



# Information for Participants

**When:** Starts Monday 6<sup>th</sup> of June 2022

**Where:** WWILD – 211 Hudson Street, Woolloowin 4030

**Time:** 10am until 12pm on Mondays for 10 weeks

## **For more information, contact:**

The You and Me Relationships Group is a small group of people with intellectual disabilities who meet with 'facilitators' (workers) to talk about themselves and their relationships with family, friends and partners.

The group meets for two hours over ten weeks to talk about:

- Meeting new people
- Being a good friend
- Safe touch
- Saying "NO"

- Feeling good about yourself
- Dealing with problems and arguments
- What makes a 'good' and 'bad' relationship

There will be lots of time for talking in the group but you will also participate in activities and role-plays.

Eight people will be invited to join the group. Your group will be either all men or all women. When eight people have been chosen and start the group no one new can join in. This helps the group members to get to know each other and feel safe to talk about important things.

**If you are selected to be part of the You and Me Relationships Group:**

- Facilitators will meet with you before the group starts to let you know more about the group. They can answer any questions you may have, talk to you about anything that worries you and find out what support you might need to attend. You get to choose if you want to come to the group.
- After the group has finished, facilitators will meet with you again to find out what you thought about the group, if it helped you and how you think the group can be improved.
- Facilitators can meet with, or talk to, your parents or workers if they have any questions and you're OK with that.

**The You and Me Relationships Group has been developed by WWILD SVP Ass. Please feel free to contact WWILD for further information, support or with any comments or concerns.**

**Phone WWILD: (07) 3262 9877**

**Email WWILD: [info@wwild.org.au](mailto:info@wwild.org.au)**

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