

**Online Facilitated Support with The Westchester Independent Living Center (WILC)
Wednesdays from 3pm – 4pm.**

The Westchester Independent Living Center (WILC) continues to provide our community ways for us to connect while leading independent and viable lives. Using Zoom, our live *Online Facilitated Support Group*, with Jeff Zitofsky, one of our Peer Independent Living Specialists uses skilled, mutual peer support to guide and facilitate us to share, listen, and give and receive support during the current Coronavirus Pandemic on Zoom.

Peers continually provide proof that when we share with and understand each other we reduce, and prevent further, harm that can be caused by times like these.

If you'd like to connect, and receive and give support with us and your community, **join WILC's Online Facilitated Support Group on Wednesdays from 3 – 4pm using the link below:**

<https://zoom.us/j/161877136>