



## 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.



Friendship Series - Developing self-esteem and recognizing the importance of belonging. Feeling good about personal accomplishments. Identifying relationships—friends, acquaintances and strangers. Communication skills. Being a good friend.  
 \$60 for 6 week session.



## The Boyfriend / Girlfriend Series

## Learning for Living



The Arc of Arapahoe & Douglas

8100 E Arapahoe Road, Suite 208  
 Centennial CO 80112  
 303-220-9228  
 303-220-0994 fax  
 www.arc-ad.org

# Boyfriend/ Girlfriend

This 10 week course will assist teenagers and adults with cognitive developmental disabilities who want to learn about boyfriend/girlfriend relationships.

Participants will learn the following:

1. Identifying relationships—Who are friends, acquaintances, strangers and community helpers? Successful communication skills to show others your likes and dislikes, problem solving within a relationship, listening to others, saying “no” effectively, expression of feelings and emotions, making personal choices, respecting decisions of others. How to be a good friend and recognizing boundaries,
2. Special relationships—Starting a special relationship, dating, differences between friendships and boyfriend/girlfriends, being yourself, sharing each other’s interests, safe places to meet a special friend,
3. Public vs. Private behavior - Successful social behavior, appropriate behavior while dating, and consequences for inappropriate behavior,
4. Building a relationship you like - Knowing your partner for a long time, developing intimacy, the importance of communication, conflict resolution, and building a relationship you enjoy.
5. Protecting yourself - What is exploitation? Boundaries and acts that are against the law.

Plus Much More!

## Ten Early Evening Sessions

We will begin each course with introductions and class overviews for 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.

Location:  
Southglenn Library  
6972 S. Vine Street, Centennial

Snacks and Course Materials will be provided

**Classes are on Thursday’s:  
May 20 & 27; June 3, 10, 17, 24; July 1, 15,  
22 & 29, 2010 from 5:30 to 7:00 pm.**

Cost = \$100.00 per 10 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., Residential and Comprehensive Services Director, Staff Development and Field instructor-University of Denver. 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 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. They need healthy and fulfilling relationships with friends and/or partners 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](mailto:pam@arc-ad.org)**

