

Virtual Spring Healthy Relationship Series 2023

***15 participants maximum registered for each class



Building Meaningful Relationships Healthy vs. Unhealthy Relationships Your Body, Your Choice: Consent 101

In these **virtual** classes, we will learn about different types of relationships, how to make friends, and how to stay safe online. Healthy vs. Unhealthy behaviors will be discussed along with different types of communication and how to resolve arguments. In the last session, we will discuss consent and boundaries and how to tell when someone gives consent or not. We will also discuss how and why relationships end and how to deal with some of those feelings.



Virtual Spring 2023 Session Dates

Spring 1: 10:30 a.m. – 12 p.m.

Building Meaningful Relationships: Spring 1: 2/28, 3/2, 3/7

Healthy vs. Unhealthy Relationship: Spring 1: 3/14, 3/16, 3/21

Your Body, Your Choice Consent Basics: Spring 1: 3/28, 3/30, 4/4

Spring 2: 4-5:30 p.m.

Building Meaningful Relationships: Spring 2: 4/25, 4/27, 5/2

Healthy vs. Unhealthy Relationship: Spring 2: 5/9, 5/11, 5/16

Your Body, Your Choice Consent Basics: Spring 2: 5/23, 5/25, 5/30

Please complete the Referral Form to register:

[https://forms.office.com/Pages/ResponsePage.aspx?id=-](https://forms.office.com/Pages/ResponsePage.aspx?id=-nyLEd2juUiwljH_abtzi9fvBM7dHt5KmlRHuDWaEa11UQIJLTVJBWkw1V1IJSzRYSVFUMkVBMFRNRy4u)

[nyLEd2juUiwljH_abtzi9fvBM7dHt5KmlRHuDWaEa11UQIJLTVJBWkw1V1IJSzRYSVFUMkVBMFRNRy4u](https://forms.office.com/Pages/ResponsePage.aspx?id=-nyLEd2juUiwljH_abtzi9fvBM7dHt5KmlRHuDWaEa11UQIJLTVJBWkw1V1IJSzRYSVFUMkVBMFRNRy4u)

For questions or concerns, contact Kim at Kimberley.Butts@ct.gov, or by cell, 860-942-6948