



ALBERTA SOCIETY FOR THE PROMOTION OF SEXUAL HEALTH

2022-2023

**SEXUAL HEALTH
ONLINE WORKSHOPS
13 SEXUAL HEALTH TOPICS**

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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, face-to-face workshops, live webinars and a Biennial Western Canadian Sexual Health Conference. ASPSH is also working 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/training 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.



MISSION: To Promote Sexual and
Reproductive Health and Wellness
Throughout the Life Span

WORKSHOP PRICES:

Note: 3 and 2 module workshop prices will vary

MEMBERS: \$50 for 3; \$38 for 2

NON-MEMBERS: \$75 for 3; \$50 for 2

STUDENT MEMBERS: \$25 for 3; \$17 for 2

STUDENT NON-MEMBERS: \$40 for 3; \$28 for 2

ANNUAL MEMBERSHIPS:

STUDENT/SENIOR: \$20

INDIVIDUAL: \$40

ORGANIZATION: \$100 (UP TO 10 STAFF)

EACH ADDITIONAL STAFF IS \$5

[CLICK HERE TO REGISTER](#)



ABORTION ACCESS IN CANADA: WHAT YOU NEED TO KNOW TO SUPPORT PREGNANT PEOPLE
(3 Modules)

Facilitator: **JILL DOCTOROFF**

October 3 - 23, 2022

WORKSHOP DESCRIPTION: This online workshop will prepare registrants with the information they need to support others in accessing abortion care. It will start with a brief historic context of abortion in Canada to better understand the contemporary landscape. There will be an overview of aspiration and medication abortion, myths surrounding them and information on availability. Barriers and facilitators to access to abortion will be discussed as well as gaps that still need to be addressed. The course is designed for people who want the information needed to support pregnant people access abortion care and those who want to increase their knowledge to support advocacy interests.

FACILITATOR BIO: **Jill Doctoroff** (she,her,hers) is the Executive Director of the National Abortion Federation (NAF) Canada. The bulk of Jill's career has been in the non-profit sector focusing on sexual and reproductive health and rights. Before joining NAF Canada, Jill was the Canadian Director at the National Abortion Federation. She briefly worked in the public sector as a Public Health Program Manager with Vancouver Coastal Health Authority. Prior to that, Jill was the Executive Director of the Elizabeth Bagshaw Clinic, a community-based facility that provides abortion care. Jill has also worked as the Executive Director at the Asian Society for the Intervention of AIDS, an organization working with Asian Canadians living with or at risk of contracting HIV/AIDS, and Planned Parenthood Ottawa, which focused on education, information, outreach and pregnancy options support counselling. Jill has international work experience both as a Regional Program Officer with Canadian Crossroads International focusing on Latin America and with a national women's organization in El Salvador. Jill's adult education experience started when she taught English mainly to employees in the automotive industry in Japan. Jill served on the Boards of Directors for NAF, Canadians for Choice and Options Sexual Health. She is on the executive of 100 Women who Care Vancouver, a giving group that harnesses the power of the collective.



WORKSHOP DESCRIPTION: This workshop is all about sextoys! First, we will set the stage by discussing the history, cultural relevance, and other important considerations when purchasing and exploring with sex toys. Next, we will delve into accessibility issues and how to broaden our discourse and developments around sex toys to be more inclusive of age, socio-economic status, ability, gender & sexual expression, race, and to consider environmental, social, and political factors around their usage. Sex toys are a great tool for pleasure, exploration, and empowerment, but much like any topic in sexuality, their application and design should be continually developed and questioned in order to be more inclusive, effective, and intersectional.

FACILITATOR BIO: **Erica Van Kuppeveld** (she/her) is a certified sexual health educator based in Edmonton, Alberta on Treaty 6 Territory. The abstinence-only sexual health education she received growing up as a student in the catholic school system has greatly influenced her career path and motivated her to become an inclusive, evidence-based, sex-positive, non-judgemental educator - a resource she wished she had as a teen.

Erica currently works at the Traveling Tickle Trunk, Edmonton's sex-positive adult toy store and runs her own business: SEXPLETIVE, through which she offers tailored sex-ed and creates beautiful, body-safe ceramic dildos. She has been involved with a number of community organizations such as SACE and Compass, and prior to the pandemic, worked in Amsterdam to experientially learn from the notoriously sex-positive Dutch culture.



