

# NICIL

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NORTHWESTERN  
ILLINOIS CENTER FOR  
INDEPENDENT LIVING

*Northwestern Illinois Center for Independent Living (NICIL)*

Spring/Summer 2022

Workshop and Class Catalog

NICIL

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815-625-7860

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Serving NW Illinois since 1985  
throughout

Carroll, Jo Davies, Lee, Ogle and Whiteside Counties

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## Who is NICIL?

NICIL began in 1985 with a group of individuals that wanted NW Illinois to serve persons with disabilities in living their independent lives without exclusion. These brilliant founders were part of the Independent Living Movement and builders of action a full five (5) years before the Americans Disabilities Act was signed into law.

NICIL was one of the original five (5) Centers for Independent Living (CIL) in Illinois. We are very proud of the dedicated founders, staff, and volunteers that have continued to make this dream a reality in CIL's in Illinois.

NICIL is a non-residential disability service agency. We help persons with disabilities and their families navigate the Independent Living Philosophy as it relates to the individual living their life. We assist in five (5) core service areas of:

- Advocacy
- Peer Support
- Information and Referral
- Independent Living Skills Training
- Transition Services

In each of these five (5) service areas, we offer a multitude of individual services to support our consumers (customers). We also specialize in customized training for groups, but more on that later!

It comes naturally with our team at NICIL to offer a catalog of classes for group setting: More classes, more people! While it would be impossible to list every single training that we can offer, we decided to put together this catalog for the Spring/Summer of 2022.

We aren't done yet! We have much work still to be done to serve the people of NW Illinois.

## Why a Catalog, Why now?

While we love working one on one with our consumers, we realize that we could offer more to others if we established traditional (or non-traditional) classes and workshops.

You should know, these are not lecture classes! Oh no, we are interactive, live, hands on classes! We want your experience at NICIL to be meaningful and even fun!

If you have any questions about the classes, would like to RSVP, or you are interested in a class not offered, call us at 815-625-7860 to discuss further call us!

Please Note: All classes may be scheduled for an additional night class if we have interest.

Supply costs must be paid prior to due date of the class.

Fun for You!

We are crafters here at NICIL! We love to create and to share the final products of these creations. We hope you will too!

### Diamond Painting 101

Diamond Painting has been a crafting project for more than 10 years and has been trending upward the last few years. These works of art are fun and improve hand/eye coordination. One of the best things are the results of these creations that are fast, fun, and inexpensive. This class is an introduction of the basics on how diamond painting projects work with time to allow the actual work on the project in person. This is a two (2) hour class.

Class dates:

- Wednesday, April 20, 2022 from 6:00pm to 8:00pm
- Tuesday, April 26, 2022 from 1:30pm to 3:30pm

Cost for the kit and supplies is \$10.00

Instructor: Michele Miller

Class size limit: 12 participants

Registration closes on April 4, 2022 to allow kits to be ordered

### Crocheting 101

Hats, gloves, scarfs, even blankets can all be made by you! The basic crocheting techniques along with how to read a pattern are taught in this class. Crochet hooks, pattern, and practice yarn are all provided for you. Time for your new hobby! This is a two (2) hour class.

Class dates:

- Tuesday, April 12, 2022 from 6:00 to 8:00pm
- Thursday, April 14, 2022 from 1:30pm to 3:30pm

Cost for the kit and supplies is \$5.00

Instructors: Dorie H and Michele Miller

Class size limit: 8 participants

Registration closes on April 4, 2022 to allow kits to be ordered

### Jewelry Making 101

This is a great beginner class for anyone who wants to learn the basics of jewelry making. This class focuses on necklaces, earrings, and bracelets. We will also talk about how to conduct basic repairs such as changing clasps or fixing breaks. This class is for costume jewelry and does not cover soldering, precious metal, or precious stone jewelry. This is a three (3) hour class.

Class date: Tuesday, May 3, 2022 for 1:00pm to 4:00pm

Cost for supplies is \$10.00

Instructor: Michele Miller

Class size limit: 8 participants

Registration closes on April 18, 2022 to allow supplies to be ordered

## Food and Nutrition

Hungry? Wanting to get active? Well, we may have just the classes for you! The NICIL team has some great foodies! We like to experience healthy and innovative food that we can make at home with reasonable costs. Join us!

Special Note: There is food to take home for the classes, please bring take home containers, these won't be provided in class.

### Gluten Free Treasurer

For some of us, Gluten Free is now a way of life! This can be difficult to find easy recipes that are accessible, fun, and tasty! We will provide the recipes, samples, tips and suggestions to making your food preparation easier. This is a three (3) hour class.

