

NICIL

Northwestern Illinois Center for Independent Living

Fall/Winter 2022 Workshop and Class Catalog

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www.nicil.org

Email us: frontdesk@nicil.org

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.

Money Management

Now is as good of a time as any to learn how to save money. At NICIL we understand how expensive gasoline and supplies are becoming, let us show you how to save money to adapt to the increase of other items.

Money Management:

The holidays can be very hard on your pocket book. Managing your budget to plan for the holiday season will make life less stressful. Come to NICIL to learn how. This is a two (2) hour class.

Class dates:

- Tuesday, October 11, 2022 from 5:00pm-8:00pm
- Wednesday, October 12, 2022 from 3:00pm-5:00pm

Cost \$0

Instructor: Tim and NICIL Team

Class size limit: 10 participants

Registration closes on October 4, 2022 by noon

Shopping on a Budget:

As we all know, the prices on everything are increasing. Come to NICIL to learn how to be able to shop on a budget. This is a two (2) hour class.

Class dates:

- Tuesday, November 15, 2022 from 3:00pm-5:00pm
- Wednesday, November 16, 2022 from 5:00pm-8:00pm

Cost \$0

Instructor: NICIL Team

Class size limit: 10 participants

Registration closes on November 8, 2022 at noon

This is a great time of year to be thinking about food. Come to NICIL to get some fun, new ideas to expand your recipe catalog.

Cooking and Baking

Cooking on a Budget:

Do you get tired of the same boring leftovers? If so, come to NICIL to see how to transform your leftovers into a brand-new meal. This is a two (2) hour class.

Class dates:

- Tuesday, October 18, 2022 from 3:00pm-5:00pm
- Wednesday, October 19, 2022 from 5:00pm-8:00pm

Cost \$15.00

Instructor: Emily and NICIL Staff

Class size limit: 6 participants

Registration closes on October 11, 2022 at noon

Baking for the Holidays:

Baking for the holidays has been a lifelong tradition in many households, come to NICIL to get a jumpstart on your holiday baking with new and easy recipes to add to your holiday experience. This is a two (2) hour class.



Class dates:

- Tuesday, November 8, 2022 from 5:00pm-8:00pm
- Wednesday, November 9, 2022 from 3:00pm-5:00pm

Cost \$15.00

Instructor: NICIL Team

Class size limit: 6 participants

Registration closes on November 1, 2022 at noon

NICIL will be doing crafts that anyone can do. You don't need to have any experience with crafting, just come to socialize and you might leave with a new hobby that you enjoy.

Have another cooking and/or baking class in mind? Call us at 815-625-7860 or email us at frontdesk@nicil.org. We are always up for planning a new class and we have some very talented staff members on our team!

Creative Crafts

Making Gifts for the Holidays:

Christmas time can be very expensive and stressful. Let the NICIL Team help. We are going to make some fun and easy gifts that you will be able to give away and save money. This is a two (2) hour class.

Class dates:

- Tuesday, December 6, 2022 from 5:00pm-8:00pm
- Wednesday, December 7, 2022 from 3:00pm-5:00pm

Cost \$15.00 for supplies and/or kits

Instructor: NICIL Team

Class size limit: 8 participants

Registration closes on December 1, 2022 at noon



Making Cards for the Holidays:

Need a hobby and like to send out cards to friends and family. Well let's make them personal. Come to this class and we will teach you how to make a personalized card to show them we care. This is a two (2) hour class.

Class dates:

- Tuesday, December 13, 2022 from 5:00pm-8:00pm
- Wednesday, December 14, 2022 from 3:00pm-5:00pm

Cost \$10.00 for supplies

Instructor: NICIL Team

Class size limit: 8 participants

Registration closes on December 11, 2022 at noon

Health and Wellbeing

Did you know that exercise does more for you than just to lose weight? Well, exercise can also combat health conditions and disease, improve your mood, boosts energy, and promotes better sleep.

Exercise in Small Places:

We all know that we do not exercise enough and we have all kinds of excuses, like there is not enough room. We'll let the NICIL Team help you with that. We will teach effective ways to get exercise without needing very much room. This is a two (2) hour class.

