



LINK! Safety, Relationships, Sexuality

Providing adults with disabilities individualized training on hygiene, sexuality, relationships and ways to stay safe

Mandatory Sessions:

All participants must complete both mandatory sessions before enrolling in any elective sessions.

- Knowing Your Rights, Consent, and the Law - **October 20, 1-3pm**
- The Basics (Anatomy, Public vs. Private) - **October 22, 1-3pm**

Elective Sessions:

Participants can choose as many elective sessions as they would like.

- Different Types of Touch and Trusted People - **October 27, 1-3pm**
- Self-Care - **October 29, 1-3pm**
- Gender and Identity - **November 3, 1-3pm**
- Relationships and Decision Making - **November 5, 1-3pm**
- Online Safety and Pornography - **November 10, 1-3pm**
- Dating and Break-Ups - **November 12, 1-3pm**
- Thinking about Sex (Determining "Readiness", Types of Sexual Activity) - **November 17, 1-3pm**
- Safer Sex (STIs and Contraception) - **November 19, 1-3pm**

The LINK! program is supported by the Government of Canada's Emergency Community Support Fund and Community Foundations of Canada.

To optimize learning for all participants we will contact you for more detailed information.

REGISTER ONLINE! www.laurelbc.ca/c-2020

CRESTON AND
SURROUNDING
KOOTENAY AREA

Cost: FREE

This is an online event hosted through ZOOM, register online for the sessions of your choice.

For more information about the program and/or eligibility criteria, please call 1-855-437-7095 or email linksrs@posAbilities.ca