



## ***LINK! Safety, Relationships, Sexuality***

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

The Sessions Will Cover:

- Knowing Your Rights, Consent, and the Law
- The Basics (Anatomy, Public vs. Private)
- Dating and Break—Ups
- Online Safety and Pornography
- Relationships and Decision Making
- Self-Care (Masturbation and Pleasure Toys)
- Types of Touch and Trusted People
- Gender and Identity
- Safer Sex (STIs, Testing, Pregnancy, Barrier Methods)

### SALMON ARM (5 Sessions)

**Cost:** FREE

**Dates:** March 10, 12, 17, 19, 26

**Time:** 9:30am - 11:30am

**Location:** CLBC Salmon Arm Office,  
202-351 Hudson Avenue

**REGISTER ONLINE! [www.laurelbc.ca/hrs-2020](http://www.laurelbc.ca/hrs-2020)**

***For more information about the program and/or eligibility criteria,  
please call 1-855-437-7095 or email [rebecca.roth@posAbilities.ca](mailto:rebecca.roth@posAbilities.ca)***