

Please register today to attend these important workshops

Let's talk about Healthy Relationships

Free Parent/Guardian Workshops



Talking about healthy relationships is important, but is not always easy. Relationships are tough at any age, friendships can be confusing, and dating can be downright scary. These workshops will focus on the unique needs/challenges that adults with disabilities encounter in establishing healthy relationships (romantic and platonic), and how *parents/guardians/caregivers* can support them. As parents, guardians, siblings, friends, and family members, it is crucial to help support such a vulnerable population to live full and healthy lives.

You are not alone...

Connect with other caregivers who are experiencing similar fears, difficulties, and achievements.

The Arc of Opportunity will be hosting Four (4) Healthy Relationships workshops facilitated by DDS trained Sexuality Educators.

Please join the conversation and get inspired.

Date:	Time:	Topic:
June 6th	6p – 8p	Internet Safety
June 13th	1p – 3p	Your Role as a Caregiver, Informed Consent & Guardianship
June 20 th	1p – 3p	Boundaries

The Arc will provide food at all workshops.

**Place: *The Arc of Opportunity*
Entrance at 161 Boulder Dr. Fitchburg, MA**

To Register contact *Madeline Merchant* at 978-343-6662 Ext 1011 or m.merchant@arcofopportunity.org. Please include your phone number and email when responding.

It is very helpful to know how many are attending, so please sign up by the date of the workshop(s) you are interested in attending. .

