

2023-2024

# ONLINE SEXUAL HEALTH WORKSHOP CALENDAR



Alberta Society for the Promotion  
of Sexual Health

Sign up: [WWW.ASPSH.CA/register-for-workshops](http://WWW.ASPSH.CA/register-for-workshops)



# ASPSH

## WHO IS ASPSH?

The Alberta Society for the Promotion of Sexual Health (ASPSH) provides education and training opportunities for parents, students, teachers, health and social service professionals and anyone else who may have an interest in sexual health.



Founded in 1993, ASPSH offers online workshops, SAR (Sexual Attitude Reassessment) workshops, in-person workshops, webinars and a Biennial Sexual Health Conference. ASPSH works with the University of Alberta Faculty of Rehabilitative Medicine to offer a post graduate sexual health certificate program.

## WHY ONLINE LEARNING?

ASPSH began offering online workshops in 2005 to meet the sexual health education needs of people who requested more accessible learning opportunities. Online learning provides the convenience of learning from your own home or office computer, day or night, from remote, rural or urban communities. We use Thinkific, a web-based platform that is easy to use and step-by-step instructions and support is always available. There are no live components of the workshops – everything is posted online. The workshops consist of either 2 or 3 modules and each workshop is developed and facilitated by a sexual health professional. Certificates of Completion are issued to everyone who successfully completes the workshops.



## WORKSHOP PRICES

\*2 Module and 3 Module workshop prices vary

- member: **\$50**  
(\$38 for 2-module workshops)
- non-member: **\$75**  
(\$50 for 2-module workshops)
- student member: **\$25**  
(\$17 for 2-module workshops)
- student non-members: **\$40**  
(\$28 for 2-module workshops)

*Mission: To promote  
Sexual and  
Reproductive Health  
and Wellness  
throughout the life  
span*

MEMBERS RECEIVE 25%  
OFF WHEN REGISTERING  
FOR 3 OR MORE  
WORKSHOPS WITH  
CODE : 3ORMORE

## ANNUAL MEMBERSHIP COSTS :

- student/senior: **\$20**
- individual: **\$40**
- organization (up to 10 staff)  
**\$100**  
\*each additional staff member is \$5



