

HEALTHY SEXUALITY

ADULT EDUCATION GROUP

A 10-week program for adults with autism spectrum disorder or intellectual disabilities to gain knowledge about healthy sexuality and relationships.



10 In-person Client Teaching Sessions
Weekly Tuesdays from 1:00 pm to 2:30 pm
Starting April 23, 2024

900 Hopkins Street, Unit 8, Whitby, ON. L1N 6A9

REGISTRATION

For DSO-eligible clients residing in Durham make a referral through Developmental Services Ontario (DSO) at 1-855-277-2121. Register by April 1, 2024

For non-DSO eligible clients or those residing outside of the Durham Region a group fee of \$926.95 applies. Contact 905-666-9688, ext. 640. Register by March 25, 2024

For more information on the group: Email Natalie Driscoll at adultgroups@lrcss.com



HEALTHY SEXUALITY FOR ADULTS

Neurodiverse adults learn about sexuality.

SCHEDULE

Weekly on Tuesdays 1:00 pm to 2:30 pm

Date	Topics
23-Apr-24	Meet & Greet
30-Apr-24	Different types of relationships
7-May-24	From friend to sweetheart & public vs. private acts
14-May-24	Many roads to relationships
21-May-24	Anatomy
28-May-24	Sexual feelings and attractions & acts
4-Jun-24	Communication & decision making
11-Jun-24	Pregnancy
18-Jun-24	Social Media
25-Jun-24	Review



INDIVIDUAL SKILL REQUIREMENTS

Joint attention skills • Discrimination skills • Echoic skills • Motor imitation skills • Ability to follow common 1- step instructions • Participate in session with limited caregiver assistance • Ability to sit independently for 20 minutes • Safety concerns and challenging behaviour are low and/or caregivers are able to safely manage any challenging behaviour.

ELIGIBILITY CRITERIA

Individuals must be 18 years and older with intellectual disabilities or a diagnosis of autism spectrum disorder and must provide their own transportation to and from sessions.

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