

# HEALTHY RELATIONSHIPS GROUP

Secure Haven Behavioral Health is offering a therapy group for young adults with intellectual and developmental disabilities to learn and practice social skills in a safe, confidential environment.

## Importance of Relationships



Relationships with their peers is a primary focus of life for many young adults. Perhaps they want to have a group of friends to hang out with, or develop close friendships with just a few people. Maybe they want to go on dates or have a boyfriend or girlfriend. However, young adults who have been diagnosed with

intellectual and developmental disabilities or other special needs may lack the social skills and confidence they need to develop positive relationships with peers.

## Benefits of Positive Relationships

Research shows that the benefits of friendships include more favorable mental health and overall emotional well being, such as lower stress and increased sense of belonging.

---

## Safety

Young adults with intellectual and developmental disabilities are more at risk for intimate partner violence, other forms of abuse, and exploitation than their peers in the general population. They may need help understanding how to recognize “red flags” in their relationships, what “abuse” means, how to establish and maintain healthy boundaries, and how to protect themselves online.

The Healthy Relationships group will run for eight weeks, on **Tuesdays** from **6:00 to 7:00 pm**, beginning on **July 13th**.

### GROUP TOPICS

|            |   |
|------------|---|
| Week One   | <b>Recognizing healthy vs. unhealthy relationships</b>            |
| Week Two   | <b>Self-esteem and relationship goals</b>                         |
| Week Three | <b>Social skills and relationship building</b>                    |
| Week Four  | <b>Boundaries and safety</b>                                      |
| Week Five  | <b>Positive communication</b>                                     |
| Week Six   | <b>Conflict resolution</b>  |
| Week Seven | <b>Sexuality and sexual identity, orientation, and expression</b> |
| Week Eight | <b>Love and affection</b>   |

**For more information or to make a referral, contact Tammy Rakoczy at [tamra.rakoczy@securehavencare.com](mailto:tamra.rakoczy@securehavencare.com) or 614-721-5360.**