**Sexual Health  
History Taking, STI  
Basics, and  
Contraception**

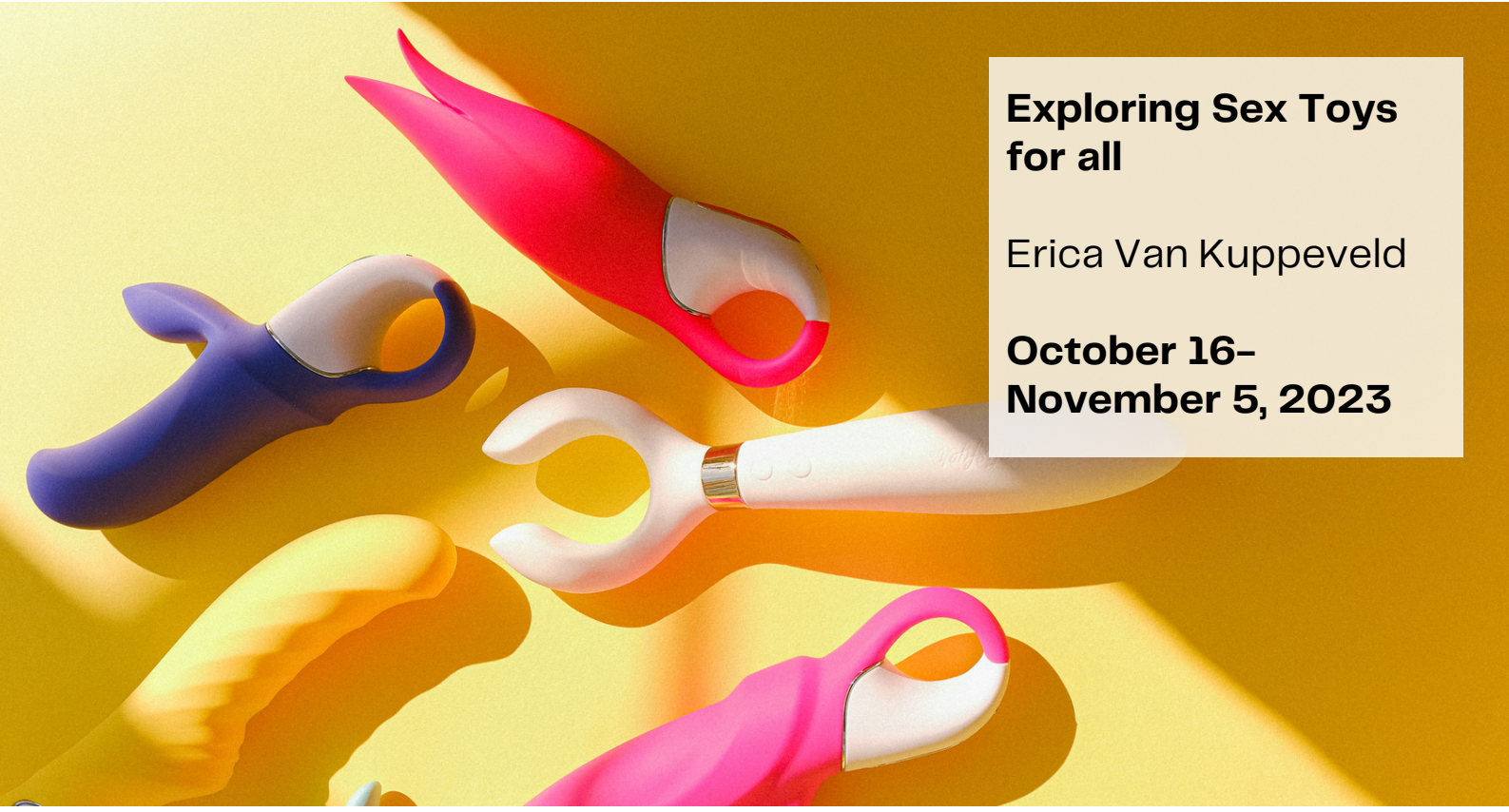
Ann Sinyard

**October 9–29, 2023**

**Workshop Description:** This 3 module workshop will expand awareness, knowledge and skills by exploring the basics of taking a comprehensive, inclusive and non-stigmatizing sexual health history, providing current evidence informed information about contraceptive methods and sexually transmitted infection & blood borne pathogens (STBBIs). Participants will have the opportunity to explore the topics in a safe learning environment, share resources and expand their professional network.

**Facilitator Bio:** Ann Sinyard (she/her) is an enthusiastic school-based sexual health instructor in Edmonton whose work is centred on accessible, sex-positive education. She integrates compassion, gender/cultural-inclusivity, and functional awareness into all aspects of her work, and is unafraid of answering tough questions – particularly given her experience as a sexual health consultant at With Consent. Continually motivated by the evolving trends related to sexual health outreach, and inspired by the constant curiosity of the youth populations she serves, Sinyard is eager to promote sex-positive health knowledge through her work and workshops at ASPSH and as an influencer online.

Sinyard's educational and career backgrounds – spanning the psychological, mental health, and frontline care fields – thus cement her capacity to set a strong foundation for bias and judgment-free sex education in either a classroom or digital setting. From there, students, staff, parents, and other educators are better equipped to make informed decisions about their individual sexual health and wellness. Learn more from Sinyard at [annsinyard@gmail.com](mailto:annsinyard@gmail.com).

