

# THE INDEPENDENCE CENTER

August 2026 Newsletter

*Opening Doors to Opportunities*

## Parking Lot Improvements Coming in August

We're excited to share that our parking lot will be getting a much-needed facelift this August! During the repaving project, our parking lot will be unavailable for approximately three days.



As with many outdoor improvement projects, the schedule is dependent on weather conditions. The paving contractor will provide a more specific timeframe as soon as it becomes available. During the repaving period, ECI's office will be closed to the public; however, staff will be teleworking and conducting business as usual.

We will share updates and scheduling details on our website and Facebook page as soon as they are confirmed. Thank you for your patience and understanding as we complete these improvements.

## August ILS Training: Hiring Consumer-Directed Personal Care Attendants

Join us on Wednesday, August 19 at 2:00pm until 3:30pm for an interactive training and group discussion focused on hiring Consumer-Directed (CD) attendants. Participants will share their experiences, talk about challenges they have faced, and discuss strategies that have helped them successfully hire attendants. This training is a chance to learn from others and exchange ideas in a supportive environment.

## Reminder: Share your Experiences with Rental Discrimination



ECI is distributing a Rental Application Survey for people with disabilities to share their experiences contacting landlords, completing rental applications, and going through the approval process, as well as the applications themselves. To complete the survey, you can pick one up at the ECI office or ask an ECI staff member to send you one. You can also scan the QR code on the left or visit our website to complete the survey online. Our goal is to find patterns, increase education and awareness for our community, and support fair housing for all.

# EVENT LISTINGS



AUGUST 2026

## ECI Events

*Unless noted otherwise, events are held at ECI (6300 E. Virginia Beach Blvd., Norfolk)*

- 5<sup>th</sup> WED** **Consumer Advisory Committee (CAC) Meeting** 2:00pm - 3:30pm  
We'll finish the new surveys and our recommendations.
- 12<sup>th</sup> WED** **Connect & Grow** 2:00pm - 3:30pm  
Connect & Grow is a fun, welcoming space where ECI participants come together to make connections, share laughs, learn, and grow together as part of our independent living community.
- 19<sup>th</sup> WED** **Independent Living Skills Training: Hiring Consumer-Directed Attendants** 2:00pm - 3:30pm  
See page one for details.
- 25<sup>th</sup> TUE** **Independent Living Skills Training on Podcasts** 2:00pm - 3:30pm  
This month, we'll learn how to use our recordings to create the episode.
- 26<sup>th</sup> WED** **Group Peer Mentoring** 2:00pm - 3:30pm  
The monthly Group Peer Mentoring Discussion is an opportunity for participants to share experiences, provide information, and support one another to accomplish their goals.
- 29<sup>th</sup> SAT** **Youth Independent Living Skills Training: Ice Cream Social** 1:30pm - 3:00pm  
Come out and enjoy the end of summer with our end of summer ice cream social. We will have ice cream, activities, games, and, most importantly, fun! Please RSVP to Amy Ouellette at (757) 351-1597 or [aouellette@endependence.org](mailto:aouellette@endependence.org) no later than 5pm on Wednesday, August 26.

## Community Events

*Transportation tickets are NOT provided to attend community events.*

- 3<sup>rd</sup> MON** **PEATC Community Office Hours** 9:00am - 11:00am  
This is an opportunity for families to visit Parent Educational Advocacy Training Center (PEATC) staff for one-on-one, in-person support. For questions, call PEATC's Region 2 Family Support Specialist at (703) 923-0010 or visit <https://peatc.org>.
- 12<sup>th</sup> WED** **HRT Paratransit Advisory Committee** 1:00pm  
**Hampton Roads Transit (3400 Victoria Blvd., Hampton)**  
The HRT Paratransit Advisory Committee serves as a communication link between the Transportation District Commission (TDCHR), persons with disabilities who use Hampton Roads Transit (HRT)'s services, and service providers to the disabled community on matters related to Paratransit service within HRT's service area. All meetings are free and open to the public in person or via Zoom. For more information, call (757) 222-6087 or e-mail [paratransitdept@hrtransit.org](mailto:paratransitdept@hrtransit.org).
- 15<sup>th</sup> SAT** **TOUCH Group** 11:00am - 1:00pm  
**Endependence Center (6300 E. Virginia Beach Blvd., Norfolk)**  
Come join us for conversation on facing barriers and how we can overcome these barriers in the community. Coming together and sharing ideas and resources can help encourage our friends and family living with a disability. For questions, contact Montrell Rodgers at 757-238-1293 or [VATOUCH.22@gmail.com](mailto:VATOUCH.22@gmail.com).
- 29<sup>th</sup> SAT** **ASL Sip & Sign** 10:00am - 11:00am  
**Pinup Coffee at Farmhouse (1805 Kempsville Road, Virginia Beach)**  
Join fellow ASL users and learners for voices-off time to sign and socialize. All levels are welcome, but please adhere to voices-off.

