

# **Peer Counseling and Independent Living Skills Training**

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Must be resident of the Eastern Shore with a disability

Family

No

Intake Contact

Abra Jacobs

Intake Contact Email

info@escil.org

Intake Process

Telephone referral; appointment required.

Self Refer

Yes

Eastern Shore Center for Independent Living

<https://vaescil.org>

<https://vaescil.org/philosophy/>

Main

(757) 414-0100

Toll-Free

(800) 384-2988

TTY/TTD

(757) 414-0080

36282 Lankford Highway

Suite 13-D

23306 VA

United States

Monday: 8:00 am-4:00 pm

Tuesday: 8:00 am-4:00 pm

Wednesday: 8:00 am-4:00 pm

Thursday: 8:00 am-4:00 pm

Friday: 8:00 am-4:00 pm

Saturday: Closed

Sunday: Closed

Fee Structure

No Fee

Languages Spoken

English

Eastern Shore Center for Independent Living offers peer counselors to assist individuals with disabilities to develop and achieve independence and self-reliance. Through counseling, sharing of experiences in coping with the effects of disability, participants learn about the needs and resources to achieve their goal. Peer counseling can be on an individual basis, as well as group support. Also provides encouragement and information about community resources, sharing insights and perspectives from personal experience.

Independent Living Skills: Individual and group training is provided in several categories including: personal assistant management, social skills, building self-esteem, money management, navigating ones environment, and self-advocacy. All programs are designed to meet individual needs.

Group Counseling for Individuals with Disabilities provides services to help the disabled to become more knowledgeable on issues affecting the disabled community. Contact the agency for more information.

Service Area(s)

Accomack County

,

Northampton County

Email

[info@vaescil.org](mailto:info@vaescil.org)