WORKSHOP DESCRIPTION: Media is general and digital media specifically can create positive social action, innovation and support critical thinking skills; they can both also lead to social harms and misinformation. In this workshop, we will learn more about supporting media literacy in our communities by:

- Reflecting on our use of social and digital media
- Defining media literacy and digital media
- Examining media messages and their influence
- Building understanding about the basic competencies, skills, rights and responsibilities needed to navigate and create media in healthy ways
 - Exploring resources related to media and digital literacy including social media, sexting and pornography
 - Considering media literacy as a tool for empowerment

This workshop is for parents, teachers, health care providers and other community members.

FACILITATOR BIO: **Christine Sturgeon**, (she/her, B.Ed., Certified Child Development Coordinator, Certified Addiction Studies) 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.



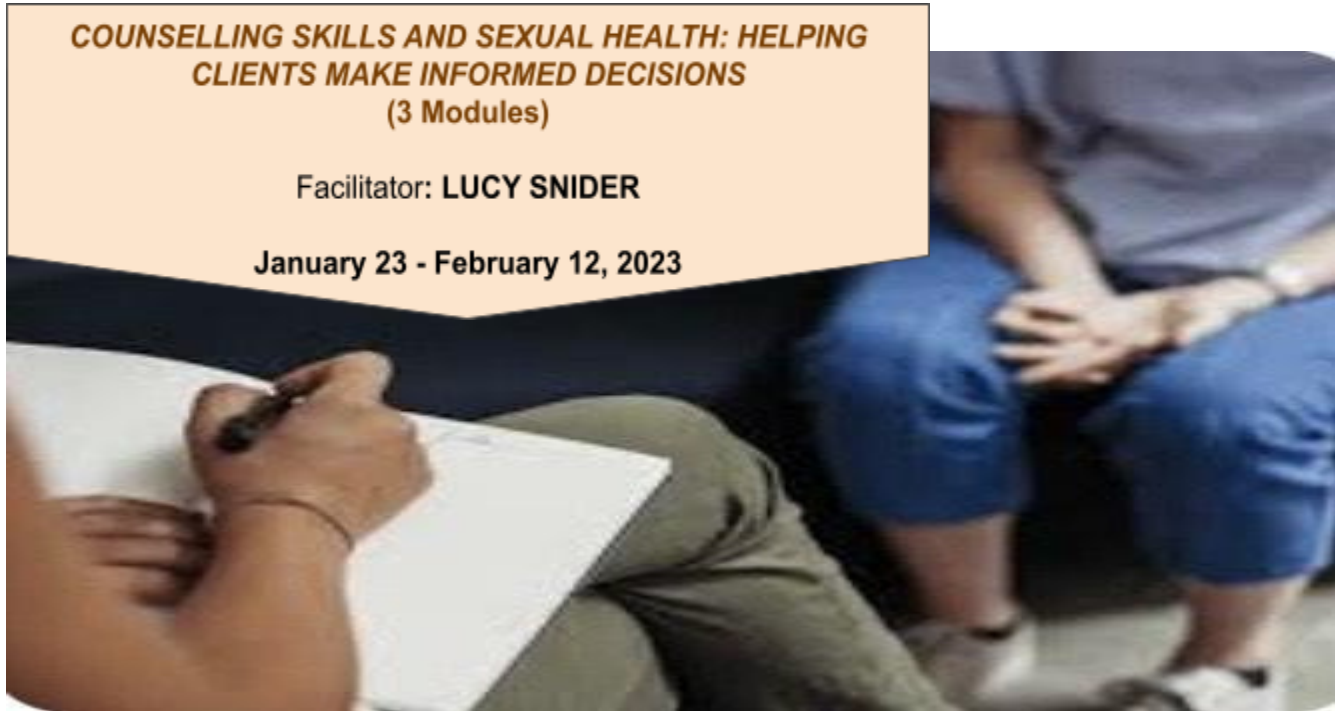
WORKSHOP DESCRIPTION: Fear of being judged, embarrassment, frustration with having to educate service providers during appointments and fear of reprisal are some of the key barriers to care that persons living alternative lifestyles face when seeking services. This workshop seeks to provide awareness of BDSM, Kink, Leather and Non- Conforming Lifestyles to various professionals in order to reduce barriers to care.

