



CENTER FOR INDEPENDENCE

of Individuals with Disabilities
Serving San Mateo County

Newsletter Winter 2016



Peer Support Group

Thursdays

2:00pm – 3:30pm

Center for Independence
2001 Winward Way Suite 103

San Mateo, CA 94404

Potential goals of this group are to explore issues such as:

- Living with and accepting a disability
- Family and relationship difficulties
- Employment and housing issues

If interested in joining the group, contact:

Alex Manieri

Independent Living Generalist
650-645-1780 ext 119
alexandram@cidsanmateo.org

Mental Wellness

CID is happy to announce a new mental wellness addition to our website. Charlotte Emilie Cesana, our mental health consultant, has put together a fantastic online resource.

We have created this resource to help you through your journey in the mental health world, whether you are a consumer, family member, friend, or advocate yourself.

On the site, we have included a Mental Health Advocacy Guide, a list of services and information on mental health for San Mateo County residents as well as a mental health overview.

Come visit our new website addition at www.cidsanmateo.org/mentalhealth



Have You Heard About California Clubhouse?

California Clubhouse gives those whose lives have been disrupted by mental illness the opportunity to recover meaningful work and relationships as they reintegrate into the broader community. It is a free and voluntary social/vocational program for adults 18 and older living in San Mateo County who suffer from severe mental illness.
www.californiaclubhouse.org



This year's Transition to Independence Fair in South City was another hit!

Thank you all for being a part of such an informative and joyful event.

There are a number of pictures posted to the website www.transitionfair.org

See You All Again Next Year!

A Very Special *Thank You* to This Year's Platinum Sponsors of the Transition Fair:

Gatepath, Social Vocation Services, Center for Independence, Kiwanis, & Provident Credit Union



Interested in receiving this quarterly newsletter via email? You can sign up on our website! We promise to **NEVER** send you spam or share your email with anyone.

Assistive Technology



These CID consumers were the lucky recipients of the AT Reuse Program managed by Steve Freier, Assistive Technology Coordinator. Both people are individuals with a disability that prevents them from walking very far. Safe Harbor Shelter in South San Francisco is located fairly distant from any main bus routes, and the closest bus stop is a mile away with stops only in the early morning and in late afternoon. This makes it virtually impossible for residents there to make it to appointments or to seek employment or housing.

The AT Reuse Program obtains most of its equipment, such as scooters, wheelchairs, and commodes from donations from the community and works with social workers to find low-income individuals who need such items.

Contact Steve at ext 127 to donate or to find out more information



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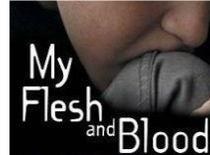


San Mateo
Public Library

Disability Film Series

CID has partnered with Gatepath and the County's Commission on Disabilities for our winter screenings of these three disability-focused films:

MY LEFT FOOT



All three films are free, open to the public, and will be screened at Gatepath's Education and Learning Campus located at 899 Stanton Road in Burlingame. Following each film, CID will facilitate a brief discussion.

Nov. 9 @ 3pm – **Horse Boy** delves into the strange world of autism itself, the relationship between humans and animals and between different cultures and different ways of being (autistic vs. normal, or "neuro-typical"), and the nature of healing.

Dec. 14 @ 3pm – **My Left Foot** is the true story of Christy Brown. Paralyzed from birth due to cerebral palsy, Brown (played by Hugh O'Connor as child and Daniel Day-Lewis as an adult) is written off as helpless. But Christy's indomitable mother never gives up on the boy. Brown learns to write, using his left foot, the only part of his body not afflicted.

Jan 11 @ 3pm – **My Flesh & Blood** takes an in-depth look at the Tom Family, which mostly consists of children that were rejected by their birth families due to mental or physical disabilities. The family's unconventional home-life becomes a foundation for the challenges and successes that they face daily.



Center for Independence of Individuals with Disabilities

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Our services include:

- ADA Consulting
- Housing Modification
- Counseling & Peer Support
- Independent Living Skills Training
- Information & Referral
- Systems Change Advocacy
- Assistive Technology
- Financial Benefits Counseling
- System Reuse Program

Please call, email, or stop in for more information

CID's mission is to provide support services, community awareness, and systems change advocacy to promote full and equal community integration and participation for people with disabilities in San Mateo County.