability culture, the disability movement, self-advocacy, and participation in the legislative process.

Young Adult Group 3:00pm-4:30pm *Assigned staff: Brenda*

For consumers 18-28, this class introduces and elaborates on independent living skills.

Thursday:

Outings Times vary. *Assigned Staff: Brenda*

Exploring a variety of venues and community activities, using UTA services. (\$2.50 one way or \$1.25 one way with a reduced fare card)

Etiquette and Boundaries 10:30am-11:30am *Assigned Staff: Aspyn*

This class will focus on describing what etiquette really is and why we need it. Specifically, we will focus on how and when to talk about our disabilities and to ask others about theirs. We'll talk about personal space and setting of boundaries.

Knitting & Crocheting: 1:30pm-3:00pm *Assigned Staff: Brenda.*

Will learn how to knit and crochet.

Skin Care 2:00 pm-3:00 pm June 28th

How to take care of your skin (Aspyn, Debbie L)

Friday:

Literature 10:30am -11:30pm *Assigned Staff: Aspyn*

The Literature classes will be geared towards improving reading comprehension and writing skills. The hope is that this class will help improve understanding in other classes, as well as in day-to-day life, with application in jobs and furthered learning.

Bonwood Bowling 2:00pm-3:30pm *Assigned Staff: Brenda*

UILC meets at Bonwood Bowling, located at 2500 South Main St. Prices are discounted for UILC consumers (\$4.00 for 2 games including shoes)

Staff Contact: 801-466-5565

Aspyn Bennett (Independent Living Specialist) x 205

Debbie Sarah Gamarra (Life Skills Specialist) x 215

Debbie Lambrose (Transition and Outreach Specialist) x 212

Brenda Green (Community Integration) x 219

Tiffany Montoya (Assistive Technology Program) x 220

Carole Tomkinson (Deaf Expansion Program) **801-657-5220 (video phone)**