

Healthy Relationships!

In collaboration with Planned Parenthood of Southern New England and DDS Self Advocate Coordinators; the Healthy Relationship Series will be held in the West Region. The Relationship series is a 6 session course on making, developing and having all types of relationships, increased understanding of your own body and informed decision making. Individuals need to plan to participate in all 6 sessions. The first session of the series will include an overview of the material to be covered. Individuals will need a safe person (someone who they trust and can talk about the class). The safe person will need to attend and participate in the first session. This will assist everyone in knowing what to expect in the series

Where:

Arc of Midstate: 200 Research Parkway
Meriden, CT (Formerly Arc of Meriden/Wallingford)

When:

Monday April 2
Thursday April 5
Monday April 9
Thursday April 12
Monday April 16
Monday April 23



Sign Up Early

Sign Language Interpreters will
be present for the classes!



Time:

All classes are from 4:30p-7:30p

R.S.V.P.

Please complete the attached application and send it to Sandi Geer by March 21st.

Sandi.geer@ct.gov

Fax: 860-920-3057

Phone: 203-509-4783

POTLUCK!

Each session will have a potluck dinner. Participants should bring a healthy dish to share!



You must register to participate in the series.

All participants must be 18 years or older.