**Exploring Sex Toys  
for all**

Erica Van Kuppeveld

**October 16–  
November 5, 2023**

**Workshop Description:** This workshop is all about sex toys! In the first module, we will go over the “what” and “why” of sex toys by discussing history, cultural relevance, and important considerations when exploring with sex toys. In the second module, we will learn about the “how” of sex toys by delving into sex tech, innovations in the industry, and considerations for toy usage for all people & all bodies. Finally, in module 3, We will discuss the political and social context of the sex toy industry and reflect further on future advancements that can make it more accessible and inclusive for everyone.

**Facilitator Bio:** Erica (she/her) is a sexual health educator and a ceramic artist based in Edmonton, AB, on Treaty 6 territory. She is the current Education Coordinator at ASPSH and is passionate about delivering factual, accessible, non-judgemental information about sexual health. Erica has been involved with a number of community organizations such as SACE, Compass, the Traveling Tickle Trunk, and even one of the oldest sex toy stores in Amsterdam, all of which have influenced her views of sexuality today. In addition to her role at ASPSH, Erica also owns a local business, SEXPLETIVE, through which she offers sexual health education, hosts sex-positive community events, and creates & sells ceramic sex toys.

**An Introduction to  
Digital Media  
Literacy and Sexual  
Health**

Lanie Bishop

**October 30 –  
November 19, 2023**

**Workshop Description:** Social media platforms can be impactful, effective, and fun ways to share information and knowledge to a wide audience. However, they have also become a perfect way for misinformation to spread quickly. Compiled with content restrictions, “trolls,” and other barriers, navigating the world wide web can feel daunting.

This workshop will dive into digital media literacy from a sexual health perspective, discuss developing your digital media “inner critic” to avoid misinformation, and review ways digital and social media can be harnessed to support sexual and reproductive health education.

**Facilitator Bio:** Lanie Bishop (she/her) is a recent Master of Health Studies graduate from Athabasca University, where she focused her studies around comprehensive sexual health education, sex worker stigmatization in healthcare, and sexual health policy. Her fascination in all things sexual health and wellness was inspired from her experiences as a young girl in Northern Alberta, where she realized her own education was sparse and lacking. She is a current student in the University of Alberta and ASPSH Online Sexual Health Certificate program, where she hopes to hone in her current knowledge and skills into expertise.

Outside of school, Lanie is the interim vice-president of the Central Edmonton Aerial Performing Arts Club (CEAPAC) where she hopes to continue to dismantle structures in pole dance that harm marginalized communities and sex workers while providing a more safe and inclusive space for individuals to explore movement. She is also a national level powerlifter and powerlifting referee.

