



# SPEED FRIENDING

## An event designed to support people in making new connections and meeting others.

Participants will attend **six 90-minute training sessions** to be held in person at the Kettering Recreation Complex over a period of six weeks (one each week).

These will lead up to a fun, in-person **Speed Friending event** on **Wednesday, November 13** from **5:30 p.m. to 7:30 p.m.**

In-person training sessions will be conducted by Elevatus certified trainers. The sessions will help people with developmental disabilities learn how to develop and navigate friendships. The trainings are easy to understand and involve activities to practice friending skills - including communication, relationship building and keeping yourself safe.

### Participants must:

- Fill out the interest form and return it to Amber Newman by Friday, September 20.
- Enroll and attend training sessions each week at the Kettering Recreation Complex, 2900 Glengarry Drive, Kettering, 45420. Training sessions will be held from 6:00 p.m. to 7:30 p.m.; please arrive by 5:45 p.m.
  - Class 1: Wednesday, October 2
  - Class 2: Wednesday, October 9
  - Class 3: Wednesday October 16
  - Class 4: Wednesday, October 23
  - Class 5: Tuesday, October 29
  - Class 6: Wednesday, November 6
- Attend the in-person Speed Friending event on Wednesday, November 13, from 5:30 p.m. to 7:30 p.m. (You must attend all training sessions to participate in this event.)
- Have their own transportation to and from the activities.

**Please note:** Individuals needing assistance should come with a support person as direct care staff will not be provided. Support persons will be expected to wait away from the group until needed.

Questions? Contact Amber Newman at [anewman@mcbdds.org](mailto:anewman@mcbdds.org) or 937-776-0841.



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## Interest Form

Please note: This is not a registration form but an interest form.

Please fill out and return to Amber Newman by Friday, September 20.

You will be notified by Monday, September 23 if you have been selected for Speed Friending. Space is limited to 20 participants.

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email address: \_\_\_\_\_

Service & Support Administrator (SSA): \_\_\_\_\_

Name of support person: \_\_\_\_\_

Phone number of support person: \_\_\_\_\_

Email address of support person: \_\_\_\_\_

Have you participated in Elevatus training with GCBDD previously?

Yes     No    If yes, when? \_\_\_\_\_

Email completed registration forms to [anewman@mcbdds.org](mailto:anewman@mcbdds.org) or you can mail them to:

MCBDDS  
Amber Newman  
8114 N. Main St.  
Dayton, OH 45415



**Board of Developmental  
Disabilities Services**