FACILITATOR BIO: **Angel Sumka**(they/theirs)is a queer, neurodivergent individual, Angel has a passion for sex positivity and life long learning. They are one of the founders of the nonprofit ASPECC, an Alberta non-profit that strives to provide shame free sexual health and wellness support to the public; they run a program for neurodivergent youth and young adults; and they are a sex positive educator. Angel has a BA in psych, and soon an MA in counseling psychology.

**COUNSELLING SKILLS AND SEXUAL HEALTH: HELPING
CLIENTS MAKE INFORMED DECISIONS
(3 Modules)**

Facilitator: **LUCY SNIDER**

January 23 - February 12, 2023



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 specialising 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.

(DE)COLONIAL SEXUALITIES
(3 Modules)

Facilitator: **KIRSTEN LINDQUIST**

February 6 - 26, 2023

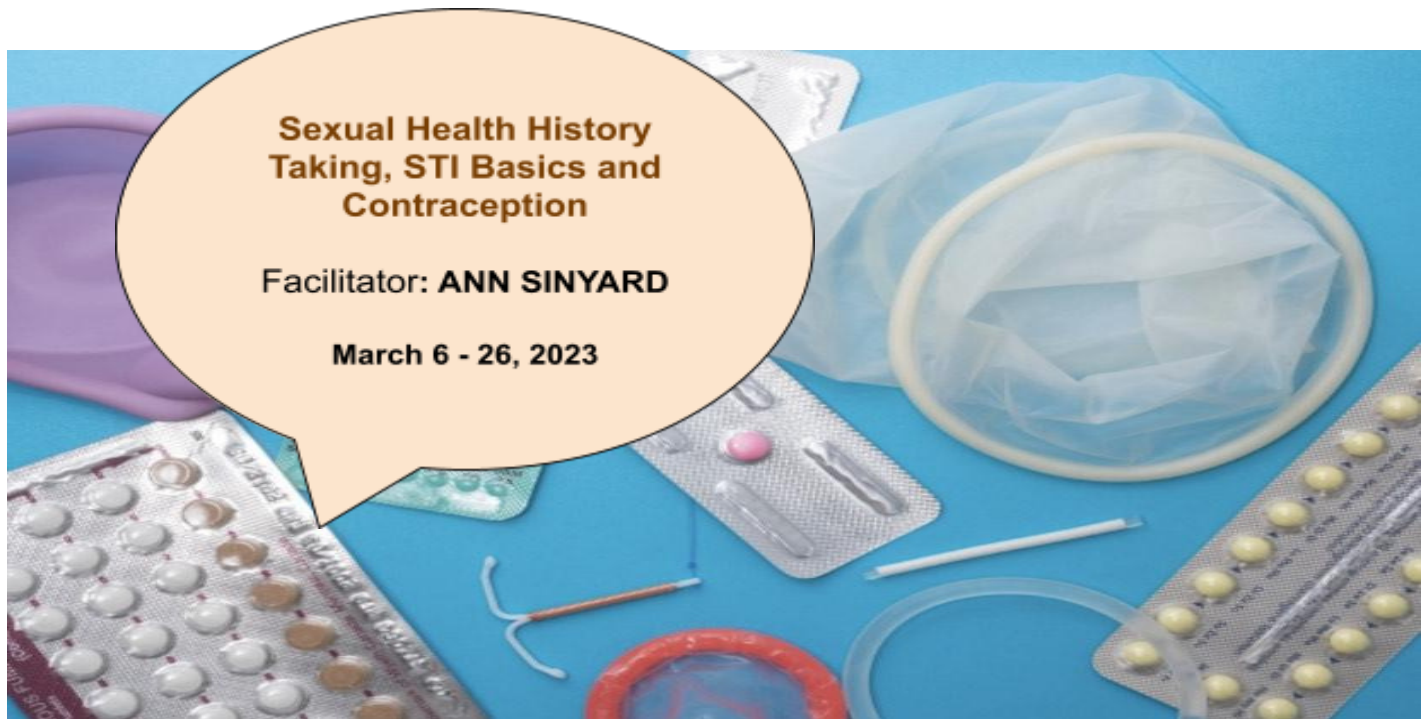


(de)colonial sexualities

K. Lindquist

WORKSHOP DESCRIPTION: This workshop emphasizes the embodied and relational aspects of sexuality and gender, grounded in and shaped by Cree-Métis teachings of wâhkôhtowin - kinship, and more broadly interconnectedness and relationality. Influenced by Indigenous researchers and sexual/reproductive