Class date: Tuesday, May 10, 2022 for 1:00pm to 4:00pm

Cost for supplies is \$15.00

Instructor: Andrea L and Michele Miller

Class size limit: 6 participants

Registration closes on April 18, 2022 to allow supplies to be ordered

### Five Ingredients or Less!

This fun class is designed to make easy dishes for your meals. Three courses will be prepared: Appetizer, entrée, and dessert. You may have many of these ingredients already in your pantry! Bring containers as the class members can take home leftovers. Recipes included! This is a three (3) hour class.

Class date: Tuesday, May 17, 2022 for 1:00pm to 4:00pm (we will schedule a night class if there is interest)

Cost is for supplies is \$15.00

Instructor: Andrea L and Bethany S

Class size limit: 6 participants

Registration closes on April 25, 2022 to allow supplies to be ordered

### Entertaining on a Budget

Now that COVID is starting to move behind us, it is time to entertain family and friends again! While the world may have changed, your budget probably hasn't. We will show you ways to entertain with food and décor all on a budget. Music, take home gifts, place settings, and more are all part of the discussion. Recipes included! This is a three (3) hour class.

Class date: Tuesday, May 24, 2022 for 1:00pm to 4:00pm

Cost for supplies is \$15.00

Instructor: Tim B, Bethany S, and Ashley G

Class size limit: 6 participants

Registration closes on May 2, 2022 to allow supplies to be ordered

## Money, Money, Money!

Money is a necessity of life! There is nothing we can do about that except to earn more and manage our money. The classes we have for this catalog will help you get a better understanding of your money situation!

### Budgeting

Budgeting is not something everyone is comfortable with. In this class we go through typical monthly expense and show how to budget for your income. Yes, we agree that we could all use more income but this class details how to budget and live within your means (income). If comfortable, please bring your monthly expenses and we will get started on budgeting! This class is two (2) hours.

Class date: Wednesday, June 1, 2022 for 1:00pm to 2:00pm

Cost for supplies is \$ 0

Instructor: Tim B and Michele Miller

Class size limit: 10 participants

Registration closes on May 26, 2022 to allow materials to be prepared

### Organizing

Organizing is very trendy right now. You can purchase these services from professional organizers for a lot of money. What if we told you that we can teach you organizational skills for free? We will start with organizing your paperwork (financial, medical, benefits, etc.) and move onto organizing your closets, pantry, garage and more! We will also demonstrate how to recycle/upcycle things you already have into organizational tools. This class is two (2) hours.

Class date: Wednesday, June 8, 2022 for 1:00pm to 3:00pm

Cost for supplies is \$ 10

Instructor: Bethany S, Ashley G, and Emily W

Class size limit: 10 participants

Registration closes on June 1, 2022 to allow materials to be prepared and supply purchase

### Saving for the Future

Are you ready to retire? Too young? How about saving for a major purchase like a car, house, vacation or returning to school? Saving for your future can be difficult with the cost of living increase when your income is not. This class discusses how to save for your future today so you can be prepared for tomorrow. This class is two (2) hours.

Class date: Wednesday, June 16, 2022 for 1:00pm to 3:00pm

Cost for supplies is \$ 0

Instructor: Tim B and Emily W

Class size limit: 10 participants

Registration closes on June 8, 2022 to allow materials to be prepared

## Employment

Today it is an employee market, meaning that there are more jobs available than there are **qualified** candidates. But this will not last forever and it really is not true. Yes, there are many positions available right now, but employers are looking for longevity, reliability, and skills. Do you have what it takes? We can help you find the right employer for your talents WHILE you enjoy the experience.

### I am looking for a job: Who is looking for me?

Informal and ongoing employment support on how to better understand employers' needs and how they look to hiring the right employees. Are you wondering what employer will make you happy? Let's discuss this and much more! There is an open question and answer time to discuss barriers to employment for all who participate.

Workshop is held the 2<sup>nd</sup> Tuesday of each month:

April 12, 2022, May 10, 2022 and June 14, 2022 from 9:00am to 10:30am.

No cost, but registration is required.

Instructor: NICIL Team and the BEST INC Team

Class size limit: 25 participants, a Zoom option will be available

### Resume Round Up

Do you need a resume? Absolutely! Even if you are using an application, a resume is necessary especially at an interview. This class takes you from start to finish on what your resume should reflect. We will also help with interviewing techniques, including questions to ask (and not to ask), understanding a job description, cover letters, and how to close the deal! This is a three (3) hour class but you will have homework. Follow up class if desired.

Class date: Tuesday, June 7, 2022 for 9:00pm to noon

Tuesday, June 14, 2022 form 1:00pm to 4:00pm

Cost is \$5.00 for supplies

Instructor: NICIL team

Class size limit: 10 participants

Registration closes on June 1, 2022 to allow materials to be prepared

### Employment Support

Looking for support in application and employment and not sure how to get started? The NICIL team is ready to assist! Call us for your one on one appointment to get our experts to assist you in finding your next career move!

