

Adult Healthy Relationship Class

Topics covered include:

- Developing and maintaining healthy relationships
- Identifying and differentiating types of relationships and their appropriate boundaries



Who can attend? *Anyone who is interested in learning more about relationships with others and building boundary-setting skills.*

We will discuss the difference between healthy relationships and sexual exploitation, and spend time learning about and practicing assertive communication (both verbal and non-verbal).



WHEN: Oct. 2, 2019 – Nov. 13, 2019

Wednesdays, 2:00–3:00 p.m.

WHERE: Foothills Gateway

301 W. Skyway Dr.

Fort Collins, CO

Please contact your Case Manager to sign up.

****If you need special accommodations, please call Amber Duffy at 970.266.5420****