



August 2016

Welcome Back to School!

Creative Cooking with Basil



Our little accessible garden has produced a lovely bounty of basil and other tasty herbs. Come explore creative cooking techniques with the aromatic flavors of basil and other herbs at the next Cooking Club.

ON THE MENU

- Pasta 2 Ways: pasta w/ pesto sauce & pasta fragolie
- Please bring a side dish, dessert or non-alcohol beverage of your choice to share.
- RSVP w/ Ranita by August 26th at 841-0333, ext. 115. You can leave your RSVP on the voice mail.



EVENT DATE!

Monday, August 29th

4:30 pm—6:30 pm

Independence, Inc.

2001 Haskell Avenue

2001 Haskell Avenue, Lawrence, KS 66046/ 785-841-0333

www.independenceinc.org

Connect with us on Facebook and Twitter

RULES OF RESPECT



Give respect Get respect

In 2003, members of the Peer Support Groups of Independence, Inc. developed some basic *Rules of Respect*. These rules help to provide guidance on how we are to treat one another within the groups.

PEER SUPPORT GROUPS RULES OF RESPECT

Members of the Peer Support Groups Agree to.....

Not interrupt our friends when they are speaking

Not make fun of, bully, or tease our fellow peers

Not yell or be rude to our peers

Not hit, harm or touch anyone without permission

Not use rude, vulgar, racist or hateful language

Not take other people's personal items or food off someone's plate

Be respectful of each other

Be helpful to each other

Be understanding of one another's differences and views

Participate to the best of our abilities including helping with task and clean up

Apologize when we are disrespectful to our peers

SAFE ENVIRONMENT: We want all peer group activities to be a safe environment for all participants. Therefore, there is zero tolerance for any behavior that threatens the physical or emotional safety of any person. Safety is a top priority! Please feel free to speak with Ranita (785-841-0333) or Independence, Inc. management if you have any concerns about this issue.

ARTS & CRAFTS GROUP

R U CREATIVE?

DO U LIKE 2 MAKE THINGS?

What Do U Like?

PAINTING?!

DRAWING?!

KNITTING?!

JEWELRY?!



CLUTTER 'N STUFF!

Stuff! We've got a lot of stuff!

We have art supplies here and there but none of it is organized.
Help us organize our crafty clutter at the next meeting.

TUESDAY, August 16th

4:30 PM– 6:00 PM

**Large Conference Room
Independence, Inc.**

RSVP by August 15 with Ranita at 785-841-0333, ext. 115

Movie Club Special Event



MOVIE SHOWING!

Film rated PG-13

Wednesday, August 17th

4:30 pm—6:30 pm

Independence, Inc. Large Conference Room

RSVP with Ranita by August 15th at 785-841-0333, ext. 115

Volunteer Opportunities!



Volunteer Peer Counselors Wanted

Do you like sharing your personal experiences with others? Interested in getting to know new people? The Volunteer Peer Counseling program of Independence, Inc. offers a great opportunity to connect people with disabilities with their peers.

YOU MUST pass a background check!

Please Note: Volunteer Peer Counselors are NOT “professional counselors.” They are peer mentors.

For more information or to request a
Volunteer Peer Counselor,
contact Ranita at 785-841-0333, ext. 115.





Brownies & ice cream FUNDRAISER

WEDNESDAY, AUG 24

6 PM ~ 8 PM

Fuzzy's Tacos ~1115 Massachusetts St.

\$5 a plate ~ only 60 available ~ come early!
**100% of the profit goes to Independence, Inc. to help
people with disabilities**

