

CIRCLES Program

The CIRCLES Program is a widely used essential piece of work in the field of social/sexual learning for people with disabilities. This method has been used successfully to teach individuals with learning disabilities, mild to severe levels of mental retardation, emotional handicaps, sensory impairments and affective disorders. It presents an attitudinal and psychological basis for the development of healthy socialization and sexuality skills. It is a flexible program that simultaneously teaches and trains individuals for greater social competence.

This program begins by defining the person in a positive way that will present them with self respect and autonomy. With this, a sense of personal well being will be presented which is the foundation for a healthy self esteem. From there it assists individuals in discriminating different degrees of intimacy and adapt their behaviors accordingly through the use of colors in a CIRCLE format.

This program presents information on intimacy and relationships to those with functional challenges, those who are non-readers, individuals that are concrete learners and for others with special needs. It is a dynamic program that is fun for the individuals and the instructors.

This is a new program that is being offered at the Center of Hope through a Grant received by the Community Foundation in an effort to assist those with developmental disabilities.

For further information on this program, please contact Michelle Moss at 815-964-9275.