

# Community Education Service



## Sexual Health Workshop

Presented by: Heather Cobb, B.Sc., PGCE, AHS

**Thursday, November 14, 2019**

**6:30 pm - 8:30 pm**

**Sign in: 6:15pm**

**The Ability Hub**

**Child Development Centre  
300, 3820 - 24th Avenue NW**

Session is FREE  
of charge/  
Free parking in  
Lot 53.

Register: <http://community.hmhc.ca/>

For more information: email [ces@ahs.ca](mailto:ces@ahs.ca) or call (403) 955-4747

### **Are you a parent, caregiver or service provider of a child or teen with ASD?**

Do you want to learn more about puberty and sexual development, healthy relationships, and personal boundaries? Sexuality is an important part of the overall wellness of all people. This workshop will give you practical tools and strategies to guide your child or teen through puberty and beyond and introduce resources to help build your comfort and skill in working with your child.