

Online Sexual Health Education and Training Workshops October 2015 – May 2016

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WORKSHOP #138 – November 2-22, 2015 – *ONLINE WORKSHOPS FOR SEXUAL HEALTH EDUCATORS - (CORE TOPIC) - (3 Modules-Revised) - Facilitated by Christine Sturgeon and Cara Aiello, Sexual and Reproductive Health, Alberta Health Services, Calgary*

WORKSHOP DESCRIPTION:

This online workshop prepares participants to teach about human sexuality and sexual health in schools and/or the community. Participants will:

- Consider concerns and increase comfort
- Identify personal and community values
- Learn about addressing concerns
- Become familiar with models, curricula, objectives, rationales and frameworks
- Gain awareness of successful teaching tools and strategies
- Explore a variety of reputable resources
- Have the opportunity to network with other individuals teaching sexuality

FACILITATORS' BIO:

Cara Aiello: Cara is the Education Coordinator for the Sexual and Reproductive Health program with Alberta Health Services in Calgary. Cara's education includes a Bachelor of Arts Degree in sociology with a minor in psychology. She has worked as a sexual health educator providing sexual health education to a variety of schools and community

programs. She has also facilitated several professional sessions on how to teach human sexuality in the school system. She works with many different programs and groups within the community and had special interest in working with high risk populations.

Christine Sturgeon, B.Ed.: Christine is an AHS-Sexual and Reproductive Health Community Educator with professional experience as a high school teacher, crisis intervention & family specialist, parent educator and addictions support home provider. She has had the opportunity to teach an array of topics such as healthy sexuality, working with high risk youth, ESL and domestic conflict resolution.



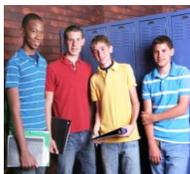
WORKSHOP #139 – November 23 – December 6, 2015 – *SOCIAL MEDIA, SEXTING AND THE CYBER GENERATION* – (3 Modules - NEW) – Developed and Facilitated by Cece Wiens, Calgary

WORKSHOP DESCRIPTION: Taken from a sex education standpoint this workshop is designed to give insight into technology and the world of sex education, what are some of the opportunities and pitfalls of social media and the cyber generation with regard to sexuality education. We will look at how technology has affected dating, self esteem and healthy relationships for both Youth and adults. We will also look at how safe is the internet, how do the applications how they work and as well as laws and privacy when it comes to sexting and social media.

FACILITATOR'S BIO:

Cece holds a BA in Psychology from Lakehead University and a Master of Health Science with a specialization in sexual health from the University of Sydney. She began in the field as an options counsellor for the Sexual Health Centre in Saskatoon, SK, she continued her work in the field as a sex and relationship therapist for Penney Murphy & Associates and a Sexual Health Consultant for Alberta Health Services. She is currently a sexual assault worker and educator in Calgary, AB. Cece has provided education and information on sexuality on Global News, Rock 102 and the John Gormley show in Saskatoon, SK. She is very passionate about providing sex positive, shame free sexuality education.

WINTER BREAK



WORKSHOP #140 – January 11-24, 2016 - *HELPING GUYS BE WISE: FACILITATING MALE SEXUAL HEALTH* – (3 Modules-Repeat) Facilitated by Blake Spence, Calgary Sexual Health Centre, Calgary

WORKSHOP DESCRIPTION: Wise Guyz is an award winning program and has received national attention for its innovative approach to reaching young men. The program and workshop was created by Blake Spence and offered through the Calgary Sexual Health Centre. This online workshop will help participants increase their comfort and skill communicating with men and boys about sexual health. Participants will explore: current

issues in male sexual health, myths, the role of pornography, consent and relationships. Participants will receive practical strategies, tips and resources to help male clients be sexually healthy.

FACILITATOR' BIO:

Blake Spence: Blake studied Sociology and Gender Studies at Mount Royal University in Calgary and University of British Columbia in Vancouver. He is a sexual health educator and the Wise Guyz program creator and manager at the Calgary Sexual Health Centre.



