



ALBERTA SOCIETY FOR THE PROMOTION OF
SEXUAL HEALTH

Summer 2020
Sexual Health
Online Workshops

— FOR PARENTS, TEACHERS, HEALTH
PROFESSIONALS, STUDENTS AND ANYONE
INTERESTED IN SEXUAL HEALTH



COMMON QUESTIONS

WHO IS ASPSH?

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

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?

CoVid-19 provided many with the opportunity to discover the convenience of learning online - learning from your own home or office, day or night from urban, rural or remote locations. You literally have access to learning from anywhere around the world.

ASPSH's online workshop platform, Thinkific, is an easy to use web-based learning tool. Step-by-step instructions are provided and support is always available. The online workshops are presented as 3 modules and each module consists of a power-point, readings, resources, activities and discussion questions. The workshop presenter facilitates the discussion for the first 3 weeks of the workshop and the content remains available to everyone for an additional 3 weeks. A Certificate of Completion is issued to everyone who actively participates in the discussion.

PAST WORKSHOPS?

To date over 225+ workshops have been offered by ASPSH including:

- ❖ Sexual Health History Taking, Contraception and STI Basics
- ❖ Talking and Teaching About Sexuality: Parents, Children and Teens
- ❖ Counselling Skills and Sexual Health: Helping Clients Make Informed Decisions
- ❖ Understanding Masculinity and Sexual Violence
- ❖ Sexuality and Mental Health: Body Image
- ❖ The Startling Fact About Dying: Sexuality Matters
- ❖ And more.....

To register for the online workshops please go to www.aspsp.ca/shop



July 13 - July 26, 2020

Developed and Facilitated by

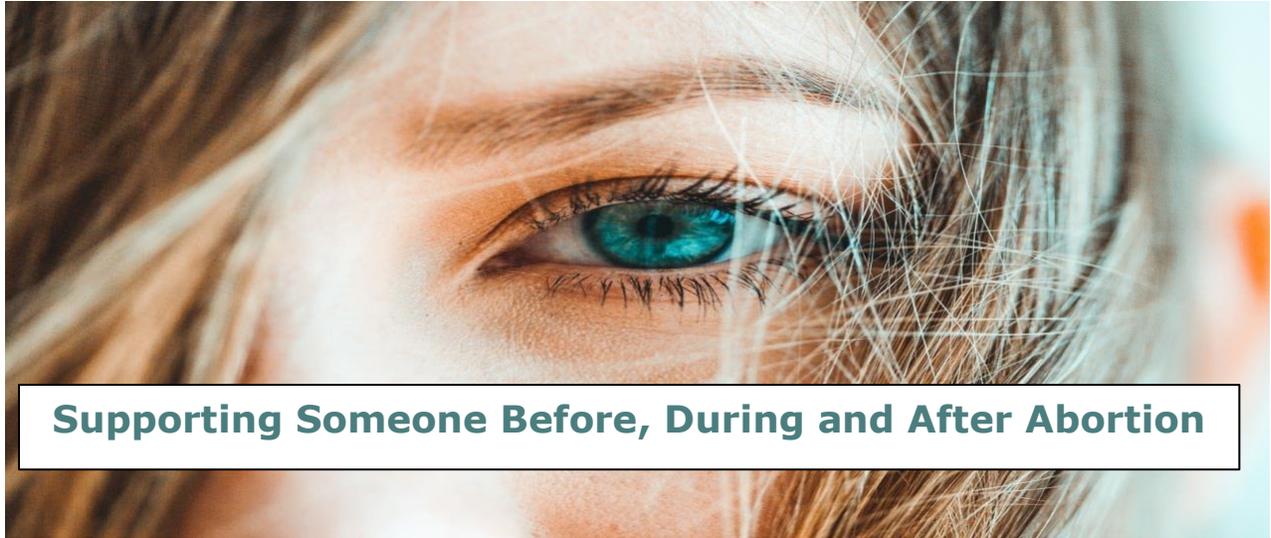
Dr. Margaret Newbury Jones, Shade Consulting, Kelowna, BC

Workshop Description - NEW:

Everyone is a sexual being including people with intellectual disabilities. Education for this community is as important as it is for others. This workshop will support educators to understand and accommodate the needs of learners (of all ages) with ID whether in an inclusive or separated learning environment. Participants will learn some of the common challenges for these learners in "typical" sexuality education and how to adapt and supplement existing resources and identify topics which may be of increased importance to students with intellectual disabilities.