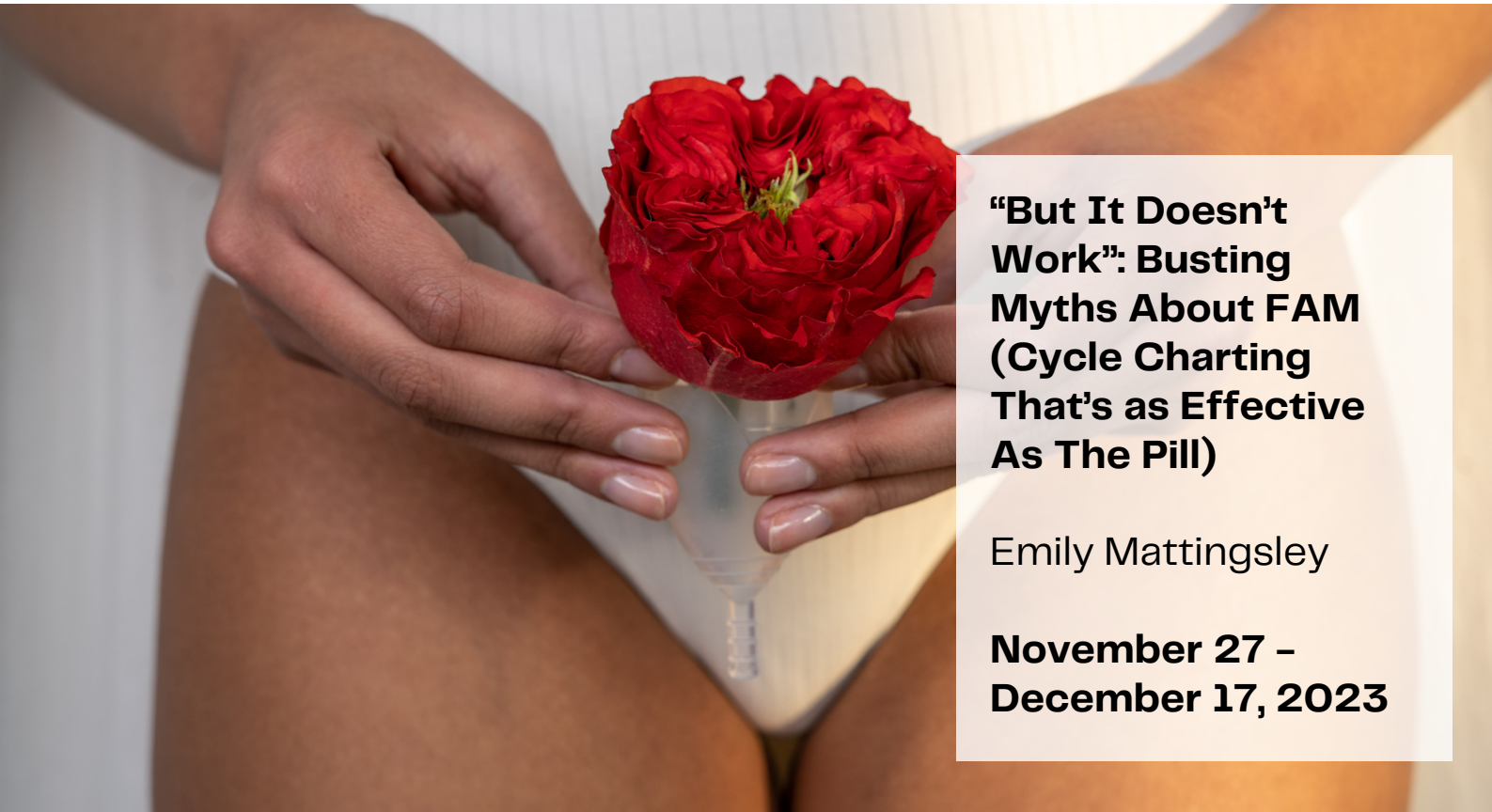
**Talking about  
Menopause**

Heather Cobb

**November 13 –  
December 3,  
2023**

**Workshop Description:** This workshop is for anyone who wants to know more about menopause signs, symptoms, and management. Menopause and perimenopause are part of the natural lifecycle of development but there are many myths and stereotypes that surround the topic. Does everyone have hot flashes? Is hormone therapy safe? Can you still get pregnant? Whether you are entering this life stage, or want to share information with clients who are, you will have the opportunity to discuss current evidence about symptoms and strategies for dealing with menopause towards optimal health and wellness.

**Facilitator Bio:** Heather Cobb (she/her) is a Sexual Health Promotion Specialist with the Sexual and Reproductive Health Program, Alberta Health Services in Calgary. An education and training professional, Heather's education includes a Bachelor of Sciences in sociology and psychology and a Post Graduate Certificate in Education from the UK. Areas of focus and particular interest for Heather include normalizing sexuality in the family, talking about sexuality and relationships, and sexuality and disability.

**“But It Doesn’t  
Work”: Busting  
Myths About FAM  
(Cycle Charting  
That’s as Effective  
As The Pill)**


Emily Mattingsley

**November 27 –  
December 17, 2023**

**Workshop Description:** Fertility Awareness Method (FAM) is a biology-based cycle tracking framework that supports women / those who bleed in developing an intimate understanding of their unique menstrual cycle and reproductive health. After establishing a FAM practice through biomarker tracking, perimeters can be applied for conscious contraception that’s been proven to be up to 99.6% effective. So why are we advised against this zero-risk option for birth control? Misinformation that confuses FAM with your grandma’s rhythm method or app algorithms. This workshop will invite major paradigm-shifts in the way you view reproductive choices and sexual wellness.

