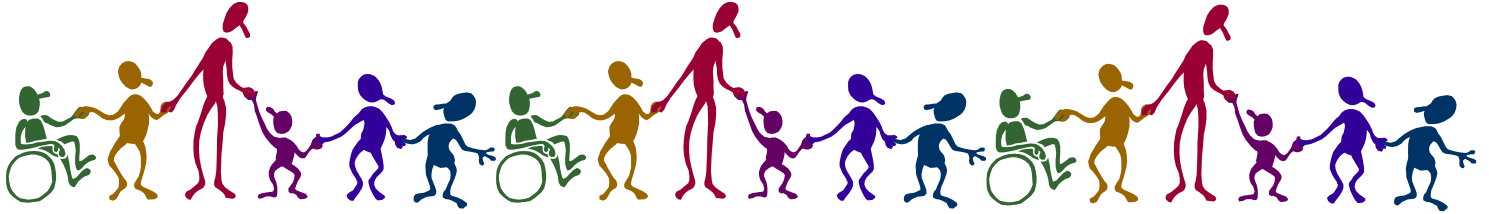


# Support Groups



**These groups are held at Capital District Center for Independence  
875 Central Ave., South 4, Albany NY (behind the brand new CVS)**

## **Monday**

### **Advocacy Group (12:00– 2:00 pm)**

This group works toward systemic changes which benefit the disability community. Led by a CDCI Peer Advocate.

## **Tuesday**

### **“I Have A Voice” (1:30 pm-2:45 pm)**

TBI Survivors Support

## **Wednesday**

### **“A Woman’s Island” (2<sup>nd</sup> & 4<sup>th</sup> Wednesday 1:30-2:45 pm)**

A Resource for Women with Disabilities Who Feel Isolated

### **”Mobil Men” (3<sup>rd</sup> Wednesday 2-3:30 pm)**

Support for men with mobility impairments

***Support group participants are to meet with a staff member before attending groups, to ensure they have selected the appropriate group.***

***Please call 518-459-6422 for more information!***