

# 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.

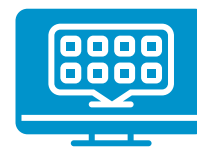
Course topics include:

- **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](mailto:outreach@shoresofhope.org)

**Sign-up at the link below:**

<https://forms.office.com/r/wtZ7UkxxsB>



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

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

**Classes take place  
June 7th - July 21st,  
every Tuesday  
and Thursday  
from 4-5PM.**