**Facilitator Bio:** Emily would have never predicted finding herself in the role of educating beyond the fear of our fertility and blood, as she grew up in a religious family where bodies and cycles were never spoken of, and like most girls was in societal systems that taught next to nothing about menstrual health. Her work is the birth of combining her extensive experience as a former EPSB teacher with her passion for reclaiming reproductive autonomy through body literacy. She’s been studying womb health for over 7 years, inspired by her direct experience with the transformational power of knowing how fertility works. In 2018, she completed a Yoga Teacher Training which further tailored her teaching methodologies to engender a wider view of wellness. In 2021 she certified as a Fertility Awareness Educator, and has been teaching cycle charting for pregnancy avoidance to clients all over the world since!





**Exploring Sexual Health, Sexuality & Diversity; Navigating Sex and Disability, and Understanding Sex Work.**

Joslyn Nerdahl

**January 15 -  
February 4, 2024**

**Workshop Description:** Join us for an enlightening and inclusive workshop series that delves into the complex intersections of sexual health, disability, and sex work. This series of discussions aims to foster understanding, promote open dialogue and challenge societal norms while creating a safe and respectful space for participants to learn and share. Some topics will include (but may not be limited to):

- Understanding Sexual Health and Wellness and its importance in overall well being
- Navigating Sexuality and Disability; addressing challenges and barriers
- Deconstructing sex work; demystifying concepts of sex work and stigmas
- Empowerment and Education; encouraging self advocacy and exploration

Come join us in fostering a community that values sexual diversity, promotes empowerment and advocates for the well-being and rights of all individuals, regardless of their abilities or personal choices.

**Facilitator Bio:** Joslyn works as a fierce advocate for sex education, sex work decriminalization and surrogate partner therapy. She first discovered her talent for sexual healing as an erotic masseuse, helping people feel safe and embracing their sexual quirks without shame. She moved laterally through different forms of sex work and then began her own sex coaching practice. Around the same time she began working as a sexual surrogate for people with physical disabilities through a specialized agency called Sensual Solutions which helps folks with physical disabilities access their own or their partner's bodies for sexual pleasure. Joslyn has successfully completed her clinical sexology degree with Sex Coach University which was an affiliate of the Institute for Advanced Study of Human Sexuality and is currently completing her hypnotherapy degree.

**Gender-Based Violence Toolkit**

Rhonda Dahlgren

**January 29 - February 18, 2024**

**Workshop Description:** Create a GBV Toolkit for your organization and community partners.

**Facilitator Bio:** Rhonda is a current Acadia University BA of Sociology and Women and Gender Studies Student (4th year). She is a GBV Youth Prevention Worker at ElevateHER Mental Health Support Services Canada.




**Counselling Skills  
and Sexual Health**

Lucy Snider

**February 12 - March  
3, 2024**

**Workshop Description:** This workshop aims to equip participants with the skills and knowledge needed to support their clients in making complex or challenging sexual health decisions such as termination of pregnancy or choosing a suitable method of contraception. The workshop will focus on how to create a sex positive environment and empower your clients to make informed choices regarding their sexual and reproductive healthcare needs.

**Facilitator Bio:** Lucy Snider is an experienced psychotherapist specializing in helping couples and individuals who are experiencing relationship or sexual difficulties. Having recently moved to Canada from the UK, she spent 8 years in London working in the field of sexual health as a Sexual Health Adviser and Specialist, Sexual Health and HIV Counsellor, delivering new diagnoses of all Sexually Transmitted Infections (STIs) including HIV and Hepatitis and providing support, education and information about all aspects of sexual health. She strongly believes in the importance of 'knowledge as power' in over-coming the stigma that still exists around sexual health and promoting a sex positive attitude towards sexual and reproductive education. She is currently based in Kelowna, BC and you can visit her website at [www.bcsexualwellness.com](http://www.bcsexualwellness.com).