WORKSHOP #141 – January 25 – February 14, 2016 - *EXPLORING A CULTURALLY COMPETENT APPROACH TO FEMALE GENITAL CUTTING (4 Modules-Repeat) – Developed and Facilitated by Linda Plenert and Simret Daniel, Winnipeg*

WORKSHOP DESCRIPTION:

Addressing the prevention of Female Genital Cutting (FGC) through a collective, community based approach is the underlying framework of the *Our Selves, Our Daughters* project at the Sexuality Education Resource Centre (SERC) Manitoba. Female genital cutting (FGC) is a practice deeply rooted in the diverse cultures of many source countries of newcomers to Canada. Since 2009 SERC has collaborated with three newcomer communities to address FGC through community based consultation, research, and education to facilitate personal decision-making and community mobilization toward ending the practice, as well as encouraging access to services.

When FGC affected women access services, their vulnerability is increased if service providers lack the knowledge and skills to deal effectively with their concerns. For this reason, service providers must become knowledgeable about FGC. This series of 4 modules is designed to enhance your knowledge as well as your understanding of how to address this issue with women who have experienced FGC.

This course will provide information on the types, prevalence and reasons for FGC, possible short and long term health consequences, language issues, and Canadian law. It will also address the complexity of female circumcision as both a long held cultural tradition and a human rights issue. Because the topic may provoke strong reactions, we will examine cultural competence as a framework from which practitioners and educators can address their own values regarding this issue. We see cultural competence as a crucial part of effective service provision. Prevention and whole community change regarding FGC will also be addressed.

The *Our Selves, Our Daughters* project was awarded a Helen and Fred Bentley Award for Excellence and Achievement by the Canadian Federation for Sexual Health in 2010. Three years ago SERC held a Symposium in Winnipeg that drew presenters from the UK and from across Canada to examine Canadian perspectives on female circumcision/genital cutting.

FACILITATORS' BIOS:

Simret Daniel: Simret is the Our Selves Our Daughters' (OSOD) project facilitator. She brings extensive experience in the African continent addressing Female Genital Cutting, and

now within the immigrant context in Canada. Simret also coordinates the Knowledge Into Action (KIA) project at SERC which focuses on working with newcomer communities around the issues of HIV and STBBI awareness and coordinating a support group for women who are living with HIV. She is a nurse by training and a community developer at heart.

Linda Plenert: Linda is one of SERC's Sexual and Reproductive Health Facilitators. She has many years' experience working cross-culturally and training service providers in cultural competence when the issue is sexuality. Linda's work also includes resource development and community education in the areas of family communication about sexuality, relationships in a new culture, women's sexuality, and sexuality and aging.



WORKSHOP #142 – February 8 – 21, 2016 - *FEELING SAFE AND SEXY: A TRAUMA-INFORMED APPROACH TO BEING SEX POSITIVE* – (3 Modules-Repeat) – Developed and Facilitated by Alexia Dyer, Toronto

WORKSHOP DESCRIPTION: This course aims to provide skills to service providers working with people who have been affected by trauma. We will explore the ways that trauma impacts our sexual choices, decision-making, relationships, sense of self, embodiment, boundaries, and pleasure. Given trauma's prevalence, service providers can assume that many of the people to whom they provide services have been affected by trauma in some way. Planned Parenthood Toronto has created a sex-positive, trauma-informed sexual health series for survivors of violence, and together we will share experiences and discuss the ways that health providers can incorporate a similar approach in their specific work. We will address the tension between sexual pleasure and sexual shame; talking about sexual violence and consensual sexuality in the same breath is an important part of recovery processes. Course activities will be grounded in hope and resilience and will include media clips, readings, discussions, and self-reflection exercises. Participants will build connections with others and receive practical trauma-informed strategies and resources, thereby equipping them to engage with clients and create opportunities for healing.

FACILITATOR'S BIO:

Alexia Dyer: Alexia is a Community Health Promoter at Planned Parenthood Toronto. She develops and delivers trauma-informed sexual health education to women and youth living in shelters throughout Toronto. Originally from Winnipeg, Alexia moved to Toronto to pursue a degree in Sociology and Equity Studies in Education with a research focus on racialized sexual violence and the need to decolonize social service practices. Her work is informed by her varied experiences as a sexual assault counsellor, social justice activist, youth counsellor, mediator, and sexual health educator. She likes to think about trauma, harm and healing from a restorative justice lens.



