



For people with disabilities
and their friends
LANCASTER COUNTY

Learn about Relationships and Boundaries

Come join us to discuss the different types of relationships that may be in your life, covering a wide range from co-workers to family and friends.

Types of things that will be talked about:

- ⇒ What makes a relationship safe or unsafe?
- ⇒ What's harassment and what do you do if it happens?
- ⇒ What are your rules about your body and your feelings?
- ⇒ Who are trusted people in your life?
- ⇒ What should you know about social media like Facebook?
- ⇒ How to have a discussion about these issues with your team of support.

Date: Friday, February 23, 2018 from 2pm to 4pm

Location: The Arc's office 116 W Airport Rd Ste A Lititz PA 17543

RSVP by February 20 to 717-394-5251 or info@thearcoflancasterco.org

No cost to attend

For information call 717-394-5251 or email info@thearcoflancasterco.org

The sessions will be facilitated by YWCA Lancaster. www.ywcalancaster.org