**Boosting Educator's  
Confidence**

Ann Sinyard

**February 26 – March  
17, 2024**

**Workshop Description:** In this workshop you will recognize internal biases and explore ways to help reduce that bias to provide the most effective and empowering sexual health education possible. Participants will learn why it is important to use inclusive language in all areas of teaching to help reduce harm and to understand the impact words have on marginalized groups. Workshop participants will empower themselves with knowledge and empathy, to then empower and encourage their students to make the healthiest sexual decisions for themselves. Overall, participants will become more confident in teaching the topic of sexual health, gain skills on how to answer questions about sexual health effectively, creating an inclusive learning environment for all, and empower students to make the healthiest choices for their own sexual health.

**Facilitator Bio:** Ann Sinyard (she/her) is an enthusiastic school-based sexual health instructor in Edmonton whose work is centred on accessible, sex-positive education. She integrates compassion, gender/cultural-inclusivity, and functional awareness into all aspects of her work, and is unafraid of answering tough questions – particularly given her experience as a sexual health consultant at With Consent. Continually motivated by the evolving trends related to sexual health outreach, and inspired by the constant curiosity of the youth populations she serves, Sinyard is eager to promote sex-positive health knowledge through her work and workshops at ASPSH and as an influencer online. Sinyard's educational and career backgrounds – spanning the psychological, mental health, and frontline care fields – thus cement her capacity to set a strong foundation for bias and judgment-free sex education in either a classroom or digital setting. From there, students, staff, parents, and other educators are better equipped to make informed decisions about their individual sexual health and wellness. Learn more from Sinyard at [annsinyard@gmail.com](mailto:annsinyard@gmail.com).

Sign up: [WWW.ASPSH.CA/register-for-workshops](http://WWW.ASPSH.CA/register-for-workshops)

**Abortion access in  
Canada: What you need  
to know to support  
pregnant people**NAF Canada (Ariane Wylie  
and Kylee Bakowski)**March 11 – March 31,  
2024**

**Workshop Description:** This course will provide participants with the information they need to support people accessing abortion care. We'll start with a brief review of the history of abortion access in Canada to better understand the contemporary landscape. Next, we'll discuss what is involved in medication and aspiration abortion care. Finally, we'll dispel abortion myths and explore the current availability of abortion. Barriers and facilitators to abortion access will be discussed as well as gaps that still need to be addressed. The course is designed for people who want to increase their capacity to support pregnant people's access to abortion care. It is also well-suited to people who want to increase their abortion knowledge to engage in advocacy.

**Facilitator Bios:** Kylee Bakowski is an Education Manager with the National Abortion Federation (NAF) Canada. In this position Kylee supports the virtual medication abortion course, and leads development of educational materials for social service based professionals. The majority of Kylee's career has been in the non-profit sector focusing on community, harm reduction, education, and advocacy. Before joining NAF Canada, Kylee was the Education Coordinator at Amelia Rising Sexual Violence Support Centre (SVSC). Prior to that, Kylee held multiple positions including Office Administrator, then, Women HIV and AIDS Initiative (WHAI) Coordinator at the AIDS Committee for North Bay and Area, an organization working with people who are living with or at risk of contracting HIV/AIDS, and Hepatitis C. Kylee was also a Youth Counsellor at the Children's and Youth Mental Health Residential Program operated by Hands the Family Help Network, an organization working with youth and families navigating mental health, spectrum disorders, and various traumas. Kylee currently serves on the Amelia Rising SVSC Board of Directors and is active in her community through volunteering, community education, advocacy and being a vendor at farmers markets with her small business Beyond Buttons.

