

# Community Education Service



## Sexual Health Workshop

Heather Cobb, B.Sc., PGCE, AHS

**Thursday March 15, 2018**

**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 54

**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.

This session is presented by the Community Education Service of the Child & Adolescent Addiction, Mental Health & Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with the **Sexual & Reproductive Health Program, AHS** and the **Sinneave Family Foundation**.