# AUGUST 2026

| SUNDAY                                                                                                                                                                                    | MONDAY                                                            | TUESDAY                                                     | WEDNESDAY                                                                                                                              | THURSDAY | FRIDAY                                                       | SATURDAY                                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|----------|--------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Events subject to change. Check the ECI website and Facebook for up-to-date information.<br><b>*This event is not organized by ECI; bus and Paratransit tickets will not be provided.</b> |                                                                   |                                                             |                                                                                                                                        |          |                                                              | 1                                                                                                                                                             |
| 2                                                                                                                                                                                         | <b>PEATC Community Office Hours*</b><br>@ ECI<br>9:00am – 11:00am | 4                                                           | <b>CAC Meeting</b><br>@ ECI<br>2:00pm - 3:30pm                                                                                         | 6        | <b>Silent Dinner*</b><br>@ Lynnhaven Mall<br>5:30pm – 8:00pm | <b>ASL Hangout*</b><br>@ Back Bay Farmhouse<br>6:00pm                                                                                                         |
| 9                                                                                                                                                                                         | 10                                                                | 11                                                          | <b>HRT Paratransit Advisory Committee*</b><br>@ TDCHR (Hampton)<br>1:00pm<br><br><b>Connect &amp; Grow</b><br>@ ECI<br>2:00pm - 3:30pm | 13       | 14                                                           | <b>TOUCH Group*</b><br>@ ECI<br>11:00am – 1:00pm                                                                                                              |
| 16                                                                                                                                                                                        | 17                                                                | 18                                                          | <b>ILS Training: Hiring CD Attendants</b><br>@ ECI<br>2:00pm - 3:30pm                                                                  | 20       | 21                                                           | 22                                                                                                                                                            |
| 23                                                                                                                                                                                        | 24                                                                | <b>ILS Training on Podcasts</b><br>@ ECI<br>2:00pm - 3:30pm | <b>Group Peer Mentoring</b><br>@ ECI<br>2:00pm - 3:30pm                                                                                | 27       | 28                                                           | <b>ASL Sip &amp; Sign*</b><br>@ Pinup Coffee at Farmhouse<br>10:00am – 11:00am<br><br><b>Youth ILS Training: Ice Cream Social</b><br>@ ECI<br>1:30pm – 3:00pm |
| 30                                                                                                                                                                                        | 31                                                                |                                                             |                                                                                                                                        |          |                                                              |                                                                                                                                                               |

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Disability Advocacy & Services

**Endeppendence Center, Inc.**

6300 East Virginia Beach Blvd  
Norfolk, VA 23502

**Phone:**

(757) 461-8007 Voice  
(757) 461-7527 TDD

**E-Mail:**

[ecinorf@endeppendence.org](mailto:ecinorf@endeppendence.org)

**Website:**

[endeppendence.org](http://endeppendence.org)

**Accommodations**

To request accommodations  
for ECI activities:  
(757) 351-1586 voice  
(757) 461-7527 TDD  
[tmano@endeppendence.org](mailto:tmano@endeppendence.org)

To request an alternate  
format of our newsletter:  
(757) 351-1598 voice  
(757) 461-7527 TDD  
[ehoapili@endeppendence.org](mailto:ehoapili@endeppendence.org)

**Facebook**



**@ECINorfolk**

Endeppendence Center, Inc.  
Norfolk Virginia

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