



DECEMBER SUPPORT GROUPS

‘BEST (Becoming Empowered and Successful Teens) and Parent Transition Support Group

- * Wednesday, December 13
- * 6:00 p.m. to 7:30 p.m. at the Early Learning Center, 2501 S. First Street
- * Topic: “The Impact of Social Media on Teenagers”
- * Take a closer look at how social media and text messages are potentially negatively impacting the lives of our children.
- * For more information & to RSVP call Pete, 217 523-2587 v/tty

Post Polio Group

- * No meeting in December
- * Call Pete at 217 523-2587 for more information.

Heads Up Group (for individuals with traumatic brain injuries)

- * Heads Up Group for people with traumatic brain injuries
- * Sunday, December 17
- * 2:00 p.m. to 4:00 p.m. at Springfield Center for Independent Living, 330 S. Grand Ave., West.
- * Call Dave Munroe at 217-523-2587 for more information.

Memorial Center Support Group

- * Monday, December 4
- * 4:00 p.m. to 6:00 p.m.
- * Support group is at Memorial Center
- * For more information call 217 788-3461 or Memorial Rehab Services at 217 788-3300.



SCIL **SPRINGFIELD CENTER FOR**
Independent Living

330 S. Grand Avenue West
Springfield, IL 62704

For further information about any support groups, or if Braille, large print, or an interpreter are needed, please contact SCIL at 523-2587 V/TTY two weeks in advance.