health practitioners, as well as non-Indigenous somatic and sexual/reproductive health practitioners, this workshop connects body sovereignty to Indigenous sovereignties. Using a framework that centers the body in relation to communities, nations, institutions, social norms, historical forces, and contemporary colonial policies, we will also focus on how colonialism, supremacy (white, male, human), and capitalism have impacted our understandings of gender and sexuality. We will look at embodied centering practices, as well as arts-based storytelling and performance practices, grounded in place and language, as ways to approach and support restoring and reclaiming Indigenous sexualities and genders.

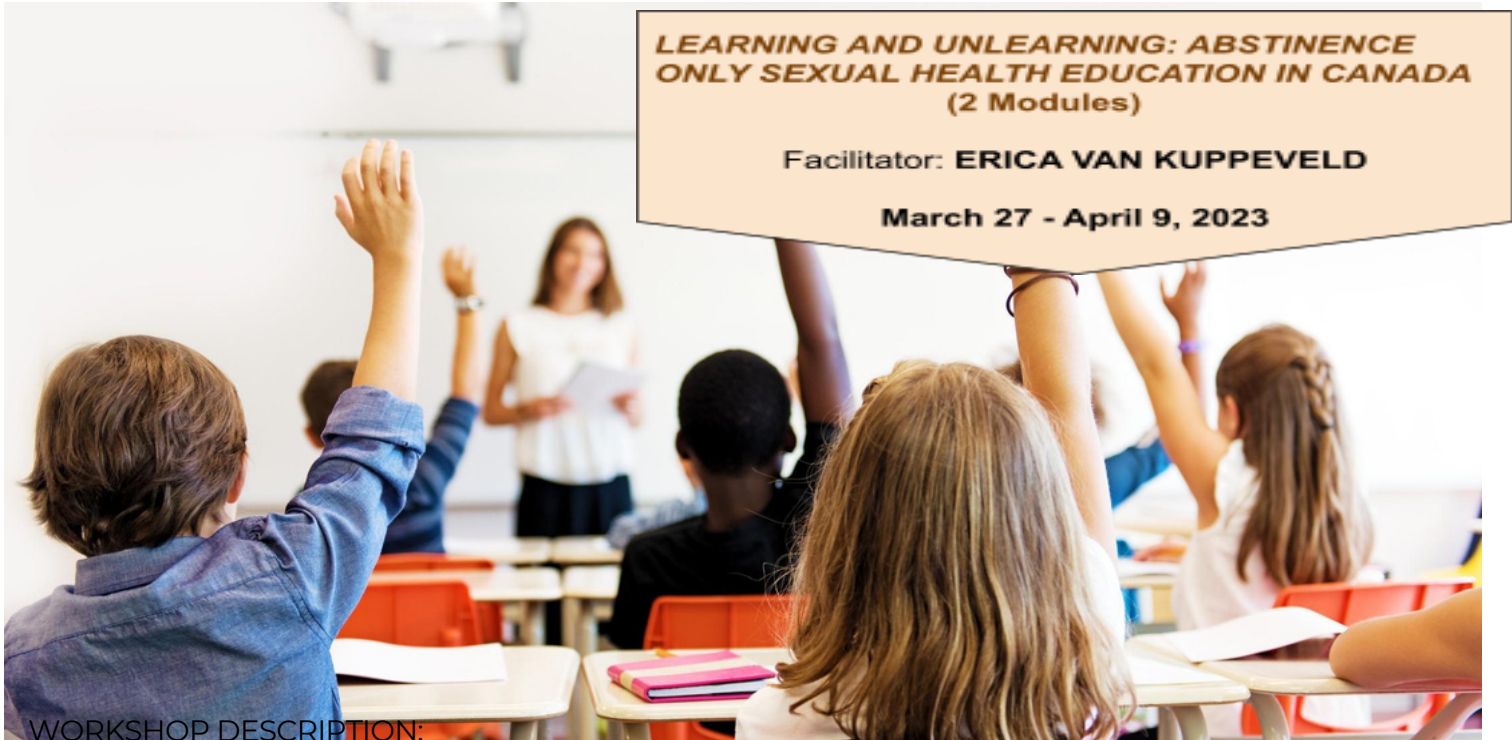
FACILITATOR BIO: **Kirsten Lindquist** (she/they) is a white Cree-Métis PhD Student in Indigenous Studies at the Faculty of Native Studies, University of Alberta, research assistant for RELAB, and co-producer at Tipi Confessions, a sexy storytelling show. Through performance art, burlesque dancing and massage training, Kirsten explores movement and bodywork as research-creative practices to experience and understand gender and sexuality as erotic ecologies.