WORKSHOP #143 – February 22 – March 6, 2016 - *STI and CONTRACEPTION UPDATE* – (3 Modules - Core Topic-updated) - Facilitated by Tammy Troute-Wood, Alberta Health Services, Calgary

WORKSHOP DESCRIPTION: This workshop will enhance participants' knowledge and skills related to Sexually Transmitted Infections (STIs) and contraceptive methods. The workshop will outline current information on STI transmission, signs and symptoms, and testing and treatment options. As well, the workshop will focus on up to date issues related to STI rates, specific high risk groups, and new STIs in Canada. The workshop will also include contraceptive options counselling strategies and an overview of current and new contraceptive methods. Finally, the workshop will focus on ways to address contraceptive methods non-compliance/failure rates, benefits and risks of selected contraceptive methods, and resources to share with clients.

FACILITATOR'S BIOS:

Tammy Troute-Wood, RN MN: Tammy Troute-Wood has worked in Sexual and Reproductive Health for 15 years. She has worked as a clinic RN at Alberta Health Services, Sexual and Reproductive Health Clinics (Family Planning Clinics) and has been working in the role of Sexual and Reproductive Health Specialist since 2008.



WORKSHOP #144 – March 7 – 20, 2016 - *SEXUALITY AND DISABILITY 101* (3 Modules-Repeat) – Developed and Facilitated by Margaret Newbury-Jones, San Diego, US

WORKSHOP DESCRIPTION: Join Margaret for a look at sexuality, sexual health education and folks with intellectual developmental disorder. How do they develop differently (or do they)? What information do they need? How do you work with these folks directly, their families and their caregivers? What role do values of others play in their access to sexual health education and relationship opportunities? This is a workshop for beginners who want to add some more tools to their toolbox. Those with lots of tools in there already are more than welcome!

FACILITATOR' BIO:

Margaret Newbury Jones: Margaret ran SHADE Consulting Ltd specializing in sexual health education for people with intellectual developmental disorder and supporting their families and caregivers in Vancouver, BC for ten years before relocating to the US in 2012. Before that she worked in the public school system as a special education teacher for 15 years. Currently, she is a student working towards a Doctoral degree in Psychology and a chauffeur to her teenage kids



WORKSHOP #145 – March 21 – April 3, 2016 - *SEXUAL ASSAULT – FROM VICTIM TO SURVIVOR* - (3 Modules-NEW) – Developed and Facilitated by Ralph Cervi, Central Alberta Sexual Assault Support Centre, Red Deer

WATCH FOR THE WORKSHOP DESCRIPTION – COMING SOON!

FACILITATOR'S BIO:

Ralph Cervi has worked with the Central Alberta Sexual Assault Support Centre in Red Deer Alberta as the Education Coordinator since 2006. He presents topics associated with sexual assault and sexual harassment to students and adults throughout Central Alberta. He also conducts workshops for medical professionals, police and social workers on how best to assist victims of sexual crimes.

Prior to his position with CASASC, Ralph was with the Royal Canadian Mounted Police from 1981-2005. While with the RCMP he investigated and participated in the prosecution of sexual assault crimes involving children, youth and adults.



WORKSHOP #146 – April 4 – 17, 2016 - *PRAYER AND PRIVATE PARTS - SEXUALITY AND CHRISTIANITY* – REPEAT – (3 Modules-Revised) – Developed and Facilitated by JILLIAN THOMPSON , Calgary

WORKSHOP DESCRIPTION: The topic of religion can be as private to some individuals as the topic of sexuality can be to others. What happens when these two "taboo" subjects are combined? The objectives of this workshop are to provide participants with information:

- To understand a basic overview of Christianity as it relates to sexuality
- To explore biases and personal experiences with Christianity as it relates to sexuality
- To understand how to facilitate conversations about sexuality with clients who have a background with Christianity

FACILITATOR'S BIO:

Jillian Thompson: Jillian holds an MA (Counselling Psychology, Yorkville University) and has extensive experience in both sexual education and youth ministry. She is passionate about the relationship between sexuality and spirituality.



