



Square Peg Society is a non-profit, charitable organization supporting Autism Spectrum (ASD) adults in building independent, self-supporting lives.

www.squarepegsociety.ca

The Project:

We are offering a six-session **Relationships and Healthy Sexuality Workshop**, for 10 participants 18-35 years of age. The workshop is to be hosted by “Real Talk” certified relationship & sexuality educators, John Woods & Danielle Stacey. At SPS one of our goals is to increase understanding and acceptance of ASD individuals by the broader community. To achieve this, whenever possible, we will try to create more opportunities for interaction, and therefore, we are encouraging both ASD and neuro-typical adults to register for this program. These guided workshops, in an empathetic environment, will provide an opportunity for growth for all participants, over a topic of mutual interest to this age group— social relationships and healthy sexuality.

When we feel like we belong, our confidence improves as does our self-esteem, our sense of well-being, and our quality of life. The depth and quality of our relationships is critical to our health, our ability to study and work, our peace of mind, and our feeling of security. The foundation for good relationships is the clear communication of needs, ideas and hopes, on good self-care and setting appropriate boundaries, and on learning to see, empathize with, and respect these concerns in others. Building these skills is important for everyone, ASD or not, for one’s happiness, but also for one’s safety and protection from disease.

Topics included in these workshops:

Meeting – how & where to meet, and online dating

Getting to know one another – finding common interests and values, “reading” non-verbal invitations of interest, respect, honesty & trust, communication about feelings & touching

Safety, Security & Health – safe sex, alcohol, drugs & sex, consent

Learning from Experience – coping with rejection, learning from rejection, ending a relationship

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. 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> and also works for [Options for Sexual Health](#) in their Clinical Services department.

Danielle Stacey, BSc, Psychology, is also a graduate of the Options for Sexual Health Sexual Health Educator Certification program. She has four years of experience as a Youth Care Counsellor at an alternate high school in Vancouver. www.sexualhealthwithdee.com

Program & Registration Details:

Date/Time: Wednesdays at 6:30pm: Sept 18th, Oct 2, Oct 16, Oct 30, Nov 13, & Nov 27. They will be held in a meeting room at the Senior 55+ Centre at Bonsor Community Centre, with each session closing with a sauna/swim with the program leaders, at the Bonsor Pool, across the parking lot from the meeting room. This post-workshop recreation is to allow for more opportunity for social interaction. The Centre is close to Metrotown Skytrain Station.

Each participant, will be required to pay \$120.00, when they register. At the end of each session that they attend, the participant will be refunded \$20.00. Each person who completes all six sessions will receive a \$50.00 bonus. Please register by emailing:

joetteheuft@gmail.com