



**Community Resources for Independent Living**  
[www.cril-online.org](http://www.cril-online.org)

Improving lives and making communities  
accessible since 1979

**CRIL WORKSHOPS, SUPPORT  
GROUPS & ADVOCACY MEETINGS**

**DAN: Disability Action Network**

Tri-Cities DAN: 1<sup>st</sup> Tuesday @ 3:30pm  
Fremont Library; Fukaya Room  
2450 Stevenson Blvd. Fremont, Ca

Hayward DAN: 2<sup>nd</sup> Wednesday @ 2pm  
Hayward CRIL 439 A St. Hayward, Ca

Tri-Valley DAN: 2<sup>nd</sup> Thursday @ 2pm  
Livermore CRIL 3311 Pacific Avenue  
Livermore, CA

Contact Jessica for info at [Jessica.Lehman@cril-online.org](mailto:Jessica.Lehman@cril-online.org)  
or call 510-881-5743 x.5937

**DANY: Disability Action Network 4 Youth**

Hayward DANY: 4<sup>th</sup> Wednesday @ 5pm  
Hayward CRIL 439 A St. Hayward, Ca

Contact Dolores for info at [Dolores.Tejada@cril-online.org](mailto:Dolores.Tejada@cril-online.org)  
or call 510-881-5743 x.5921

**Housing Search Workshops**

Hayward workshop: Every Tuesday @ 2pm  
Hayward CRIL 439 A St. Hayward, Ca  
Contact Roberto for info at [Roberto.Ostolaza@cril-online.org](mailto:Roberto.Ostolaza@cril-online.org)  
or call 510-881-5743 x.5933

Tri-Cities workshop: Registration required.  
To register, call (510) 257-5943.  
Fremont CRIL @ FRC, 39155 Liberty St.  
#H810, Mediterranean Room  
Contact Kelly for info at [Kelly.Harp@cril-online.org](mailto:Kelly.Harp@cril-online.org) or call  
510-794-5735

Tri-Valley workshop: 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays @  
2:00 – 3:30 pm  
Hayward CRIL 439 A St. Hayward, Ca  
Contact Abril for info at [Abril.Tamayo@cril-online.org](mailto:Abril.Tamayo@cril-online.org) or call  
925-371-1531 or 510-881-5743 x.5941

**Independent Living Skills and  
Disability Benefits 101 Workshops**

Disability Benefits 101: Every Wednesday @ 2pm  
Hayward CRIL 439 A St. Hayward, Ca

ILS Skills: Every Thursday @ 3pm  
Hayward CRIL 439 A St. Hayward, Ca  
Contact Wayland for info at [Wayland.Wong@cril-online.org](mailto:Wayland.Wong@cril-online.org)  
or call 510-881-5743 x.5935

**Private Pay Worker Application Day &  
Attendant Management Workshop**

PAS Application Day: 1<sup>st</sup> Friday of the month  
@ 9am-11am. Locations vary. Call for info.

Attendant Management Workshop: Held quarterly  
2-4:30pm. Please call to inquire.  
Contact Esperanza for info at [Esperanza.Diaz-Alvarez@cril-online.org](mailto:Esperanza.Diaz-Alvarez@cril-online.org)  
or call 510-881-5743 x.5938

**Support Groups**

Hayward group: 1<sup>st</sup> & 3<sup>rd</sup> Friday of the month  
@ 2:00 - 3:30 with Wayland  
Contact Wayland for info at [Wayland.Wong@cril-online.org](mailto:Wayland.Wong@cril-online.org)  
or call at 510-881-5743 x.5935

Tri-Cities group: 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the  
month @ 2:00 - 3:30 with Kelly  
Contact Kelly for info at [Kelly.Harp@cril-online.org](mailto:Kelly.Harp@cril-online.org)  
or call 510-794-5735 or 510-881-5743 x.5942

Tri-Valley group: 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays @  
2:00-3:30pm with Abril  
Tri-Valley CRIL 3311 Pacific Avenue,  
Livermore, Ca  
Contact Abril for info at [Abril.Tamayo@cril-online.org](mailto:Abril.Tamayo@cril-online.org)  
or call 925-371-1531 or 510-881-5743 x.5941

**Bilingual Peer Support Group**

Hayward: Tuesdays @ 11am with Irma  
Quiñones  
For more info contact [Info@cril-online.org](mailto:Info@cril-online.org) or call  
510-881-5743

**Healthy Living & Disease Prevention**

Dates vary. Must call to register.  
Contact Abril for info at [Abril.Tamayo@cril-online.org](mailto:Abril.Tamayo@cril-online.org)  
or call 925-371-1531 or 510-881-5743 x.5941

**Disaster Preparedness Workshops**

Dates & locations vary. Must call to register.  
Contact Kelly for info at [Kelly.Harp@cril-online.org](mailto:Kelly.Harp@cril-online.org)  
or call 510-794-5735 or 510-881-5743 x.5942

For this brochure or other CRIL materials in  
alternate formats, please contact CRIL at  
[Info@cril-online.org](mailto:Info@cril-online.org) or call 510-881-5743.