

Friends and Relationships Course

TEEN Edition (Ages 13-17)

Community Education Class for
Teens with Intellectual and Developmental Disabilities



WHERE AND HOW



Statewide Virtual Class
via Zoom

Join us safely from
anywhere in New Mexico

WHEN AND TIME



Every Wednesday

Time: 6:00pm - 7:30pm

Dates: August 19, 2026 -
November 18, 2026

Bonus: If we have a group of teens register from the same local community, we will organize at least 3, in-person classes during the session! This provides an incredible opportunity for the students to connect with peers in their community while engaging in interactive, cooperative activities together.



Build Friendships:

How to make and keep
meaningful friendships



**Online Relationships
and Safety** - Navigating
the digital world securely



**Dating, Break-Ups,
Rejection** - Handling
romance and tough
emotions



**Introduction to
Sexual Health and
Wellness Topics**

Enroll Now!

Complete the following
registration form:



**Contact for more
Information:**

Thea Kavanaugh
REAL Therapeutics, LLC
Provider #50806262
575-635-9013
realtherapeutics@gmail.com

This community class is supported through the NM Developmental Disability Supports Waiver (DD Waiver). Mi Via and sliding scale private pay are accepted