

FRIENDS AND RELATIONSHIPS COURSE STATEWIDE CLASS SERIES INFORMATION



- HOW TO REGISTER DD WAIVER INDIVIDUALS FOR FRC CLASSES: [GUIDE](#)
- HOW TO REGISTER MI VIA PARTICIPANTS FOR FRC CLASSES: [GUIDE](#)

The Friends and Relationships Course (FRC) is available statewide for teens and adults with intellectual and developmental disabilities. Sharing the linked regional informational flyers with your clients and their families ensures they know these classes are available and demonstrates your commitment to supporting skill development and informed choices.

The FRC classes focus on:

- personal development
- safety
- relationship building

For general support and questions regarding the FRC class, relationships, and sexuality, join us or share the information for our Let's Talk drop-in sessions: [Lunch-Hour Chat](#)

TEEN FRC CLASS (13-17 YEARS OLD) – Statewide Virtual Series

REAL Therapeutics, LLC Provider # 50806262 Thea Kavanaugh Contact: 575-635-8013 theak@realtherapeuticsllc.com	Statewide Virtual Class: Sept 9 – November 18, 2026 Every Wednesday; 6:00pm – 7:30pm Future classes will be offered based on interest/enrollment	Informational Flyer
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SPANISH FRC CLASS (ADULT CLASS 18+ YEARS OLD) – Statewide Virtual Series

REAL Therapeutics, LLC Provider # 50806262 Thea Kavanaugh Contact: 575-635-8013 theak@realtherapeuticsllc.com	Statewide Virtual Class: TBD Future classes will be offered based on interest/enrollment	Informational Flyer
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NORTHWEST REGION – Fall Series

Skelton Counseling and Consulting Provider #37157523 Register: Karen Smith-Bitah Karen@skeltoncounseling.net Contact: 505-331-1815	Gallup: In-Person Class (Adult), Sept 15 – Nov 3 Tuesdays 10:00 am-12:00 pm Virtual Adult Online Class: Sept 17 – November 5 Thursdays 1:00 pm-3:00 pm Potential Monday Evening Class Based on Interest (Contact Karen)	Informational Flyer
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METRO REGION – Fall Series

Corazon Training and Consulting Provider # 79128025 Contact: Maureen Johnson maureenelise19@gmail.com	Albuquerque: In-Person Adult Classes Wednesdays, 2:00pm – 4:00pm; Teacher: Maureen Johnson 10/21/26-12/16/26 Thursdays, 10/22/26 – 12/17/26 Morning Class: 10:00am-12:00pm; Afternoon Class: 12:30pm-2:30pm	Informational Flyer- Weds Informational Flyer - Thurs
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NORTHEAST REGION – Fall Series

<p>Louise laPlante & Associates, LLC Provider #D3375 louiselaplante@yahoo.com Yvette Gardner Pickett (Clovis): yvettegardnerpickett@gmail.com</p>	<p>Clovis: Advanced Topics Adult Class Tuesdays: 10:00am – 12:00pm, 8/18/26 – 10/6/2026</p> <p>Clovis: General Adult In-person Class Wednesdays, 10:00am-12:00pm, 10/14/26 – 12/2/26</p> <p>Tucumcari: Start Date TBD Contact: Yvette Gardner Pickett to register Santa Fe: Start Date TBD Contact: Louise laPlante to register Las Vegas: Start Date TBD Contact: Louise laPlante to register</p>	<p>Informational Flyer- Advanced Topic Class</p> <p>Informational Flyer-Clovis</p>
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SOUTHEAST REGION – Fall Series

<p>Louise laPlante & Associates, LLC Provider #D3375 Contact: Carol Birdsong cbanmb07@gmail.com</p>	<p>Roswell: Adult In-person Class Thursdays, 1:00pm – 3:00pm, 9/10/26 – 12/17/26</p>	<p>Informational Flyer</p>
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SOUTHWEST REGION – Fall Series

<p>REAL Therapeutics, LLC Provider #50806262 Contact: 575-635-9013</p>	<p>Las Cruces: In-Person Class (2 class offerings) Sept 16 – Nov 4</p> <ul style="list-style-type: none"> • Morning Class: 10:00-12:00pm • Afternoon Class: 1:00pm-3:00pm <p>Couples Class: In-Person Class (designed for couples in a committed romantic relationship) Aug 4 – October 6</p> <ul style="list-style-type: none"> • 10:30am – 12:00pm 	<p>Informational Flyer</p> <p>Informational Flyer</p>
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