

# Relationship Group

Sexual Health. Education. Community.



## Steps to Building Stronger Relationships

**Join a group of peers and learn about friends, discover what you are looking for in a friend, and practice your skills at making & keeping friends.**

The Relationship Group is for self advocates with a Developmental disability to build safe and strong relationships. We work on safety, respect and self esteem.

**This group is for anyone who:**

- Is interested in learning about healthy relationships.
- Wants to listen and share their relationship experiences.
- Is looking to meet up with peers.
- Is able to attend all meeting dates
- Is 18 years or older.

**When:** Wednesday March 31 & April 7 from 3:30pm - 5pm  
Please note a [zoom link](#) will be sent prior to each session.

**If you are interested in registering, please contact one of the following.**

Linda Ger Walters: [lingerwalters@gmail.com](mailto:lingerwalters@gmail.com), Jason Maher: [jmaher@connectability.ca](mailto:jmaher@connectability.ca),  
Relationship Group: [relationship.group.toronto@gmail.com](mailto:relationship.group.toronto@gmail.com)

*We believe that relationships offer safety, support, value,  
purpose and a sense of belonging*