

Can U Relate?

Shores of Hope's **Can U Relate?** classes, hosted through Contra Costa County ILSP, are a free teen relationship course designed to equip you with the skills and knowledge to confidently navigate relationships and make informed choices throughout your life.

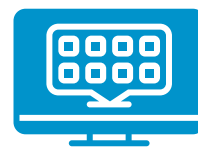
Course topics include:

- **Knowing Yourself**
- **The Science of Attraction & Love**
- **Communication & Conflict Resolution Skills**
- **Healthy vs. Unhealthy Relationships**
- **Healthy and Affirming Sex & Intimacy**
- **And so much more!**

For more information or any questions, reach out to us via email: outreach@shoresofhope.org

Sign-up at the link below:

<https://forms.office.com/r/cqVQC5Q1kv>



**Interactive virtual format,
with videos, polls,
Kahoot! games,
and more!**

**Gift-card incentives
(available for ages 14-19)**

**Classes take place
July 6th – August 19th,
every Tuesday
and Thursday
from 3:30 – 4:30PM
on Zoom**