

Team Approach



CIL offers a wide range of helpful services

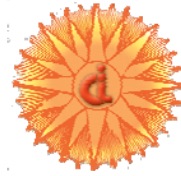
Employment Services—Help with identifying employment goals, job readiness, understanding ADA rights and responsibilities, and job search techniques.

Skills Training—Workshops and individual instruction in necessary daily living skills.

Advocacy—Consumers learn to represent their own interests, make their own choices, and defend those choices when necessary.

Information and Referral—information is provided on a wide array of disability-related issues, as well as, referrals to other resources in the community.

Accessibility Modifications— help for qualified individuals to improve access in their home or vehicle.



Center for Independent Living
in Central Florida, Inc.

In Winter Park
720 N. Denning Drive
Winter Park, Florida 32789
407-623-1070
Fax 407-623-1390
TDD: 407-623-1185

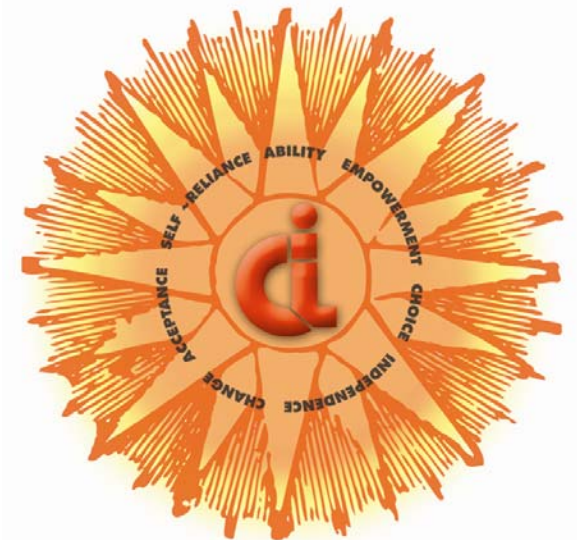
On the web at:
www.cilorlando.org

**Advocacy for People with
Disabilities since 1976**



Center for
Independent Living
in Central Florida, Inc.

CIL Counseling Services



Healing and Moving Forward

CIL Counseling Services

Counseling Services for Those Touched by Disability

It's easy to become lost along life's many pathways. Speaking with a counselor can reveal innovative solutions to troubling issues and provide guidance and reassurance. During difficult times a counselor can help you find your way back to a purposeful and productive life.

CIL's counselor, Tina P. Jack, M.S., L.M.H.C. has over ten years experience helping adults and adolescents with physical and/or psychological disabilities and their families. Ms. Jack uses a cognitive behavioral approach to promote emotional healing and to help people gain the courage to take the first steps toward positive change.

She has a B.A. degree and a M.S. degree from the University of Central Florida. She is licensed as a Mental Health Counselor with the state of Florida.

She is also a founder of the Central Florida Chapter of Gliding Stars, an ice skating program for people with disabilities.



Tina P. Jack

CIL Counseling Services

Available by appointment only

Tina P. Jack, M.S., L.M.H.C.
Mental Health Counselor
Center for Independent Living
720 N. Denning Drive
Winter Park, FL 32789
Phone 407-623-1070 x 113
Fax 407-623-1390
www.cilorlando.org
E-mail tjack@cilorlando.org

Fields of Specialization:

- Grief and Loss — Dealing with distress over the death of a loved one or mental suffering caused by change, illness, or disability.
- Anxiety — Overcoming fear, worry, and being overwhelmed.
- Depression — Working through intense sadness and despair.
- Physical or psychological disabilities – Coping with a physical or psychological impairment that interferes with achievement and/or relationships.
- Transition Issues — Adjusting to life changes such as employment readiness and maintenance, graduation, and independent living.

CIL Counseling Services accepts the following insurance carriers*

- Aetna Inc.
- BlueCross BlueShield of Florida
- StayWell Health Management
- WellCare Health Plans, Inc./Healthese

* Note: Insurance carriers may change. Please call for availability.