

## Thriving Solo

### Other Eligibility Criteria

A VR client of the Department for Aging and Rehabilitative Services (DARS), enrolled in the Family and Individual Supports (FIS) Waiver under the Developmental Disabilities (DD) Medicaid Waiver, or live in ECVN's service area. Must be 16 or older.

### Intake Contact

Heather Salles

### Intake Contact Email

info@ecnv.org

### Intake Process

Thriving Solo will be held in person. Training locations will be physically accessible (wheelchair access, no steps, etc.). Reasonable accommodations may be requested in the registration form. Any questions about the program or accessibility are welcome at info@ecnv.org.

### Intake Contact Telephone

(703) 525-3268

### Provider Refer

No

### Report Problems

Call the Agency

### Self Refer

Yes

### ENDependence Center of Northern Virginia

<https://www.ecnv.org>

<https://www.facebook.com/ECNVCIL>

<https://twitter.com/ECNVorg>

### Main

(703) 525-3268

### TTY/TTD

(703) 525-3553

1550 Crystal Drive, Suite 810

22202 VA

United States

Monday: 9:00 am-5:00 pm

Tuesday: 9:00 am-5:00 pm

Wednesday: 9:00 am-5:00 pm

Thursday: 9:00 am-5:00 pm

Friday: 9:00 am-5:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Mondays-Wednesdays; Week 1: July 31 - Aug 2, 2023 - 2; 00 pm - 5:30 pm; Week 2: Aug 7 - Aug 9, 2023 - 2:00 pm - 5:30 pm

Payment Method(s)

Private Pay

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Family & Individual Supports Waiver

Languages Spoken

English

Thriving Solo is a training series for people with disabilities who want to live on their own. These classes will help participants build skills and understanding in the key areas of living independently: cooking and meal preparation, daily routine, stress management, travel training, budgeting and money management, self-advocacy, and more! Classes will be led by ECVN's Independent Living Specialists and include classroom instruction, group activities, hands-on experiences as well as field trips. These classes are led by and for people with disabilities and participants will also participate alongside peers and develop social skills and build relationships as they work through the course. Training sessions will be held Monday, Tuesday, and Wednesday afternoons for two consecutive weeks. Winter session begins December 9, 2024. Registration ends on November 15, 2024.

Service Area(s)

Alexandria City

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Arlington County

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Fairfax City

,

Fairfax County

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Falls Church City

,

Loudoun County

Email

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