

# Building Meaningful Relationships

## 2021 Healthy Relationships Series

\*\*\*15 participants maximum registered for each class



**This class is the first part of the Virtual Healthy Relationships Series.**

In this class we will learn about different types of relationships, including romantic relationships. We will learn ways to make friends, and how people begin dating. We will also learn ways to stay safe when online.

**Describe different types of relationships and the roles they play in people's lives:**

- ✓ Assess whether a person is someone it's ok to have a romantic relationship with
- ✓ Discuss how to build trust within a relationship and what it takes to move from friends to romantic
- ✓ Discuss safe and appropriate online relationships partners
- ✓ Practice appropriate social conversations that help build friendships

### Session Dates

**Please select either Session 1 or Session 2 to attend.**

#### Session 1

Monday, March 8, 2-3:30 p.m.

Thursday, March 11, 2-3:30 p.m.

Monday, March 15, 2-3:30 p.m.

#### Session 2

Thursday, April 22, 4-5:30 p.m.

Tuesday, April 27, 4-5:30 p.m.

Thursday, April 29, 4-5:30 p.m.

**Please complete the Referral Form to register:**

[https://forms.office.com/Pages/ResponsePage.aspx?id=-nyLEd2juUiwJjH\\_abtzi9fvBM7dHt5KmIRHuDwEa11UQJLTVJBWkw1V1IJSzRYSVFUMkVBMFRNRy4u](https://forms.office.com/Pages/ResponsePage.aspx?id=-nyLEd2juUiwJjH_abtzi9fvBM7dHt5KmIRHuDwEa11UQJLTVJBWkw1V1IJSzRYSVFUMkVBMFRNRy4u)

**For questions or concerns, contact Sandi at [Sandi.Geer@ct.gov](mailto:Sandi.Geer@ct.gov), or by cell, 203-509-4783**