







safetypowers™

Relationship Safety

Wednesday, January 6th
5:30-7:00 PM

Join this workshop to learn and practice skills for maintaining healthy and safe relationships, protecting your boundaries and wellbeing, and supporting others. We will explore practical strategies and hands-on techniques to:

- Strengthen friendships and other relationships
- Be safe from abuse and other harm in-person and online
- Set powerful, respectful boundaries
- Deal confidently with negative responses to boundaries

Attend in-person at The Arc's office, or online on Zoom.
Have questions? Reach out to:
Jilda Falco, jilda@arcjc.org, 720-295-6678

Scan or click to register
bit.ly/4ecgvFi

Presented by Safetypowers
Organized by The Arc of Jefferson, Clear Creek, and Gilpin Counties

The Arc
Jefferson, Clear Creek & Gilpin Counties