



ALBERTA SOCIETY FOR THE  
PROMOTION OF SEXUAL HEALTH

**2021-2022**

**Sexual Health Online Workshops**

**For Parents, Teachers,  
Health Professionals,  
Students and Anyone  
Interested in Sexual Health**



REGISTER AT:  
[WWW.ASPSH.CA/SHOP](http://WWW.ASPSH.CA/SHOP)



### WHO IS ASPSH?

The Alberta Society for the Promotion of Sexual Health (ASPSH) provides education and training opportunities for those interested in sexual health including 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?

CoVid-19 clearly demonstrated the benefits of online learning by offering people the convenience of working from their own home or office computer, day or night and from their urban, rural or remote communities. People have access to learning from virtually 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 powerpoint, 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.

To date over 300 online workshops have been offered by ASPSH including diverse topics such as:

Sexual Health History Taking, Contraception and STI Basics  
Talking & Teaching About Sexuality: Parents, Children & Teens  
Counselling after an Experience of Sexual Violence  
Sex Ed in the Digital Age: Transforming Traditional Classroom  
Lessons Into Engaging E-Learning Experiences  
Sex Work is Work



**SEX ED in the DIGITAL AGE:  
TRANSFORMING TRADITIONAL  
CLASSROOM LESSONS into ENGAGING  
E-LEARNING EXPERIENCES #218**

**Facilitator: KATJA KATHOL**

**September 27 - October 17, 2021**

## **WORKSHOP**

### **DESCRIPTION:** In the past,

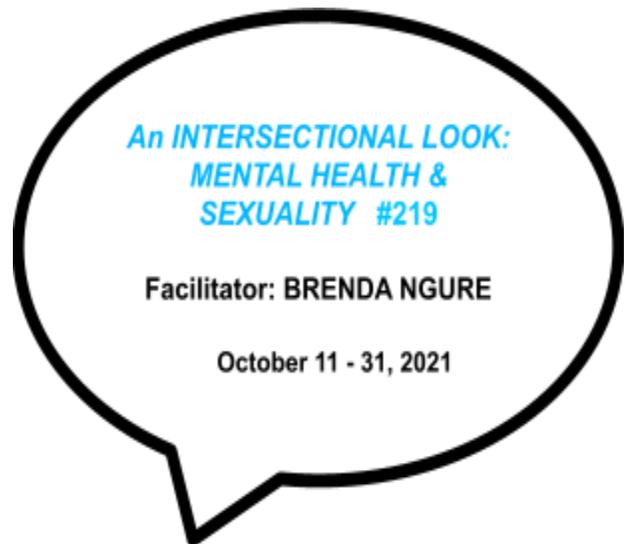
online learning was appealing to students for factors such as convenience and flexibility. Today, e-Learning has become necessary, forcing educators to play catch-up on the latest ed-tech skills and platforms. In this workshop, e-Learning specialist and educational consultant Katja Kathol will offer practical tips that can be immediately applied to your sexual health education development process. The free resources integrated into this course are designed to be used by all e-Learning creators, regardless of the platform you create content on. Perfect for educators, parents, and health professionals alike, this workshop will ensure your students' success in an online learning environment. Through this workshop, you will learn how to:

- Increase student engagement and foster a sense of community
- Incorporate current events into your sex ed discussions
- Use educational technologies to provide accessible and inclusive sexual health information.

**FACILITATOR'S BIO:** **Katja Kathol** is an educational consultant and e-Learning specialist from Calgary, Alberta. Katja is passionate about utilizing media and e-Learning technologies to engage global audiences. Alongside ed-tech, Katja's work explores sexual health and self-advocacy in the context of disability. She has collaborated with academic institutions, non-profit organizations, and e-commerce companies to create workshops and classroom materials for students with developmental disabilities and Autism Spectrum Disorders.

To better inform her research and practice, Katja is currently pursuing a Master of Educational Psychology at McGill University. Her research explores the use of social media to access sexual health information among young adults. As an active member of the Montréal community, she sits on the Board of Directors of the Sexual Health Network of Quebec.

