

Meeting Tuesday, March 26, 2019

March 26, 2019, 6:30-8:30 pm

Burnaby Public Library, McGill branch

4595 Albert Street, meeting room

Free Parking at Library



Upcoming Meeting: Tuesday, March 26th, 2019. We want your input!

Respectful relationships and friendships provide texture and vitality and make all living worthwhile. Research in the science of happiness has repeatedly shown that the depth and quality of our relationships is critical to our health, our ability to study and work, to our sense of belonging, our peace of mind, and our feeling of security.

Our meeting in March will be for everyone interested, ASD individuals and their families. This meeting is intended as an introduction to two **Relationships and Sexual Health Workshops** which we are hoping to host in the fall of 2019. The workshops will be hosted by “Real Talk” relationship & sexuality therapists, John Woods and Kelsey Savage. Our proposal is innovative in that the participants will be a mix of ASD and neuro-typical adults, and will be designed for 10 participants 18-35 years of age.

What we need to know:

- **Will you come to this introductory meeting?**
- **Would you prefer that parents and ASD adults attend in separate meeting rooms?**
- **Some of the topics to be addressed in the future workshops are listed below – is there anything that should or shouldn't be included?**

Topics to be covered in these workshops:

Meeting:

- How & where to meet
- Online dating & dating services
- Gender roles & expectations

Getting to know each other:

- How to find commonalities in interests, personality, values
- Respect, Honesty & Trust

- How to read invitation to intimacy – reading the non-verbal clues, such as body language & facial expressions
- How to initiate intimacy
- Embarrassment about sexual inexperience
- Communication about feelings and touching

Safety, Security & Health:

- Safe sex
- Self-stimulation – appropriate setting & technique
- Alcohol, drugs, & sex
- Appropriate/inappropriate conversation, based upon audience & setting
- Revealing personal information (especially online)
- Sexual orientation
- Consent

Learning from experience:

- How to end a relationship
- How to survive being dumped
- How to be a better partner the second time
- **John Woods, BA, University of Manitoba.** John has worked in the community living sector since 1992, and with Burnaby Association for Community Inclusion (BACI) since 1997. With BACI he has been a Licensed Residential Supervisor, a Manager of Community Connections, and a member of the Kudoz design team. In 2014, John completed BC's Options for Sexual Health's Certified Sexual Health Educator Program. <https://www.optionsforsexualhealth.org/>
- Currently, John manages "Real Talk", <http://real-talk.org> with [Options for Sexual Health](#) in their Clinical Services department. In his free time he loves composing music for his rock band and for original musical theatre shows. john@real-talk.org
- **Kelsey Savage, BFA, University of British Columbia.** Kelsey is a graduate, in the spring of 2016, of BC's Options for Sexual Health's Certified Sexual Health Educator Program. She is currently completing her 30-hour practicum for certification. Having studied Creative Writing in university, Kelsey bears witness every day to the power of words, language, and the creative expression of feelings and thoughts in all facets of her work. She especially appreciates how folks of all genders, backgrounds and abilities use RealTalk Pizza Parties to express and engage with their feelings and hopes around sex, relationships, dating and love– often for the first time. In addition to her role as a facilitator for RealTalk, Kelsey conducts both sexual health and creative writing workshops in Lower Mainland schools. As well, Kelsey teaches Lindy Hop swing dancing. More information on Kelsey can be found at kelseysavage.com

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