



### Dates:

April 15, 2016  
April 29, 2016  
May 6, 2016  
May 13, 2016

### Time:

10:00 - 11:30

### Location:

DDMHS Office  
#207, Second Floor  
2248 Elgin Avenue  
Port Coquitlam, B.C.

## *Developmental Disabilities Mental Health Services*

of the

### **Fraser Health Authority**

We are a specialized multidisciplinary mental health team providing respectful and individualized assessment, treatment and education for adolescents and adults with developmental disabilities and complex mental health needs. Our goal is to optimize well being and quality of life.

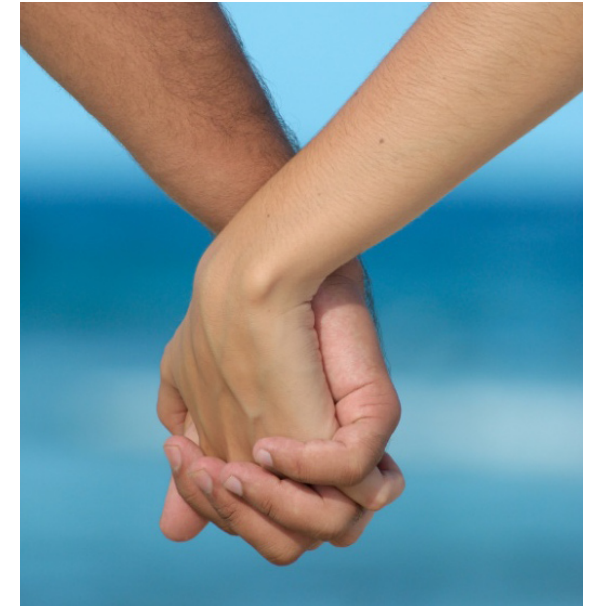
---

### **The Group Instructors**

Our group will be facilitated by:

Paula Coutinho,  
Behaviour Consultant & Counsellor  
&  
Anne Halas,  
Instructor & Education Facilitator

They are employees of  
*Developmental Disabilities  
Mental Health Services*  
of the Fraser Health Authority.



## **Healthy Relationships**

*Spring 2016*

*A Group for Adults with  
Intellectual Disabilities*



## Learning More About Friendships and Dating:

These adult education group sessions will provide the opportunity for participants to learn social skills, talk about dating, friendships and how to be safe in these relationships.

We will be talking together, as well as using pictures, video clips and booklets so as to address different learning styles and minimize any misconceptions regarding the topics. The atmosphere will be fun and conversational.

The groups will have a maximum of 8 participants with the two instructors.

## In our Healthy Relationships Group We Will Talk About:

- Friends versus romantic partners
- Boundaries
- Public versus Private
- The media and exploitation
- What is real and not real in the media
- Refusal skills
- Being single - or not: What do you want?
- Where to meet friends or dates
- Healthy relationships
- Puberty
- Gender and orientation
- Safety in relationships

### Registration

If participant is a client of DDMHS, please contact your primary therapist for registration.

If participant is not a client of DDMHS, please receive registration forms by calling DDMHS at 604-777-8475 or 604-918-7540 or by emailing Anne Halas at [anne.halas@fraserhealth.ca](mailto:anne.halas@fraserhealth.ca).



## Who can qualify for this program?

Client participants will:

- Be an adult aged 19-35
- Have a mild intellectual disability
- Have a desire to learn about friendship and dating issues
- Be able to attend all four dates, unless ill

Note: This group is not a dating group, and participants will be asked not to further any relationships with others in the group until after the course is over.