**Register for the online workshops at [www.aspsh.ca/shop](http://www.aspsh.ca/shop)  
14th Biennial Western Canadian Sexual Health Conference - April 28-30, 2022  
*SYNERGIES OF SEXUALITY: SEEING THE WHOLE PERSON***

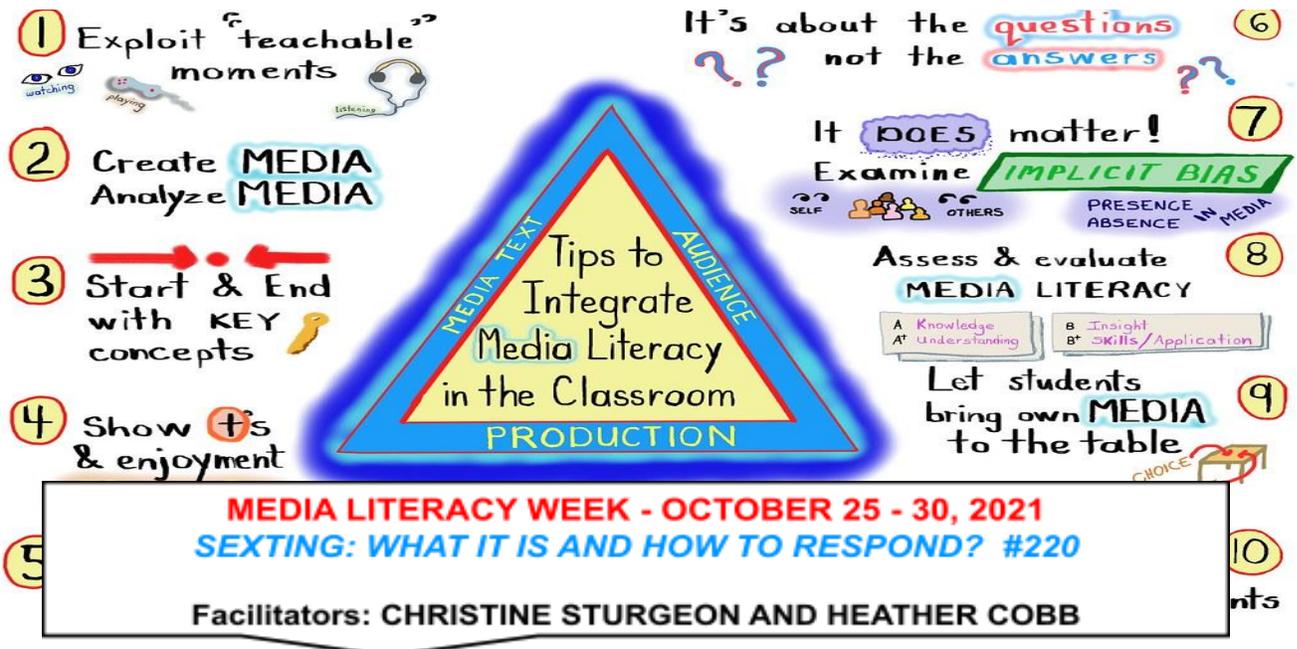
**WORKSHOP DESCRIPTION:** Participants will:

- Learn about the biological and mental health aspects of these intersections
- Discuss the role of hormones in emotion, mood, and sexuality
- Explore examples of physical health illnesses as it relates to Mental Health and sexuality
- Discuss minority populations as intersect with mental health and sexuality
- Gain awareness of relevant issues to consider when creating population-specific programs to address mental health and sexual health concerns

**FACILITATOR'S BIO:** **Brenda Ngure** MPH, GCertSH, BCMHC is a Social and Behavioral Health Consultant in the areas of preventative health as it intersects with mental health and sexuality. Her main areas of focus in the field of sexual health are in various aspects of intersectionality. She has worked in the field of mental health and social services for over 15 years executing health programs and providing psychoeducational services. She is content creator of [www.bnhealthmatters.com](http://www.bnhealthmatters.com)

She is also a Board Certified Mental Health coach by the International Board of Christian Care. Her goals are to empower people by creating a culture of normalizing stigmatized health topics. During her free time, Brenda likes to blog, walk, dance, and enjoy a great comedy.

