



**CALGARY ALTERNATIVE
SUPPORT SERVICES (CASS)**

FRIENDSHIPS & DATING CLASSES

**Tuesdays and Thursdays
January 30 – April 4, 2024**

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**

**MEET TUESDAYS AT
CASS OFFICE 1 – 2:30
& THURSDAYS IN THE
COMMUNITY
(LOCATION TBD)
1 – 2:30**

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

CASS

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

**January 30 – April 4
2024**