



Independent Living
RESOURCE CENTER

WEEKLY CLASSES - CALL 316-942-6300 TO REGISTER!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 am—12:00 pm Cooking Class 12:30 pm—4:00 pm Arts & Crafts **	No Scheduled Classes **	11:00 am—1:00 pm Cooking Class 10:30 am – 1:00 pm Peer Support 1:00 pm—3:00 pm <u>2nd & 3rd Wednesday</u> Disability Advocates for Action Meeting (DA4A) **	11:00 am—1:00 pm Cooking Class 10:00 am—4:00 pm Arts & crafts 11:00 am—1:00PM 1st Thursday of the month Wichita Disability Rights Advocates (WDRA) 1:00 pm—2:00 pm Fitness Class **	No Scheduled Classes **

**** Individual and small group classes are available for the following areas: Budgeting Skills, Reading, Math, Life Skills, Peer Support and Basic Computer Skills. All classes are held at the Independent Living Resource Center (ILRC) office unless prior arrangements are made.**

Please call prior to attending a class for the first time to discuss our services and program guidelines with an ILRC Consumer Advocate.

**If you require accommodations in order to participate please notify ILRC one week in advance.
ILRC is accessible by City of Wichita Transit and paratransit bus services.**

**Independent Living Resource Center
3033 W 2nd St N
Wichita Ks 67203
316-942-6300**