

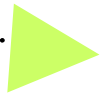


Other Courses in Learning for Living

Community Safety - Communication skills. Identifying friends, acquaintances, strangers and community helpers. Home Safely Skills - the phone, mail and answering the door. Community Safety Skills - protecting yourself and who to call if you need help. And much, much more! \$80 for 8 week session.



Boyfriend/Girlfriend Special Relationships - Identifying relationships, Successful interaction skills. Communication skills. Developing successful friendships. Special relationships. Building a special relationship I like, Public vs. private behavior. \$100 for 10 week session.



The Arc

of Arapahoe & Douglas

8100 E. Arapahoe Road, Suite 208
Centennial CO 80112

303-220-9228
303-220-0994 fax

The Arc

of Arapahoe

The Friendship Series

Learning for Living



Friendship Series

This 6 week course will assist teenagers and adults with cognitive developmental disabilities who want to learn about friendship.

1. Identifying relationships—who are friends, acquaintances, strangers and community helpers. Who are trusted friends or “safe” people?
2. Successful interaction skills and developing self-confidence and self-esteem. The importance of belonging and identifying social groups.
3. Communication skills - body language, expression of feelings and emotions, making personal choices, saying “no”, active listening and respecting others choices.
4. Being a good friend—boundaries, problem solving and building relationships I like. Listening and working out differences. Trust. Knowing each other for a long time.
5. Protecting Yourself - identifying exploitation, boundaries, community resources.
6. Much More!

Six Early Evening Sessions

We will begin each course with introductions and class overviews for parents and participants. Each participant will develop a personal portfolio with pictures and notes to help them understand and retain the information. Every attempt will be made to individualize the course for learning styles of each participant. Video, pictures and role-playing will be used extensively.

Sessions will be held on Tuesday Evenings from 6:00PM—7:30PM April 7—May 12, 2009

At The Arc office:
8100 E. Arapahoe Road, Suite 208
Centennial, CO 80112
(located in the Compass Bank Building)

Snacks and Course Materials will be provided.
Cost = \$60.00 per 6 week session

Class Instructor

Cynde Vaughn, workshop leader and facilitator, has many years of experience working with people with cognitive developmental disabilities. With a Master's in Social Work, she has held a variety of positions to include Social Services Director, Q.M.R.P., Area Administrator, Staff Development Coordinator, and Support/Senior Support Manager. She grew up with a younger brother with multiple sensory and developmental disabilities, and is the parent of two children with disabilities. She researched, developed, and implemented a comprehensive Social/Sexual/Safety Awareness training curriculum utilizing nationally recognized training techniques and materials.

People affected by developmental disabilities often go through life without receiving correct information or education about sexuality, abuse prevention and self-protection strategies. Many do not receive information on ways to develop and maintain a healthy and supportive relationship. Our belief is that individuals with disabilities deserve the right to a life free from violence and abuse and that healthy and fulfilling relationships with friends and/or partners is based upon respect, honesty, accountability, equality, trust and support. Although some individuals with disabilities experience satisfactory intimate relationships and friendships, many also endure sexual, physical, emotional and financial abuse, neglect or exploitation perpetrated by a partner, family member or caregiver. We believe that with appropriate education and support that many individuals affected by developmental disabilities will be able to live happy, healthy lives in the community.



**TO SIGN UP OR
FOR MORE INFORMATION:**

Call Pam at 303-220-9228
or e-mail her at pam@arc-ad.org