

Healthy Relationship Series



Providing adults with disabilities individualized training on hygiene, sexuality, relationships and ways to stay safe

This Series will Cover:

- Public VS. Private: Rules, behaviour, and locations
- Taking care of your body: When and how
- Masturbation: When, where and cleanup afterwards
- Creating healthy relationships and friendships: Navigating your world, identifying who is safe, characteristics of a good relationship/friendship
- Identifying types of touch: preferences, what's safe and not safe
- The power of consent
- Safer sex: STI prevention, condom demonstration
- Sex, Pornography and the law

Some of the content is explicit and may cause discomfort for some individuals

KELOWNA (10 Sessions)

Cost: FREE
Day: Tuesdays
Start Date: March 19, 2019
End Date: May 21, 2019
Time: 9:30am - 11:00am
Location: John Howard Society
1440 St Paul St, Kelowna,
BC V1Y 2E6

VERNON (10 Sessions)

Cost: FREE
Day: Tuesdays
Start Date: March 19, 2019
End Date: May 21, 2019
Time: 1:30pm - 300pm
Location: To be determined

For more information about the program and/or eligibility criteria, please call 1-855-437-7095 or email laurel@posAbilities.ca