



# Friendships & Dating Program



The Friendships & Dating Program teaches teens and adults, 16 years old and older, with disabilities how to develop and maintain healthy relationships and prevent interpersonal violence.

This evidence-based program is now being offered through Wyoming Independent Living!



## When & Where?

**Wyoming Independent Living**  
Hybrid: (Zoom & in area Centers)

**Orientation (Workshop attendees, parents, caregivers, etc.)**  
Tues, 2/7/23 5:30-7:30pm

**Workshops:** Tues & Thurs  
2/14/23-4/10/23, 1:30-3:00pm

## Topics Covered:

- \*Feelings
- \*Types of Relationships,
- \*Personal Boundaries
- \*Communication
- \*Meeting People
- \*First Impressions
- \*Planning Social Activities
- \*The Dating Process
- \*Personal Safety
- \*Sexual Health
- \*Gender Differences
- \*Conflict Resolution
- \*Maintaining Relationships

## To Register for Orientation and/or Workshop:

<https://www.eventcreate.com/e/friendship-dating>

For more information contact JJ Sanchez, at [jsanchez@wilr.org](mailto:jsanchez@wilr.org) or Heather Hirsch at [hhirsch@wilr.org](mailto:hhirsch@wilr.org)