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Have You Moved out of Laguna Honda or Any Other Nursing Home?

Declare Your Independence & Join Our Transition Group at Independent Living Resource Center San Francisco:

- Reconnect your life with the community
- Discuss fears and successes about the move to your own place
- Find out about free/cheap things to do in your new neighborhood
- Learn what's in your neighborhood & your city, and how to use it
- Share information about services & resources available to you
- Meet new people
- Plan activities with other group members

Got Questions? Interested?

**Call Alice at ILRCSF (415) 543-6222 x 103
For meeting dates and other info**

ILRCSF is wheelchair accessible and provides reasonable accommodations on request, including ASL interpreters and print information in alternative formats. ILRCSF is a **scent-free** office in order to be fully accessible to all people with disabilities. Please do not wear any scented products including perfumes, aftershave, hairspray, etc. to any meetings, groups, or workshops held at or by ILRCSF. If you are wearing scents, you will not be able to remain in the office.