

# The Arc ADventures in Learning: Community Safety

*Achieve With Us*

**FOR PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES**

## Workshop Highlights:

- Communication techniques
- Problem-solving strategies
- Effective body language
- Speaking with confidence
- Identifying safety risk factors
- Home and personal safety (skills safety)
- Preparing a personal emergency action plan
- Community safety and crime prevention
- Internet and social media review
- Safety strategy for internet, social media, texting and chat

The Arc ADventures in Learning: Community Safety two-day workshop is a refresher designed for individuals who need a two day refresher on community safety. During class, participants will review current events and safety dilemmas in order to develop effective problem-solving strategies when identifying and responding to social situations. The refresher is particularly important to take now in preparation for the summer months which may bring changes in routine and new social situations.

*Presented by The Arc Arapahoe & Douglas Counties*

**WHEN:** May 4 and May 11  
Saturdays 10:30 am - 2:30 pm

**WHERE:** The Arc Arapahoe & Douglas Counties  
6538 S Racine Circle  
Centennial, CO 80111

**COST:** \$10 member/\$20 non-member  
(one-time fee for both classes)

**QUESTIONS:** Contact Luke Wheeland  
(303) 220-9228

RSVP required by April 29, 2019  
Light snacks will be provided.

\*financial assistance and scholarships available.

Register On 

<https://bit.ly/2rYfadn>



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303.220.9228  
303.220.0994 fax

 [www.arc-ad.org](http://www.arc-ad.org)

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