

# JOIN AT THE CICIL DES MOINES CONNECTION CENTER




## CENTRAL IOWA CENTER FOR INDEPENDENT LIVING



### LOCATED IN THE PARK FAIR MALL AT 2ND & EUCLID AVE.

**dart** Take the DART 50 Euclid/Douglas Crosstown Bus  
to the Euclid Ave & Oxford St stop



 [office@cicil.org](mailto:office@cicil.org)  
 [www.cicil.org](http://www.cicil.org)  
 515-243-1742

OPEN MONDAY-FRIDAY 12-4 PM

### WHO ARE WE?

The center is for adults with disabilities who want to become more active and engaged within their community, build relationships and social networks, increase their independence, and learn new skills.



### COMMUNITY SUPPORT

We can help connect you to resources for food, housing, mental health, & technology.



### PEER SUPPORT

Join others who experience disability for ongoing support groups, game nights, classes, volunteering, & more!



### INDEPENDENT LIVING SKILLS

We're here to work on skills around budgeting, bus training, cooking/menu planning, time management, & more!



### WELLNESS

The Connection Center has accessible yoga, fitness, and mindfulness classes! Plus, join for puzzles, pool, & fun activities.