

Healthy Relationships!

In collaboration with Planned Parenthood of Southern New England and DDS Self Advocate Coordinators, a Healthy Relationship Series will be held in the North Region. The Healthy Relationship series is a 6 session course on making, developing and having all types of relationships, increased understanding of one's own body and informed decision making. Individuals should 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 with). The safe person will need to attend/participate in the first session to assure everyone is aware of what to expect in the series.

Where:

DDS: 255 Pitkin Street (Building 155)
East Hartford, CT

When:

Monday 6/11

Thursday 6/14

Monday 6/18

Thursday 6/21

Monday 6/25

Thursday 6/28

All classes are from 4:00-7:00pm

R.S.V.P.

Please complete the attached application and email or fax to Patricia Cymbala at:

patricia.cymbala@ct.gov

Fax: 860-622-2806

Phone: 860-263-2462

You must register to participate in the series.

All participants must be 18 years or older.



Sign Up Early

POT LUCK!

Each session will have a potluck. Participants will be asked to bring a healthy dish to share.