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 sexual health educator in Edmonton whose work is centered on accessible, sex-positive education for all folks! She integrates compassion, gender/cultural-inclusivity, and functional awareness into all aspects of her work, and is unafraid of answering any questions surrounding consent, intimacy, and biology—particularly given her experience as a sexual health consultant at [WithConsent](#). She is continually motivated by the evolving trends related to sexual health outreach and education. Ann is eager to promote sex-positive health knowledge through her workshops and as an influencer online.

Ann's educational background includes a Bachelor of Arts in Psychology from MacEwan University and a graduate certificate in Sexual Health from the University of Alberta. Her sexual health education career has cemented her capacity to set a strong foundation for bias and judgment-free sex education in either a classroom or digital setting. She is excited to support other educators in becoming better equipped to inform their clientele on some of the ways to empower themselves to make the best decisions about their own individual sexual health needs and overall wellness.



LEARNING AND UNLEARNING: ABSTINENCE ONLY SEXUAL HEALTH EDUCATION IN CANADA (2 Modules)

Facilitator: **ERICA VAN KUPPEVELD**

March 27 - April 9, 2023

WORKSHOP DESCRIPTION:

WORKSHOP DESCRIPTION: Although proven by research to be ineffective, abstinence-only sexual health education is still a widely utilized form of “sex education” in Canada. Not only is it ineffective at what it claims to achieve, abstinence-only sexual health education can also lead to long-lasting negative sexual health outcomes. In this workshop, we will learn about the history of abstinence-based education in Canada, discuss common educational threads, debunk some myths often taught, and reflect on ways we can care for ourselves and students who may have experienced negative outcomes from this form of sex-ed. We will also go over the history, importance, and effectiveness of comprehensive sexuality education in contrast to abstinence-only sex-ed.

FACILITATOR BIO: **Erica Van Kuppeveld**(she/her) isa certified sexual health educator based in Edmonton, Alberta on Treaty 6 Territory. The abstinence-only sexual health education she received growing up as a student in the catholic school system has greatly influenced her career path and motivated her to become an inclusive, evidence-based, sex-positive, non-judgemental educator - a resource she wished she had as a teen.

Erica currently works at the Traveling Tickle Trunk, Edmonton’s sex-positive adult toy store and runs her own business: SEXPLETIVE, through which she offers tailored sex-ed and creates beautiful, body-safe ceramic dildos. She has been involved with a number of community organizations such as SACE and Compass, and prior to the pandemic, worked in Amsterdam to experientially learn from the notoriously sex-positive Dutch.

[Click here to go to ASPSH Website](#)



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 empowering students to make the healthiest choices for their own sexual health.

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**INNOVATIVE APPROACHES IN PEER BASED
HARM REDUCTION AND MENTAL HEALTH
FOR 2SLGBTQ+ COMMUNITIES
(2 Modules)**

Facilitator: **JESS MURRAY**

April 30 - May 14, 2023

WORKSHOP DESCRIPTION: Chemsex (otherwise known as sexualized substance use), sexual health, harm reduction and mental health for the 2SLGBTQ+ community are a field that is widely misunderstood and highly stigmatized, but its impacts are wide ranging and extend further into your community than you might imagine. Peer N' Peer is a novel empowerment based Harm Reduction, sexual and mental health service rooted in trauma and violence informed care that tackles these concerns and many others. Join us as we explore chemsex, and how it impacts our community, learn how peer informed services are changing the chemsex and mental health community, work to improve your own sexual health and better carve space for those who wish to explore theirs, and challenge yourself to create affirming services and support in your own community - personal and professional.