WORKSHOP #147 – May 9 – 29, 2016 – *ABORTION ISSUES IN CANADA TODAY* - (CORE TOPIC - Updated) (4 Modules) – Developed and Facilitated by Celia Posyniak (Kensington Clinic, Calgary) and Dawn Fowler (National Abortion Federation, Victoria)

WORKSHOP DESCRIPTION: The objectives of this workshop are to provide the participants with information that will help them:

- To understand the history of abortion in Canada
- To understand the statistics and identify problems with the data released by Statistics Canada
- To know what types of procedures are available in Canada and what are the criteria for each method and how do women obtain the services
- To understand myths about abortion and identify what the facts are related to each myth
- To understand the issues and challenges of access across the country and what can/needs to be done to overcome the issues of access
- To identify what each of us can do to promote better services in our community

FACILITATORS' BIOS:

Dawn Fowler: Dawn is the Canadian Director for the National Abortion Federation. Dawn has a long history and interest in women's health issues. She has worked at Health Canada in Ottawa as Chief of Reproductive and Child Health. She has also been a consultant with WHO, EURO Office and worked on reproductive health and quality assurance issues in the newly independent states of the former Soviet Union. Upon her return to Canada she organized the opening of a new abortion clinic in Victoria, British Columbia and was Manager and counsellor for 3 years before taking up her current position with NAF.

Celia Posyniak: Celia has been the Executive Director of Kensington Clinic in Calgary, Alberta for the past 26 years. Kensington Clinic is a free-standing abortion clinic. She has served on the boards of Planned Parenthood Alberta and the National Abortion Federation in Canada and the U.S.

 <p>Workshop Fees:</p>	 <p>Register & pay:</p>	
<p>WORKSHOP FEES: to be paid before start of workshop (unless previous arrangements have been made with Melanie).</p> <p>Members: \$15 per module. Workshops are 3 or 4 modules (workshop cost \$45-\$60).</p> <p>Special price for members only – 25% off 9 or more modules.</p> <p>Non-Members: \$20 per module.</p> <p>To become an ASPSH member go to www.aspsh.ca</p> <p><i>\$30 for 1 year individual membership</i></p> <p><i>\$75 for 1 year organizational membership – up to 10 staff members, \$5 each additional staff</i></p> <p><i>(Organizational staff pay for the workshop(s) at the members' rate.)</i></p> 	<p>To Register contact:</p> <p>Melanie at melanie.aspsh@gmail.com or go to our website at www.aspsh.ca.</p> <p>Please register at least 3 days before the start of the Online Workshop.</p> <p>To Pay:</p> <p>By Visa or MC phone Larry at 780 492 1728 with credit card info or request a paypal invoice by sending an email to aspsh@shaw.ca or go to our website at www.aspsh.ca</p> <p>By Cheque send to ASPSH, 9423 – 108A Avenue, Edmonton, AB, T5H 1B9</p>	<p>The Board and Staff of Alberta Society for the Promotion of Sexual Health would like to thank our online workshop partners.</p> <ul style="list-style-type: none"> - Alberta Health Services, Calgary Region Sexual and Reproductive Health; - The workshop facilitators for sharing their expertise, experience, time and knowledge; - The workshop participants – without your continued support and interest we could not continue this work. <p>We sincerely appreciate your valuable contributions.</p>

ASPSH is a non-profit organization that has been offering sexual health education and training opportunities for sexual health professionals, parents and others interested in sexual health since 1993.

In 1994 ASPSH hosted the first Western Canadian Sexual Health Conference. In May 2016 we will be hosting *the 12th Biennial Conference in Calgary, May 5th & 6th, 2016* – watch for more details on our new website at www.aspsh.ca.

This year we are celebrating our **10TH ANNIVERSARY OF ONLINE WORKSHOPS**. We have provided 100's of professionals from all corners of Canada with relevant up-to-date information and skills training on a wide variety of sexual and reproductive health issues. For more information about our online workshops please visit our website at www.aspsh.ca.

Thank you for your continued support of our programs – we look forward to connecting with you online and seeing you at the conference.