



CIRCLES®: Intimacy & Relationships – Level 2

**New class will begin
Wednesday, April 10, 2024
3:30-4:30PM**

**Registration forms available at the Community Learning Center
and the SB40 website – <https://sb40life.org>.**

Registration forms due by Tuesday, April 9, 2024!

**Continue to learn about 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 to the distance from you.

What kinds of things will I learn about in Level 2?

- Circle Jumping – when it is OK and when it is NOT
- Reversal of Intimacy Level
- Rejecting Intimacy and Having Intimacy Rejected
- Relationship Dissolution

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