

You're invited to join us on

# The Couch

and talk about Friendships



Are you finding it hard to make friends and relationships with others?

We are going to talk about things like:

- Ways to find friends who like the same things you do
- Who are real friends
- How long does it take to become real friends
- Different kinds of friendships
- How to be a good friend
- What to do if someone doesn't want to be friends
- How to keep yourself safe from unsafe and strange people on social media and in the community.

You can come along and just listen to what other people are saying or you can speak up and talk about what you have done that has worked.



Saturday 1st August 2020

3.00PM — 6.30PM



**Who is invited?**

**People 18 years and over with intellectual disability**

**Only a limited number of people can come, so phone first to save your place**

**Phone Beth Marchbank  
0415 449 237  
Maxine Drake  
0409 016 104**



**Where :**

**Conference Room,  
City West Lotteries House,  
2 Delhi Street, West Perth**

**Getting There:**

**Train—  
City West stop  
Fremantle line  
Leaves Perth 2.45PM  
Free car parking**



**Burgers, drinks & music provided:  
Tell us if you have a  
special diet**



**This Couch session has been funded by the NDIS—Information, Linkages & Capacity Building program**

**You can also book online:  
<https://www.eventbrite.com.au/o/developmental-disability-wa-2046684199>**