



# CIRCLES®: Intimacy & Relationships – Level 1

**New class will begin**  
**Wednesday, January 22, 2025**  
**3:30-4:45 PM**

Registration forms are available at the Community Learning Center. Come by, call (660-665-9400), or email us ([clc@sb40life.org](mailto:clc@sb40life.org)) to get a form.

**Registration forms are due by Friday, January 17, 2025**

**Want to learn how to recognize and understand boundaries in the relationships you have with the people in your life? Join us for CIRCLES® Intimacy & Relationships classes!**

## **What is CIRCLES®: Intimacy & Relationships?**

The CIRCLES® program is a concrete, organizational model for people with disabilities that helps them learn to act and interact in self-enhancing ways.

It teaches social distance and levels of intimacy through the use of seven color-coded, side-by-side circles. Starting from the center circle, which represents yourself, each new color-coded circle represents behaviors, feelings, and actions appropriate for each person in your life in relation to the distance they are from you.

## **What kinds of things will I learn about?**

You will learn how to “see” social boundaries and understand your relationships by knowing how to safely TOUCH, TALK, and TRUST the different people in your life.

*If you have questions, contact Melissa Cline or Angela Hawes at the Community Learning Center*