

The Arc of King County

Healthy Relationships Program

Now Open For Summer Enrollment!

The Arc's Healthy Relationship Summer Program is a free workshop series for people with intellectual and developmental disabilities, ages 14-24.

You will get the opportunity to ask questions, play games, and learn more about interpersonal skills in a safe, fun, social setting with your peers. Students practice healthy relationship skills by roleplaying scenarios, playing improvisational games, and doing group activities covering a wide range of topics.

See the attached enrollment form for more details, or if you have any further questions call us at (206) 829-7059.

Whether you're working your summer job, hanging out with friends, or thinking about that special someone, healthy relationships classes are here to help you make the most of your connections to others!

Lessons include:

- Appropriate Public and Private Behavior
- Establishing and Communicating Personal Rules
- Internet and Social Media Safety
- Identifying Unhealthy Relationships and Getting Help
- Consent and Assertiveness
- Appropriate workplace boundaries and behavior
- Dating and Romantic Relationships

And More!

Seattle July Session
(for ages 14-18)

Dates: Fridays - July
6th, 13th, 20th, 27th
Time: 12pm-3pm
Location: 2100 24th
Ave S. Seattle, WA

SeaTac July Session
(for ages 18-24)

Dates: Thursdays - July
5th, 12th, 19th, 26th
Time: 9:30am-12:30pm
Location: 4040 S. 188th
St. #100, SeaTac, WA

Seattle August Session
(for ages 18-24)

Dates: Fridays - August
3rd, 10th, 17th, 24th
Time: 12pm-3pm
Location: 2100 24th Ave
S. Seattle, WA

Fed. Way August Session
(for ages 21+)

Dates: Wednesdays - August
1st, 8th, 15th, 22nd
Time: 12pm-3pm
Location: 34200 1st Way S,
Federal Way, WA

Please note that while The Arc makes every effort to accommodate participant's learning needs, we cannot provide personal care or behavior support during class. Students are encouraged to bring whatever support staff they require.



Achieve with us.