



# Centacare Relationship Classes

## Program Content

### Series 1: Basic social skills

- Body Language and eye contact
- Good manners in social situations (eg. personal space)
- How to start and maintain a two-way conversation
- Social skills in different settings: eg. work, at home, at dinner with friends
- Empathy: showing interest in other people and respecting our different interests
- Active listening
- Building social confidence

## Program Delivery

- Series one will take place over 12 weeks
- Group size: 7
- Sessions to take place onsite at Centacare

## Program Goals

For Series One the goal is for participants to develop some useful social skills that will improve their interactions and conversations with friends, family, acquaintances and members of the public.