*"Choose a job you love and you will never have to work a day in your life". - Confucius*

## Public Events

The NICIL team is involved in many public events including outreach events. If there is an opportunity to showcase NICIL, our programs and services, or even our success, we like to be there! Check out our website for all the upcoming outreach events scheduled, then come out and join us!

### New Leaf Training

NICIL has partnered with our friends at Equip for Equality to hold New Leaf training. This training is for individuals with questions on:

- The Cannabis Regulation & Tax Act: Cannabis is Legal – What it Does and Does Not Mean
- Expungement of Past Cannabis Records
- How Legalization Impacts Employment, Housing, Disability Rights and Immigration
- Cannabis & The Americans with Disabilities Act
- Working in the Cannabis Industry
- Resources and Next Steps

REGISTRATION REQUIRED: Visit [www.equipforequality.org/register](http://www.equipforequality.org/register)

Class date: Tuesday, April 5, 2022 from 6:00pm to 7:30pm

Cost is \$0 but registration is required

Instructor: Equip for Equality and the NICIL team

Class size limit: unlimited, class is held via ZOOM

Registration closes on March 29, 2022 to allow materials to be prepared

**NEW LEAF**  
ILLINOIS

**EQUIP FOR EQUALITY**

**NICIL**  
NORTHWESTERN ILLINOIS CENTER FOR INDEPENDENT LIVING

**FREE TRAINING:**  
Cannabis Legalization  
and Expungement

Sponsored by:  
The Northwestern Illinois Center for Independent Living

LEARN WHAT THE NEW LAW MEANS FOR YOUR PAST AND YOUR FUTURE

April 5, 2022  
6:00pm - 7:30pm  
Webinar Via Zoom

THE FREE TRAINING WILL COVER

- The Cannabis Regulation & Tax Act: Cannabis is Legal – What it Does and Does Not Mean
- Expungement of Past Cannabis Records
- How Legalization Impacts Employment, Housing, Disability Rights and Immigration
- Cannabis & The Americans with Disabilities Act
- Working in the Cannabis Industry
- Resources and Next Steps

REGISTRATION REQUIRED  
Visit [www.equipforequality.org/register](http://www.equipforequality.org/register)

Live captioning and American Sign Language interpreters provided.

A project of Illinois Equal Justice Foundation

Visit [www.nicil.org](http://www.nicil.org) for cannabis management information or contact Equip for Equality for free training at 800.537.3632 (toll-free) or 815.241.1111

### Book Club

We are currently working on conducting a book club. We would offer an in-person club but we would also offer a Zoom ability for those who are unable to attend in person. For those of us who love to read, this is a great way to meet others and share the adventures found in the pages of a book.

Interested? Call our front desk at 815-625-7860 or via email at [frontdesk@nicil.org](mailto:frontdesk@nicil.org) and let us know you are interested. When we have a group of four (4) people, we will arrange our first club meeting!

### Sewing Club

Like many old-time skills, sewing is trending! We are looking to start a sewing club. Meeting once a month (or more times if the club wants) we would share our projects, support projects that may need some help and even learn some new tips and suggestions. We are hoping the club includes members who are expertise as well as those just wanting to learn.

Interested? Call our front desk at 815-625-7860 or via email at [frontdesk@nicil.org](mailto:frontdesk@nicil.org) and let us know you are interested. When we have a group of four (4) people, we will arrange our first club meeting!

## Customized Training

Did you know that NICIL offers customized training for your organization or business? It is true!

### Real Colors

We are certified in Real Colors, a training program designed to understand personality traits and how to work together in your organization.

### Disability Awareness

We offer this interactive training to bring awareness of the different types of disabilities and the ease of relating to the individual. Even today, many are still apprehensive on how to interact with someone with a disability.

### Myth Busters: Hiring Persons with Disabilities is for you!

In 2022 there are still people who believe that persons with disabilities can't or don't want to work! This is NOT reality. With this training we bust the myths about hiring and working with people with disabilities. First myth busted: Reasonable accommodations don't always cost money! Want to find out more? Call us!

### Accessibility Surveys

The NICIL team members have been trained to offer accessibility surveys to businesses and organization to assist in finding out if your organization is accessible. While many think they are, often that is not the case! Our expertise can survey your organization and offer suggestion on how to make changes before it becomes a problem.

We have a talented group of team members at NICIL with many expertise. If you have an interest in customized training, call us we are happy to assist in finding ways for your organization to continue its success. We will work within your budget!

## Wrap up

We recognize that some of these classes may not be something you are interested, but we really like to hear from you. What are you interested in and how can we make that interest into a class or Workshop?

Do you have an expertise in a field? We are looking for new trainers to join our team. Call us with your interests in become a trainer and we will talk!

Didn't see a class or Workshop that you wanted? Call us at 815-625-7860! If there is interest, we will build a class for you!

Call us for a special group cost and an exclusive date!

Needing a one on one class? We can offer that as well! Our Independent Skills training offers many, many classes that we offer one on one. Call us and let's talk!