

Sex Education and Healthy Relationships Course



DATE: Tuesdays, January 30th to April 3rd, 2018.

TIME: 1:00– 2:30pm

LOCATION: 1914 9th Ave SE, Calgary.

COST: \$10

Application deadline is Friday January 5th, 2018

Applications can be sent to:



MAIL: Elyse Seppala-Ulrich
Supported Lifestyles Ltd.
#210, 495 36th Street NE
Calgary, Alberta T2A 6K3



FAX: (403) 207-5125
Attn: Elyse



seppalae@supportedlifestyles.com

A brief interview will be conducted with each applicant prior to the start of the workshop to ensure that it will meet the needs of those who attend.

For more information, please review our FAQ sheet or contact
Elyse Seppala-Ulrich
403-207-5115 ext. 264
seppalae@supportedlifestyles.com

Participant criteria includes:

- ◆ Strong verbal communication skill an asset
- ◆ Some ability to understand abstract concepts
- ◆ An interest in the subject matter.
- ◆ Basic relationship skills and knowledge also an asset.

Some Topics Included Are:

- ◆ Diversity
- ◆ Healthy Relationships
- ◆ Healthy Sexual Decision Making
- ◆ Sexual Anatomy
- ◆ Sexually Transmitted Infections
- ◆ Contraception
- ◆ Sex and the Law

Please check if you require assistance with any of the following:

Reading

Writing

Sight

Speech

Hearing

Mobility

Circle below the information that you think would be most helpful for you to learn about during our class.

- Dating issues
 - Legal issues and abuse within a relationship
 - Healthy boundaries
 - How to develop a long term relationship
 - Assertiveness
 - Decision making about relationships or sexual activities
 - Masturbation
 - Sexual behaviour involving another person (such as kissing, sexual intercourse)
 - Sexual anatomy
 - Sexual fantasy
 - Sexual dysfunction
 - Sexual abstinence
 - Safe sex and sexually transmitted infections
 - Contraception
 - Sexual orientation (heterosexuality and homosexuality)
- Other:** _____

Emergency Contact Information:

Person's Name	Telephone Number(s):
Guardian/Family:	
Day Support	
Agency _____ Name _____	
Residential Support	
Agency _____ Name _____	

In the event that a sudden medical emergency occurs, efforts will be made to obtain treatment consent from the guardian and to notify the service provider involved. In the event that the guardian cannot be reached, I hereby authorize Supported Lifestyles Ltd. to **seek emergency services**. It is the responsibility of the attending physician(s) and support personnel to obtain consent, or for the physician to decide to treat without guardian consent.

Note: Guardian approval (if applicable) is required for this course! Guardian signature authorizes Supported Lifestyles to contact the client's service agency, PDD or other services to obtain information pertinent to the needs of facilitating the workshop and is effective for the duration of the group.

☼ **Individual's Signature** _____

☼ **Date** _____

☼ **Guardian Signature (if applicable)**

I, the Guardian/Agent/Independent Adult, give my permission to Supported Lifestyles Ltd. Staff to videotape/record and or photograph the individual for the purpose of Educational, Training and /or Group promotion. I am aware that I can revoke, revise or terminate this authorization at any time.

Yes No _____ **Initials**

Application for Sexual Education and Healthy Relationships Group may not guarantee you a spot in the group.

The final selection of participants will be made once each applicant has had an interview. Once the participants for the group have been selected, all applicants will be notified by telephone.

Completed applications can be returned to:

Mail: Elyse Seppala-Ulrich
Supported Lifestyles
#210, 495 36 Street NE
Calgary, Alberta
T2A 6K3

Fax: (403) 207-5125
Attention: Elyse

Email: seppalae@supportedlifestyles.com

Should you have any questions, please contact Elyse as above or at (403) 207-5115 ext. 264

