

# VIRTUAL WORKSHOPS 2026

Live workshops held on the 2nd & 4th Wednesday of each month



## JANUARY

### FOUNDATIONS OF FRIENDSHIP

Jan. 14

What Is a Good Friendship?

Jan. 28

Making Friends Without Pressure

## FEBRUARY

### CONVERSATION BASICS

Feb. 11

Trading Information

Feb. 25

Balanced Conversations

## MARCH

### COMMUNICATION & TECHNOLOGY

March 11

Texting, Calling, and Messaging

March 25

Online Safety & Red Flags

## APRIL

### HUMOR & SOCIAL AWARENESS

April 8

Using Humor the Right Way

April 22

Joining Group Conversations

## MAY

### SOCIAL PLANNING & CONFLICT

May 13

Organizing Get-Togethers

May 27

Handling Disagreements

## JUNE

### TEASING, BULLYING & BOUNDARIES

June 10

Handling Teasing

June 24

Bullying & Social Aggression

## JULY

### DATING BASICS

July 8

What Is Dating, Really?

July 22

Letting Someone Know  
You Like Them

## AUGUST

### ASKING & GOING ON DATES

Aug. 12

Asking Someone on a Date

Aug. 26

First Date Skills

## SEPTEMBER

### RELATIONSHIPS & BOUNDARIES

Sept. 9

Maintaining Dating Relationships

Sept. 23

Healthy vs. Unhealthy Relationships

## OCTOBER

### BREAKUPS & BIG FEELINGS

Oct. 14

Managing Breakups

Oct. 28

Handling Rejection &  
Disappointment

## NOVEMBER

### CONFIDENCE & INDEPENDENCE

Nov. 11

Building Confidence

Nov. 25

Independence With Support

## DECEMBER

### REVIEW & CELEBRATION

Dec. 9

Review & Real-Life Practice

Dec. 23

Looking Ahead

Members may join the workshop series at any point. Topics rotate throughout the year.