



CALGARY ALTERNATIVE SUPPORT SERVICES (CASS)

FRIENDSHIPS & DATING CLASSES

Tuesdays and Thursdays
October 3 – December 7, 2023

In the Friendships & Dating Program, you can learn how to create and maintain healthy relationships. We will meet twice a week for 10 weeks, with each class lasting about 1.5 hours. FREE PROGRAM.

You will have a chance to talk about things like:

- Boundaries and communication
- Meeting people and making first impressions
- Planning dates and dating safety
- Sexual health and intimacy

Contact Melanie at melanie.gilbert.chiu@c-a-s-s.org or (403) 283-0611 ext. 511 to learn more and apply* for this amazing program!

*we are accepting applications from CASS clients only at this time

LEARN ABOUT
DATING AND
RELATIONSHIPS

FREE!
10 WEEKS OF FUN
AND LEARNING

TUESDAYS AT CASS
1 – 2:30PM
THURSDAYS IN THE
COMMUNITY
1 – 2:30PM
(LOCATIONS TBD)

TO APPLY,
CONTACT MELANIE AT
(403) 283-0611 EXT.
511 OR
MELANIE.GILBERT.CHIU
@C-A-S-S.ORG

CASS

Suite 310, 525 – 28th St. SE
www.c-a-s-s.org

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