



JUNE TO JULY 2022

FRIENDS AND RELATIONSHIP CLASS

AKA Socialization and Sexuality

Friendships enhance our lives and bring happiness to everyone. However, learning how to make, and keep friends, is not easy.

The Friends and Relationship Class is designed to help individuals with intellectual or developmental disabilities learn how to make friends safely and how to deepen those friendships through increased conversation and problem-solving skills. The class also teaches safety regarding sex and sexual health. The class is designed to engage students of all skill levels and capabilities. We work with staff to understand their role in helping students in a meaningful way.

Classes will be held:

Albuquerque: Thursdays 6 – 8 PM **June 2- July 21** at Christ Lutheran Church 7701 Candelaria Rd. NE

Instructor: Karen Smith-Bitah 505-331-1815

Gallup: Tuesdays 10 – 12 **June 14 – Aug. 2** at the Bingo hall

Wednesdays 10-12 **June 1 – July 20** at Ramah Care (Ramah Care participants only due to pandemic).

Instructor: Julie Skelton 505-506-5171

Farmington: Will have 4 in-person classes to supplement online classes. Days, times and locations to be announced.

Instructor: Karen Smith-Bitah 505-331-1815

Online: Tuesdays 6 – 8 PM **June 7 – July 26** and Thursdays 1-3 **June 9 – July 28**

Use same zoom code and password as before.

Call for information for new students.

Instructor: Karen Smith-Bitah 505-331-1815

Call your case manager to sign up!

**Learn how to have
conversations**

**Learn about our
bodies and
changes**

**Learn about
safety in
relationships**

**Learn how to talk
through problems**

**Support people
with
developmental
disabilities to
have meaningful
relationships**

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