FACILITATOR BIO: **Jess Murray** is the Program Development and Harm Reduction Manager with Queer & Trans Health Collective, an empowerment based sexual health and Harm Reduction service for 2SLGBTQ+ individuals in Edmonton. She has been developing and managing inclusive programs in the 2SLGBTQ+ not-for-profit sector for the past 8 years, and has presented on a range of diversity, equity and inclusion topics on a national scale.

Her work with the PNP program is a mix of working with community members and stakeholders to create empowerment-based services and supports for the 2SLGBTQ+ community, such as harm reduction services, queer specific counselling and community space to meet people wherever they are at on their journey, whether they are actively using or wanting a change. "My personal passion is helping to uplift the voice of the trans community and other communities who are most marginalized in our society, such as the 2 Spirit population and QTBIPOC community. I care about equity in our community, and I actively strive to make people feel welcomed inside our doors and within themselves."



**SEXUALITY AND INTELLECTUAL AND
DEVELOPMENTAL DISABILITY
(3 Modules)**

Facilitator: **AMANDA ABERGEL**

May 15 - June 4, 2023

WORKSHOP DESCRIPTION: Talking about sex, sexuality, and sexual health can be an awkward conversation for people to have, but when an intellectual disability is factored in, somehow the conversation becomes much more complex- why is this?

Historically, the sexuality of people with an IDD has been forcibly removed, whether it was through forced sterilization, restricted access to sexual freedoms, or denied sexual expression. Even today, the heavy policing of disabled people's bodies makes it socially acceptable to deny this population many rights that are afforded to others, including the right to get married or have children. This workshop will take you through the history of disability in Canada and where we are now. We will define sexual ableism, where it comes from, and why it's a problem. We will take a look at how sexual ableism can be combatted, and how we can TRULY support folks with an intellectual and/or developmental disability to have healthy sexualities.

FACILITATOR BIO: Amanda Abergel (she/her) is a Toronto-based Sexual Health Educator. She has been working in the field of developmental services for 14 years supporting people with disabilities and dual diagnosis (IDD) within day programs and residential settings. Amanda is a sexual health educator who provides one-to-one sexual health education to individuals with IDDs to help fill in the gaps of information, as well as to help boost their self-esteem and advocacy skills.

Amanda's goals are to raise awareness of disabled sexuality, dismantle sexual ableism, and advocate for the sexual rights of people with intellectual and developmental disabilities. Amanda recognizes that sexuality is a part of the human experiences and has a passion for creating accessible and inclusive workshops for ALL people.



WORKSHOP DESCRIPTION: When we talk about healing through intentional conscious relationships we are referring to still remaining on your healing journey, knowing that you have everything you need within, but once you have navigated the waters within. How do you, with support and tools, continue to heal through intentional conscious (intimate) relationships?

We will build on the tools we shared in our last sessions (Healing through trauma) and include them again here.

However, doing this workshop before is not a necessity. As we will be sharing new tools and methods. We will cover couples* Reiki and energy work, couples* meditation and intimacy building while holding space.

*Intimate sexual and non sexual partner(s)

Sexual wellness is more than just knowing your status and getting tested it seeing yourself as a whole person, that requires a holistic, gentle and self compassionate approach.

All workshop modules are delivered in a trauma informed, meet you where you are, format, with emphasis that you know you best. This isn't a destination type of workshop, instead it is a build your internal support as wellness begins within and show without. We approach all workshops from a decolonized and intersectional lens

FACILITATOR BIO: Maxan Ferguson-Dyer started her professional career within Blood and transplant sciences, transplant sciences, specializing in Stem cells collection and transplantation as a healthcare scientist. Moving to Canada From England, began working in public health education and currently owns and operates a public health, holistic wellness decolonised, healing centred empowerment based business called Blue Lunar Wellness, that uses a social enterprise framework to focus on the 15 determinants to health. Maxan also sits as an advisor to the Public Health Agency of Canada as it pertains to BIPOC, equity seeking groups and those that identify as women. Along with working towards completing a master in Public Health with a focus on intersectional health in relation to health outcomes, she uses her own journey of healing and wellness to offer tools to add to your toolbelt of self empowerment.