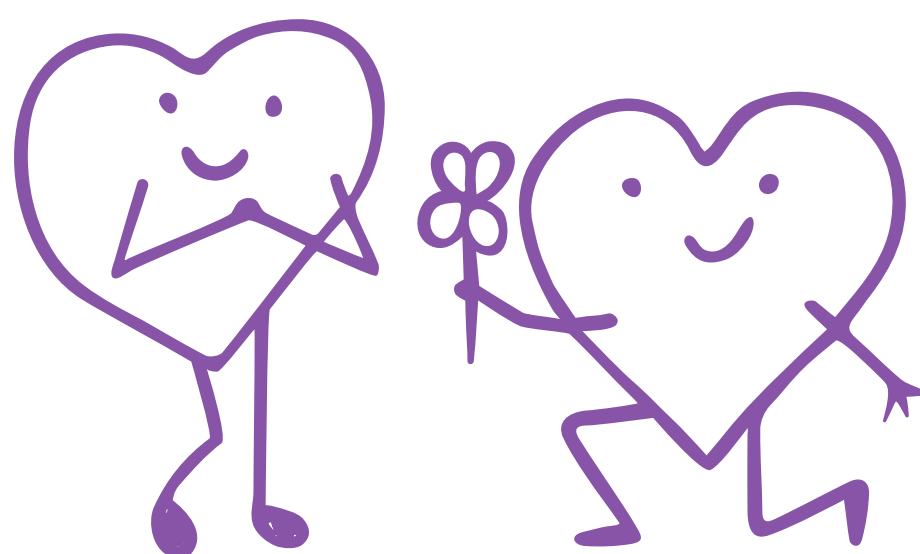


Couples Friends and Relationships Course

Community Education Class designed for
Couples with Intellectual and Developmental Disabilities
who are in a romantic partnership



CLASS INFORMATION



18+ years old



Couples attend together



La Vida Project - FYI+
118 N Main St., Las Cruces



Day: Every Tuesday

Time: 10:30am - 12:00pm

Dates: August 5, 2026 -
October 7, 2026

Required Support: Each couple attends and participates in the class together along with their support person, such as a direct support professional (DSP), parent, or other natural support.



Practice Conflict
Resolution &
Compromise



Practice
Speaking Up
Assertively



Understand and
Respect Consent



Setting and
Respecting
Boundaries



Plan Engaging
and Fun Dates



Introduction to
-Sexual Health and
Wellness Topics

ENROLL NOW:



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