

Start the Conversation

Not your average group

For people with disabilities, our goal is to empower one another and find a “Deeper Sense” of ourselves. We will explore ways that increase our own self-expression, our confidence, and expand our personal awareness.

**Join us on Zoom every other
Tuesday at 1:30 PM**



Facilitators: Erick Dreher, LMSW & Alberta
Galdi, FDC

**Call or email to register: 631-730-3737/
edreher@siloinc.org & agaldi@siloinc.org**

SILO 

Self-Initiated Living Options, Inc.
education - advocacy - empowerment

