

## **Roommates: Do's and Don'ts**

By Claire Tierney and Daniel Isherwood –  
The Arc of King County's Healthy Relationship Program

Interactive Discussion on the following topics:

- Roommate compatibility and how to find a good fit (based on personality and environmental needs)
- Personal rules: we explored our own personal rules, and how to communicate those assertively and respectfully.
- House rules: establishing them, compromising on them
- Navigating conflict with roommates
- Sharing communal spaces

For questions, contact the Healthy Relationships team at 206-829-7059 or [HealthyRelationships@arcokingcounty.org](mailto:HealthyRelationships@arcokingcounty.org). More information about this program can be found at <http://arcokingcounty.org/services/healthy-relationships.html>