Ariane Wylie is an Education Manager at the National Abortion Federation (NAF) Canada. Her work focuses on creating educational resources on the topic of abortion for physicians, nurses, midwives, and other clinicians. Prior to joining NAF Canada, Ariane worked at Planned Parenthood Ottawa where she coordinated a network of primary care-based medication abortion providers and delivered youth sexual health education. Ariane enjoys sewing her own clothes and spending time with her dog, a Great Pyrenees named Thunder.

**What You Need to Know  
About Kink and BDSM**

Melody Anne

**March 25 - April 14, 2024**

**Workshop Description:** Kink is trending in popular culture, with a growing number of individuals engaging in this form of erotic expression. But myths and misconceptions still abound, highlighting the need for education. Join Melody Anne, a sex educator and 17-year veteran of the BDSM community, for a workshop on the diverse world of kink. Gain valuable insights into BDSM behaviours, relationships, and communities, the motivations behind these practices, the nuances of safety, communication, and consent, and the intersection of kink with diverse identities and abilities. This workshop will provide you with the knowledge and tools to navigate the realm of kink and BDSM with understanding, cultural competence, and compassion.

**Facilitator Bio:** Melody Anne (she/her) is a queer, kinky, neurodivergent, chronically ill sex educator living on Musqueam, Squamish, and Tsleil-Waututh territory (colonially known as Vancouver). Fascinated by human sexuality ever since her mother first gave her “the talk,” Melody Anne earned her B.A. in Psychology with a minor in Critical Studies in Sexuality from the University of British Columbia, where she was a research assistant at two sexuality labs.

Having completed sexual health educator training from Options for Sexual Health, she has presented her workshops on pleasure, health, and kink to thousands of individuals at conferences, universities, and venues across North America. She is passionate about helping sexually adventurous adults learn to mindfully expand their erotic horizons, so they can experience more pleasure and less shame. You can find Melody Anne on social media as @EroticEducator.

**What's that Trigger Warning Doing? Opportunities for  
Violence Prevention and Survivor Support in Facilitation**

Jeffrey W. Anthony

**April 8 – April 28, 2024**

**Workshop Description:** We are often seeking the “new & innovative” lesson to prevent interpersonal violence. What if the best intervention was actually in how we facilitated \*any\* lesson? This workshop takes from 15 years of experience in health education and serving as a Confidential Sexual Violence Advocate to introduce facilitation skills and techniques based in a trauma-responsive framework.

**Facilitator Bio:** Jeffrey W. Anthony, CHES (he/they) is a queer disabled survivor, bringing 15 years of sexuality education experience, from direct service, program management, and policy advocacy. Jeffrey also served as a Confidential Sexual Violence Advocate with a Special Victims Unit in New Jersey for four years.

**Emerging  
Technologies and  
Human Sexuality**

Evelyn Field

**May 20 - June 9, 2024**

**Workshop Description:** This online workshop will give participants an overview of how current advances in our technologies interact and intersect with sexualities, genders, and relationships. Evelyn will present on topics such as AI, sex dolls, and current controversial topics related to sex dolls, robotics, teledildonics, virtual reality, and sex toys. Evelyn will touch on topics such as deepfakes, revenge porn, and online security issues with Bluetooth sex toys. Finally, she will discuss current trends in sexual and romantic relationships with inanimate physical objects in reality and/or in digital spaces. This course is designed for anyone who would like to increase their knowledge of the future of sexualities and technologies; their promise and their pitfalls.

**Facilitator Bio:** Evelyn Field (she/her, they/them) is a faculty member in the Department of Psychology at Mount Royal University in Calgary, Alberta which resides on Treaty 7 territory. The majority of her career has been spent teaching and working with undergraduate students in topic areas such as brain and behaviour, and human sexuality. They are fascinated by the intersection of these two areas with each other, and with current and emerging technologies. She currently teaches courses in the Department of Psychology in the Psychology of Brain and Behaviour, The Psychology of Human Sexuality, and Advanced Topics in the Psychology of Human Sexuality. The material for this course is taken primarily from their advanced course in Human Sexuality focusing on contemporary and emerging topics that are popular with students in her classes.