

ENDEPENDENCE CENTER NEWSLETTER

AUGUST 2024

"Building Accessible Justice in Virginia": ECI to Host Focus Group for Survivors of Sexual Violence



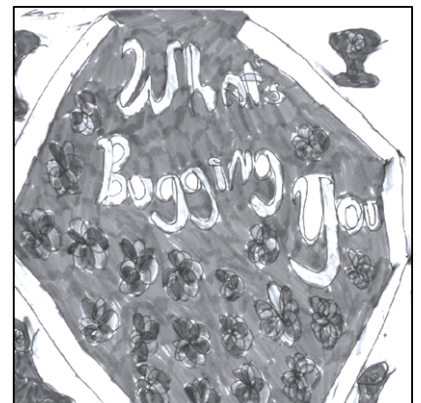
The "Building Accessible Justice in Virginia" initiative is a collaboration among the disAbility Law Center of Virginia, the Virginia Sexual and Domestic Violence Action Alliance, and the Department of Criminal Justice Services' Victims Services Team. The initiative is holding regional focus groups to hear directly from survivors of sexual violence with intellectual and developmental disabilities about their experiences and challenges when seeking services.

ECI will host the region's focus group on September 4 at 10:00am - 12noon. The focus group is open both to ECI participants and the general public. **SPACE IS LIMITED AND PRE-REGISTRATION IS REQUIRED.** Attendees will receive a \$30 gift card as a thank you for participating (gift cards will be provided when checking in at the event). For more information and to RSVP, contact Joliefawn Liddell at Joliefawn.Liddell@dLCV.org.

First Episode of ECI's Participant- Driven Podcast Now Available!

The attendees of ECI's Independent Living Training series on podcasts are happy to share that the participant-driven podcast, "What's Bugging You?" is live. The first episode, "Advocacy - Don't Stay QUIET!!!", covers what advocacy is and how to use your voice to make change for your life or our community. Listeners get the chance to hear from ECI staff and participants about their experiences advocating for themselves.

You can find the links to listen to the podcast (and future episodes) on your favorite podcast app (Spotify, Apple Podcasts, Amazon, and more), or listen to the podcast directly on our website.



We will begin writing the next episode at this month's Independent Living Training session on Tuesday, August 27 at 3:00pm. If you're interested in participating, please reach out to your coordinator.

AUGUST 2024

Endeppendence Center, Inc. Events

Held at ECI, 6300 E. Virginia Beach Blvd, Norfolk

- 14th WED** **Consumer Advisory Committee 2:00pm – 3:30pm**
Purpose of the meeting is to review the results of the annual Consumer Satisfaction Survey and develop recommendations for ECI staff and Board.
- 17th SAT** **Youth Independent Living Skills Training 1:30pm – 3:00pm**
Cooking Skills: Beyond the Microwave
- 21st WED** **Independent Living Skills Training: Time Management and Organizational Skills 2:00pm – 3:30pm**
Using time management and organizational planning skills to accomplish your goals.
- 27th TUE** **Independent Living Skills Training on Podcasts 3:00pm – 4:30pm**
We will be diving into the writing of our second episode.
- 28th WED** **Advocacy Group Meeting 2:00pm – 3:30pm**
Discussion of current advocacy issues people are working to resolve.

Community Events & News

Transportation tickets are NOT provided to attend community events.

- 2nd FRI** **Silent Dinner 5:30pm – 8:00pm**
Lynnhaven Mall (701 Lynnhaven Parkway, Virginia Beach)
Southside Silent Dinner is a silent, social, family-friendly event for the deaf community, CODA (Child of Deaf Adult), ASL beginners and students, and others interested in ASL.
- 20th TUE** **Participant-Led Event 12noon – 2:30pm**
Buffalo Wild Wings (101 S. Independence Blvd., Virginia Beach)
This event is organized by participants.

Reminder: The CAC wants to hear from you!



The Consumer Advisory Committee (CAC) conducts an annual ECI Participant Satisfaction Survey to gather information regarding the quality of services active participants receive from ECI staff. The CAC compiles survey results without interference by ECI staff and presents the findings so we can deliver high quality services and meet participants' needs. **Active participants will receive their survey in the mail. After completing the survey, please use the enclosed return envelope to mail it back. If you prefer, you can also complete the survey online at [http://www/endeppendence.org/feedback](http://www.endeppendence.org/feedback).**

August 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>*These events are not organized by ECI. Bus and paratransit tickets will not be provided by ECI.</i></p>				1	2 Silent Dinner* @ Lynnhaven Mall 5:30pm – 8:00pm	3
4	5	6	7	8	9	10
11	12	13 ECI CLOSED FOR STAFF EVENT	14 Consumer Advisory Committee (CAC) @ ECI 2:00pm – 3:30pm	15	16	17 Youth ILS Training: Cooking Skills: Beyond the Microwave @ ECI 1:30pm – 3:00pm
18	19	20 Participant-Led Event* @ Buffalo Wild Wings 12noon – 2:30pm	21 ILS Training: Time Management & Organizational Skills @ ECI 2:00pm – 3:30pm	22	23	24
25	26	27 ILS Training: "What's Bugging You?" @ ECI 3:00pm – 4:30pm	28 Advocacy Group @ ECI 2:00pm – 3:30pm	29	30	31

ELECTRONIC SERVICE REQUESTED



Disability Advocacy & Services

Endeppendence Center, Inc.
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Norfolk, VA 23502

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Website:

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Schedule Changes

Check the ECI website:
www.endeppendence.org
or call
(757) 461-8007, option 4

Accommodations

To request accommodations
for ECI activities:
(757) 351-1586 voice
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Social Media

Facebook: Endeppendence
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