



Raise Me Up

Raise Me Up is a small group pilot program for teenagers and young adults with Down syndrome focusing on self-esteem and healthy relationships. Each day we will spend time empowering and celebrating ourselves and discuss how loving and respecting ourselves can lead to meaningful and fun relationships with our family, friends, and potential dates. As we work on ourselves, we can talk about attraction, crushes, and dating. In a world where everyone is bombarded by expectations on how we should look, act, and be like, we want to support each other in remembering we are more alike than different, and we are each worthy of love – from ourselves and from others.

This program is taught by Susan Fawcett, PhD, RSLP and Andrea Lee, M.Ed. Susan has worked at the DSRF since 2003 and is the Director of Therapy, Behaviour and Family Support; she was previously the Head Speech Language Pathologist. Susan completed a PhD in Educational and Counselling Psychology, and Special Education at UBC. Andrea is a BC certified teacher and has been at the DSRF since 2015 teaching adult group programs and one-to-one math and reading for all ages. She has recently graduated from Option’s Sexual Health Educator Certification and is completing her practicum at DSRF to complete her certification.

Topics may include celebrating our unique selves, celebrating and understanding Down syndrome, self-care, how to help others, self-advocacy, types of relationships, being a good friend, crushes, and dating – who to date and when are we ready? The final curriculum will be customized to fit the needs of our group participants.

| Dates (2020) | Schedule | Location | Ages | Fee |
|--------------|--------------|----------|------|-------|
| Aug. 17-21 | 1:00-3:00 pm | Burnaby | 16+ | \$150 |

Registration

If you are interested in this program, please contact Andrea Lee at andrea@dsrf.org. A short questionnaire may be sent to participants before the program begins.

