

# Halton Sexual Confidence Virtual Workshop



**\$25**

- Formerly Halton Sex Esteem -

Presented by the Halton Sexual Health Network



## Developing Healthy Relationships & Sexual Awareness

This 6 week, virtual workshop provides opportunities to discuss sexuality in an open, light hearted way using visual, tactile and interactive learning strategies. It will foster communication about sexuality and relationships between adults with a developmental disability and the people who support them, all while providing tangible skills and materials to promote healthy sexuality. (1 hour weekly/6 weeks)

### Upcoming Dates:

~~Wednesday's: May 4 - June 8, 2022 1:00 - 2:00pm~~

~~Thursday's: Oct. 6 - Nov. 10, 2022 6:30 - 7:30pm~~

Tuesday's: Feb. 7 - March 14, 2023 - 10:00 - 11:00am

**To Register or For  
More Information**

**Please Contact:**

**Kate Matos**

**905 208 8485 or**

**kmatos@cwsds.ca**

### Topics Include:

- Street Smarts
- Healthy Relationships
- Dating
- Consent & Boundaries
- Internet Safety
- Sexual Assault
- Parts of the body

It is recommended that participants attend with a support worker. (If a support worker is not accompanying participant, please let us know at registration.) Together they will form teams that playfully encourages everyone to develop sexuality confidence.