Class dates:

- Tuesday, September 6, 2022 from 3:00pm-5:00pm
- Wednesday, September 14, 2022 from 5:00pm-8:00pm

Cost \$5.00 for water and supplies

Instructor: NICIL Team

Class size limit: 6 participants

Registration closes on August 30, 2022 at noon



Music and Movement:

This is a fun way to exercise and burn some of those unwanted calories and pounds. This is a two (2) hour class.

Class dates:

- Tuesday, January 17, 2022 from 3:00pm-8:00pm
- Wednesday, January 18, 2022 from 5:00pm-8:00pm

Cost \$5.00 for water and supplies

Instructor: Andrea and Ashley

Class size limit: 6 participants

Registration closes on January 10, 2022 at noon

Computers skills and resume writing are continually changing. Come to NICIL to make sure that you are up to date on these skills, especially if you are looking for employment opportunities or considering going back to school.

Education and Employment

Basic Computer Skills: Zoom:

Did you know we can teach you some basic computer skills that could be useful for furthering your education, employment opportunities, or even for your own social and/or personal benefits through zoom and other social media sites? Zoom is one of the positive outcomes of the pandemic. We can teach you at NICIL! This is a two (2) hour class.

Class dates:

- Tuesday, September 20, 2022 from 5:00pm-8:00pm
- Wednesday, September 28, 2022 from 3:00pm-5:00pm

Cost \$5.00 for supplies

Instructor: Bethany and NICIL Team

Class size limit: 6 participants

Registration closes on September 13, 2022 at noon

Resume Writing:

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 dates:

- Tuesday, January 10, 2022 from 3:00pm-5:00pm
- Wednesday, January 11, 2022 from 5:00pm-8:00pm

Cost \$10.00 for supplies

Instructor: NICIL Team

Class size limit: 10 participants

Registration closes on January 3, 2022 at noon

Looking for more employment skills training? We offer one on one skills training with the NICIL team. Call us at 815-625-7860 or email us for your session at

frontdesk@nicil.org.

February Fun

The holidays are over, the weather has been going on for so long! Are you ready to take a break and have some fun? At NICIL we are!

February Fun, these two classes may not have anything more in common than ways to ease your mind, come to NICIL to have fun while learning new skills.

Basic Household Repairs:

Come learn these skills that are needed to make repairs in your home so that you do not need to hire a handyman. This is a two (2) hour class.

Class dates:

- Tuesday, February 7, 2022 from 3:00pm-5:00pm
- Wednesday, February 8, 2022 from 5:00pm-8:00pm

Cost \$10.00 for supplies

Instructor: Emily and NICIL Team

Class size limit: 8 participants

Registration closes on February 1, 2022 at noon



Mindfulness:

This class will teach you how to open your mind and let it relax. This method works well on those who have a tough time relaxing, come find out how it will work for you.

Class dates:

- Tuesday, February 21, 2022 from 3:00pm-5:00pm
- Wednesday, February 22, 2022 from 5:00pm-8:00pm

Cost \$0

Instructor: Ashley and NICIL Team

Class size limit: 10 participants

Registration closes on February 14, 2022 at noon

Clubs



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 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 and let us know you are interested. When we have a group of four (4) people, we will arrange our first club meeting!

Have another idea for a club or social group? Call us at 815-625-7860 or email us at frontdesk@nicil.org we would love to hear your ideas!

Customized Trainings

Did you know that NICIL offers customized training for your organization or business? It is true! Here are some of the trainings we are able to offer at NICIL!

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!

Call us for our latest prices on these trainings. We also offer customized trainings specifically developed for your needs. Give us a call 815-625-7860.

Wrap up

There is so many things about NICIL that most people don't know. Here's one, did you know that 51% or more of our management, staff, volunteers, and Board of Directors are persons with disabilities. Many of us have lived through some of the same situations our consumer have experienced.

We are passionate about what we do and live out our mission. We actively seek Board of Directors members to support our mission and vision while leading NICIL to the future. Be part of the NICIL story! Call us for details.

We recognize that some of these classes may not be something you are interested in, but we would 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 becoming 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!

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