



## Share Your Experiences and Desires with Dating Help us Navigate the Challenges of Dating

Social connection is an important aspect of our overall well-being; many people choose to connect with others through dating. Dating can be a fun and exciting chapter in one's life, yet it can be scary and difficult at times.

We want your help! We want to teach the practicalities of dating, such as: creating an online dating profile, keeping a conversation on going on a date and exploring the emotions of dating. We also want to learn about how you stay positive and resilient, work through anxieties and manage the roller coaster of euphoria and rejection with dating.

To make this experience relevant to you, we would like to invite you to help build our Link! dating curriculum. Please contact us if you are interested in being a part of this conversation.

When Is It?
May 31st, 2022 on Zoom at 3pm

Partnered with:



Funded by:



## How Can I Attend?

Please email linksrs@posabilities.ca and let us know that you are interested in attending our dating conversation. An instructor will reach out to you with next steps.