

The Date-Ability Program

Easy Read

Easy Read information for participants

What is Date-Ability?



Date-Ability is a course about friendships, dating and relationships.



You learn in a small group with other people. Our teachers are trained counsellors.



The course goes for 11 weeks. You come to 1 session each week.



In week 12 there is a social event. It is a fun way to practise your new skills and meet new people.

What will I learn?



About me

Learn about yourself and what you like.



Friends

How to make friends and keep them.

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Talking to people

How to start conversations and listen.



Dating

How to find a date and go on dates.



Online safety

How to stay safe when chatting online.



Boundaries and consent

What is OK and not OK.

How to say yes and how to say no.



Healthy relationships

What a good relationship looks like.



Sexuality and sexual health

Safe and respectful information about sex and relationships.

Who can join?



Adults with an NDIS plan.

You do not need any experience with dating.

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The course can be paid for with your NDIS funding.

How do I join?



Talk to your Support Coordinator, your family or someone you trust.



Call us on 1800 577 370.



Email us at admin@fsacademy.com.au



Visit our website: fsacademy.com.au

Everyone deserves to love and be loved in a way that brings them joy.