



ASPSH

ALBERTA SOCIETY FOR THE PROMOTION OF SEXUAL HEALTH
2019 SUMMER ONLINE WORKSHOP CALENDAR

FOR TEACHERS, HEALTH PROFESSIONALS, PARENTS, STUDENTS, AND MORE

2019 SUMMER

**ONLINE
SEXUAL HEALTH
WORKSHOPS**



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COMMON QUESTIONS

WHO IS ASPSH?

The Alberta Society for the Promotion of Sexual Health (ASPSH) provides education and training opportunities for sexual health professionals, teachers, students, parents and others interested in sexual health.

Founded in 1993, ASPSH offers online workshops, SAR (Sexual Attitude Reassessment), workshops 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?

Learning at the convenience of your own home or office, day or night, urban or rural. You will have access from anywhere across Canada or around the world.

Our online workshop platform is an easy web-based learning tool that anyone can learn to use. Step by step instructions will be provided and support is available.

PAST WORKSHOPS?

To date, 188+ online workshops have been offered by ASPSH.

Topics Include:

- ❖ Introduction to Sexual and Gender Diversity: Promoting Inclusive Practice
- ❖ Sexual Health History Taking, Contraception and STI Basics
- ❖ Sexuality and Disabilities 101
- ❖ Teaching and Talking About Sexuality: Parents, Children, and Teens
- ❖ Recognizing and Responding to Sexual Violence in Canada
- ❖ Sex Positive Culture
- ❖ Teaching About Human Sexuality
- ❖ A Startling Fact About Dying: Sexuality Matters
- ❖ Sexuality and Mental Health: Body Image



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Sex Positivity Starts At Home

July 8 – 21, 2019
Online Workshop #S-8 (NEW)

Developed and Facilitated by:
Angel Sumka

Education Coordinator, Alberta Sex Positive Education and Community Centre

Workshop Description: Designed for folks of all ages, this workshop helps us to develop an understanding of the ways in which our society has a negative view of sex, sexuality and gender.

The workshop will provide us with the means to develop our own sex positivity at home, and create space in homes and communities for healthy conversations about consent, sexual health and diversity.

Facilitator Bio: Angel Sumka is a cisgendered (which means she identifies with the gender that correlates with the sex she was assigned at birth), pansexual (attracted to people and their personalities, regardless of their gender), white female. She prefer the pronouns She Her or They Them. She is the past president and current Education Coordinator of Alberta Sex Positive Education and Community Centre (also known as ASPECC). She has a BA in Psychology with a minor in Criminology, and her studies were focused on culture, diversity, sexuality, human development and the laws and customs that preside over sex and gender. She also has a criminology diploma, social science certificate and a love coach certification.

Register Here: www.aspsh.ca



July 15 – August 4, 2019
Online Workshop #S-9 (REPEAT)

Revised and Facilitated by:
Tammy Troute Wood
Alberta Health Services, Sexual and Reproductive Health, Calgary

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: 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.

Register Here: www.aspsh.ca



July 29 – August 18, 2019
Online Workshop #S-10 (REPEAT)

Revised and Facilitated by:
Christine Sturgeon & Carlie McPhee
Alberta Health Services, Sexual and Reproductive Health, Calgary Region

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

Facilitator Bio: Christine Sturgeon (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.

Carlie McPhee (BKin) is a Calgary zone Community Educator on the Sexual and Reproductive Health team within Alberta Health Services. Carlie is a health promoter, facilitator and strategic planner. She is passionate about all Albertans getting the information, skills and resources they need to lead healthy happy lives. She brings a vast facilitation and educator background to the table. She has been working in Sexual and Reproductive Health field for the past 3 years and enjoys this area of work very much. She is excited to support your learning throughout the workshop

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August 19 – September 1, 2019
Online Workshop #S-11(NEW)

Developed and Facilitated by:
Alyssa Hartwell
Masters of Public Health and Social Policy, University of Victoria

Workshop Description: Informed through a sex positive, intersectional approach by remaining inclusive of non-heteronormative connections, this workshop will assist participants in better understanding what affirmative consent looks like in the promotion of healthy interpersonal relationships.

This workshop will expand on the social mechanisms that perpetuate rape culture, sexualized violence, and how they can be challenged at both the individual and collective level. Additional exploration will clarify how to systematically promote a culture that upholds enthusiastic and ongoing consent to navigate our social connections, romantic relationships, and sexual interactions. In turn, participants will have increased awareness on how actively promote respect, honesty, and healthy boundaries while preventing sexualized violence.

Facilitator Bio: Alyssa Hartwell is currently completing her Masters of Public Health & Social Policy at the University of Victoria and holds a Bachelor of Arts - Sociology (Honours) degree with a minor in Women's and Gender Studies. Alyssa has previously worked as a counselor at a domestic violence shelter and as a public health educator on workshops spanning topics on gender-based violence, sexual assault, consent, and rape culture at Mount Royal University for the last seven years.

In 2013-2014, Alyssa conducted original research on media representations of gender-based violence, which she later presented on at the American Sociological Association Conference in August 2014. Alyssa has a strong passion for educating and empowering individuals through a deepened understanding of the ways that social structures inform our experiences and continues to actively work towards the eradication of sexualized violence.

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ALBERTA SOCIETY FOR THE PROMOTION OF SEXUAL HEALTH

FEES:

Member:
\$50 CAD per workshop

NEW Member Student Rate:
\$35 CAD per workshop

Non-Member:
\$75 CAD per workshop

Workshops are three or four modules.

25% discount for members who enroll
in 3 or more workshops at a time!

MEMBERSHIP:

Student/Senior Rate:
\$20 CAD

Individual Rate:
\$40 CAD

Organizational Rate:
\$100 CAD

- Rate covers up to 10 staff members
- Each Additional staff is an extra \$5

Become a Member at: www.aspsh.ca

REGISTER:

Visit Our Website:

www.aspsh.ca

or

Email:

Melanie.aspsh@gmail.com

*Please register at least 3 days before
the start date of your workshop*

PAY:

Add your desired workshop(s) to the
online cart after visiting our website

Our preferred method of payment is
PayPal

*If you are having difficulties or need to
pay via e-transfer or cheque please
contact us at Melanie.aspsh@gmail.com*



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OUR MISSION:

To Promote Optimal Sexual
and Reproductive Health
and Well-Being Throughout
the Lifespan



Alberta Society for the Promotion of Sexual Health (ASPSH) is a non-profit organization that has been offering sexual health education and training opportunities for sexual health professionals, teachers, parents, students and others interested in sexual health since 1993.

The board and staff would like to thank our online workshop partners. We sincerely appreciate your valuable contributions.

If you have any questions, please contact melanie.aspsh@gmail.com

You can support the continuation of ASPSH's programs by:

- 1) Purchasing a membership or making a donation to ASPSH by going to our website at www.aspsh.ca
- 2) Signing up for our workshops and trainings
- 3) Sharing this online workshop calendar with your colleagues or anyone you think may be interested
- 4) Share your knowledge and experience with ASPSH and our online workshop participants by developing and facilitating an online workshop