

Institute for Community Living
cordially invites you to participate in



a ground-breaking new program

LIFE U is a *Personalized Recovery Oriented Program*
like nothing you've experienced before.

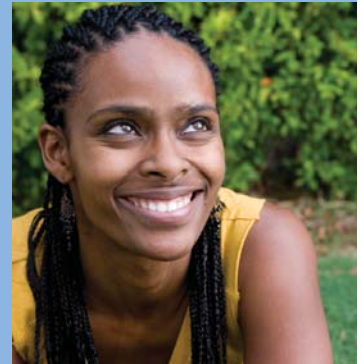
Take a computer class to enhance your memory,
concentration and problem solving skills.

Join a support group to better cope with life challenges.

Learn to cook and share delicious meals with friends.

Develop your own path toward recovery.

Gain the skills necessary to get a job.



RE-IMAGINE YOUR FUTURE with **LIFE U**.

YOU CHOOSE the goals, **YOU SET** the schedule,

YOU DECIDE what to do, **YOU GET THE HELP**

YOU NEED to live independently in an apartment, prepare

for a job, go back to school, further your personal interests and

develop your social life. At **LIFE U**, get help for the mental

health issues that hold you back from achieving your goals.

Being diagnosed with a
mental illness shouldn't
define who you are. Let
ICL provide the treatment,
training and support to
**DEVELOP YOUR
STRENGTHS** and
LEARN NEW SKILLS.



Improving Lives, Building Hope, Empowering People

Call 718.123.4567 to accept ICL's invitation to experience
LIFE U, or visit our website at ICLinc.org to find out more.

*Operated by ICL and licensed by the NYS Office of Mental Health.