

Building, Understanding, and Developing Social Skills (BUDS)

**A SOCIAL SKILLS GROUP
FOR INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES**

Supported Lifestyles

Support Approach Team
Helping You Put The Pieces Together



DATE: Fridays, February 5th to April 8th, 2016

TIME: 10:00am– 11:30am

LOCATION: 1914 9th Ave SE, Calgary

COST: \$10

Applications must be in by Monday January 11th, 2016.

Those applying after this date may not be accepted into the group.

Applications can be sent to:



MAIL: Elyse Seppala
Supported Lifestyles Ltd.
#210, 495 36th Street NE
Calgary, Alberta T2A 6K3



FAX:
(403) 207-5125
Attn: Elyse



seppalae@supportedlifestyles.com

A brief interview will be conducted with each applicant prior to the start of the workshop to ensure that it will meet the needs of those who attend.

For more information or to arrange an interview, please contact Elyse Seppala
403-207-5115 ext. 264
seppalae@supportedlifestyles.com

Some topics included are:

- ◆ Meeting New People
- ◆ Communication
- ◆ Conversations
- ◆ Dating
- ◆ Healthy Friendships
- ◆ Maintaining Relationships
- ◆ Boundaries
- ◆ Fair Disagreements