

A photograph of two people, likely teenagers, holding hands. One is wearing a beige sweater and the other is wearing a plaid shirt. The image is partially obscured by text boxes.

# SKILLS FOR HEALTHY RELATIONSHIPS PROGRAM FOR TEENS

in collaboration with **Kinsight**

**February 8th - March 15th 2018**

13 - 16 yrs @ 5 - 6pm | 17 yrs + @ 6.15 - 7.45pm

204 Blue Mountain St, Coquitlam

A program on navigating social interactions, self-care and relationships for neuro-diverse youth 13 yrs+. Learn about:

Looking after yourself | Crushes & dating | Making & respecting choices | Being a clear communicator | Starting a friendship | What healthy relationships look and sound like

**6 WEEK PROGRAM - \$180.00**

**BOOK A SPACE TODAY**

**+1 604 880 1342 | [readyrelate@outlook.com](mailto:readyrelate@outlook.com)**



**Nicky Waring** - Sexual Health & Relationship Educator  
*Educating all learners to be safe, healthy and happy in their  
bodies and relationships*