



Autism Alliance SoCal
Building Meaningful Lives

Building Friendships and Healthy Relationships for Teens on the Autism Spectrum and other Developmental Disabilities

Healthy friendships play an important role for teens as they strive for their independence. Friendships teach important life skills such as learning to share, compromise and set boundaries. Join the 4-part virtual workshop.



Session #1-Starting a Friendship

Saturday, May 10, 2025 - 10:00 AM to 11:30 AM PST

Participants in this workshop will be able to:

- Identify necessary steps for beginning a friendship.
- Finding someone (qualities they value in a friend, qualities they bring to a relationship and establishing a connection).
- Exploring mutual interests and assessing if connection is reciprocal.

Session #2 - Starting a Friendship (continued)

Saturday, May 17, 2025-10:00 AM -11:30 P.M. PST

Participants in this workshop will be able to:

- Practice entering and exiting conversations.
- Learn to use effectively electronic communication, voicemail messages, text, rules for use of the internet and social media.
- Setting boundaries and learning how to compromise in friendships.

Session #3- Maintaining Friendships

Saturday, May 24, 2025-10:00 AM to 11:30 A.M.PST

Participants will be able to:

- Identify non-verbal cues in acceptance and disagreement
- Identify comfort level in sharing strengths, challenges and disability.
- Conflict resolution, consensus building and setting supportive relationships,
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Session #4: Deciding if a Friendship is Healthy or Unhealthy and Tackling Bullying Behavior

Saturday, May 31, 2025- 10:00 AM to 11:30 AM. PST

Participants will be able to:

- Identify qualities of a healthy friendship
- Identify qualities of an unhealthy friendship
- using relationship scenarios, make decisions using examples of healthy and unhealthy
- Identify and address bullying behavior
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Each workshop session will incorporate interactive, concrete activities to support learning as well as resources and ideas for parents/caregivers to reinforce learning at home and in the community.

Our Expert Speaker/Facilitator:

Terri Couwenhoven, MS, CSE is a well-known certified sex educator and author, specializing in the design and implementation of sexuality programs and resources for individuals on the autism spectrum and other developmental disabilities, their parents, and the professionals who support them. Her gentle, matter-of-fact approach combined with extensive knowledge and experience make her a popular speaker with self-advocates, parents, and professionals around the country.



To Register Email FAA at info@autismsocal.org
or Call/Text (818) 662-8847



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