Facilitator Bio: Dr. Margaret Newbury Jones is a counsellor and sexuality educator with SHADE Consulting and Counselling (shadeconsulting.ca) in Kelowna, BC. She specializes in working with people with differing abilities and the people who support them, both individually and in training workshops. Her education includes a doctorate in psychology, graduate certification in complex trauma and child sexual abuse intervention, MEd, a special education diploma, and Bed. She believes that everyone is a sexual being and should have access to good sexuality education accessible to them and their individual needs.

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Supporting Someone Before, During and After Abortion

July 27 - August 9, 2020

**Developed and Facilitated by Emily Diaczun and Emily Sulzer
Counsellors, Kensington Clinic, Calgary, AB**

Workshop Description - NEW: This workshop is based on evidence-based research and our experiences supporting many individuals before, during, and after an abortion. While abortion is a common reproductive experience for many, the stigma around abortion often contributes to challenging thoughts and feelings. We will share ways that we have found effective in addressing this internalized stigma while honoring people's individual thoughts and feelings. While the research tells us that most people cope well with abortion, we want to discuss some tools to support those who have abortions and find it to be more challenging emotionally, morally, or spiritually.

Facilitator Bio: Emily Diaczun is a social worker who supports staff and patients at an abortion clinic in Alberta. Emily has a Bachelor of Social Work, Bachelor of Arts in Women's Studies and Sociology, and is an MSW candidate at the University of Victoria. Emily has experience with sexual assault support work and public education, pediatric family-centered care, and, of course, talking about abortion every day.

Facilitator Bio: Emily Sulzer is a Canadian Certified Counsellor with a Master of Counselling from City University of Seattle and a Bachelor of Arts in Psychology from the University of Calgary. Emily specializes in sexuality and sexual wellness, and has significant experience working with people considering and accessing abortion, as well as with healing from stigma related to abortion.

To register for the online workshops please go to www.aspsh.ca/shop



August 10 - August 23, 2020

Developed and Facilitated by Angel Sumka
Education Coordinator, ASPECC, Edmonton, AB

Workshop Description - NEW:

Social Justice is about the inequities in society, how they intersect, and what we can, as individuals, do about it. This workshop will provide the basic foundations for understanding the framework for social justice and help build some tools for exploring this topic with awareness and a focus on self growth and allyship. We will explore a few specific injustices in some depth, and provide information for exploring others.

It is important to note that developing awareness of social justice is an ongoing process. This workshop is a great starting point if you have ever felt annoyed or discomfited when the discussion goes to privilege, if you are seeking to develop some awareness outside of your own lived experiences, or if you want to develop some allyship skills.

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 prefers the pronouns She/Her or They/Them. She is the former president of Alberta Sex Positive Education and Community Centre (also known as ASPECC) and is currently on contract as their Education Coordinator. 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 and is currently pursuing her Masters in Counselling.

To register for the online workshops please go to www.aspsh.ca/shop

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

PAY:

Add your desired workshop(s) to the online cart after visiting our website. Our preferred method of payment is PayPal but if you are having difficulties or need to pay via e-transfer or cheque please contact us at Melanie.aspsh@gmail.com

WORKSHOP FEES:

ASPSH Members: \$50/wksp

**ASPSH Student Members:
\$35/wksp**

Non-Members: \$75/wksp

www.aspsh.ca/shop

ASPSH would like to thank the online workshop facilitators and all of the workshop participants for your support of our Education Program.

Ways to support ASPSH:

1. Become an ASPSH member
2. Donate to ASPSH
3. Attend our education and training events
4. Become a workshop facilitator