



Healthy Relationships Series

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. Each Relationship series is a 6 session course dedicated to the topic areas of making, developing, and maintaining Healthy Relationships. Consumers must participate in all 6 sessions. The first session of the series will include an overview of the material to be covered. Support staff should plan on attending and participating in the first session. This will assist everyone in knowing what to expect in the series.

The North Region Series will be held in the DDS East Hartford Office from 4:00pm to 7:00pm on the following dates:

Tues. Oct. 4th @ 4-7pm
Tues. Oct. 11th @ 4-7pm
Mon. Oct. 17th @ 4-7pm
Thurs. Oct. 20th @ 4-7pm
Mon. Oct. 24th @ 4-7pm
Thurs. Oct. 27th @ 4-7pm

Location:

DDS East Htfd Office (3rd Floor Training Room)
155 Founders Plaza (or 255 Pitkin St.)
East Hartford CT 06108

Please check in at security desk!

*Please complete the attached application. Send completed referrals **(REQUIRED)** to Patricia Cymbala at: patricia.cymbala@ct.gov .

For info, call: 860-263-2462

(20 participants maximum)

Potluck!

*Each session will feature a potluck dinner. Participants will be asked to bring a healthy dish to share.