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**1** Exploit "teachable" moments

**2** Create MEDIA Analyze MEDIA

**3** Start & End with KEY concepts

**4** Show +s & enjoyment

**5** MEDIA LITERACY WEEK - OCTOBER 25 - 30, 2021  
SEXTING: WHAT IT IS AND HOW TO RESPOND? #220  
Facilitators: CHRISTINE STURGEON AND HEATHER COBB

**6** It's about the questions not the answers

**7** It DOES matter! Examine IMPLICIT BIAS

**8** Assess & evaluate MEDIA LITERACY

**9** Let students bring own MEDIA to the table

**10** nts

**WORKSHOP DESCRIPTION:** Your colleague is devastated! They found a sext to their 14-year-old on the family tablet. In this short workshop, learn how to support that colleague and respond to teen sexting. We will explore:

- What is a sext? Why do teens, and adults, sext? Is it legal?
- What to say to teens to help them explore healthy relationships and intimacy
- How to talk about consent, trust and privacy in a way that keeps communication open and helps teens stay safe.

This workshop is for parents, teachers, healthcare providers and anyone who works with or cares for youth.

**FACILITATORS' BIOS:** **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.

**Heather Cobb** uses she/her/hers pronouns and 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, and sexuality and disability.

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**WORKSHOP DESCRIPTION:** Healing through sexual trauma is a big chapter within most of our lives and something that will be ongoing, which as time passes becomes easier to navigate. We will look at how we can build intimacy with ourselves and others, both sexually and non sexually, gently and with compassion. How we can include Reiki to support our sexual wellness and health, while working through trauma and how spirituality (non religious) can support our journey through sexual trauma.

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

- Module 1 - Sexual Trauma and Building Intimacy
- Module 2 - Reiki and Sexual Wellness/Health
- Module 3 - Spirituality and Sexual Wellness (non-religious)

**FACILITATOR'S BIO:** Maxan Ferguson-Dyer started her professional career within Blood and transplant sciences, specializing in Stem cells collection and transplantation as a healthcare scientist. Moving to Canada From England and then to Edmonton, began working in public health education and currently owns and operates a science based wellness business, called Blu Lunar Wellness, that uses a social enterprise framework to focus on the 15 social determinants to health. Grounded in evidence based trauma informed modalities along with her professional academic background and lived experiences to support others in their journey to wellness.



**WORKSHOP DESCRIPTION:** “Do people have sex in the nursing home”? A question received in the question box working with grade seven students. It’s not just younger folks who have questions. There are multiple myths, jokes and stereotypes all leading to stigma and shame about sexuality and aging. In this workshop we will examine how to talk about sexuality in a healthy way, as an important part of relationships and self-awareness. Topics will include:

- sexuality across the lifespan
- menopause
- the changing body and sexual function
- safer sex at any age including STBBI
- LGBTQ2S+ seniors and elders
- Sexuality and end of life

This workshop is for you if you are reaching that point in life when these topics are real for you or if you work or care for elders/seniors.

**FACILITATOR’S BIO:** Heather Cobb uses she/her/hers pronouns and 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, and sexuality and disability.

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**WINTER BREAK**

**DECEMBER 15 - JANUARY 16**

Watch for registration information for the  
**14th Biennial Western Canadian Conference on  
Sexual Health,  
April 28-30, 2022, UofC Downtown Campus**

**& Sexual Attitude Reassessment (SAR)  
2 day workshop - April 26-27, 2022**



**ABORTION ACCESS IN CANADA: WHAT YOU NEED TO KNOW TO SUPPORT PREGNANT PEOPLE #223**

**Facilitator: JILL DOCTOROFF**

**January 17 - February 6, 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'S 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 has served on the Boards of Directors for NAF and Canadians for Choice; she is currently the Past President at Options for Sexual Health.

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14th Biennial Western Canadian Sexual Health Conference - April 28-30, 2022

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**WORKSHOP DESCRIPTION:** This workshop explores the intersection of sexual health and mental health, focusing on the issue of body image within the adolescent population. Though mental health and sexual health have enormous influence on each other, this subject often goes unaddressed, both by health care providers as well as in many sexual health education programs. As the stigma of discussing sexual health has begun to decrease, there has been a rise in research that highlights the inter-relatedness of mental and sexual health, and the importance of acknowledging and addressing these needs in tandem rather than as separate concerns. This workshop aims to provide a basic overview of the common mental health diagnoses that occur in adolescence, how they can affect self-image, common body image concerns, the sexual health needs of this population, and ways to address these topics with youth.

**FACILITATOR'S BIO:** **Colleen Larsen** (she/her/hers) When she's not making sex-positive embroidery, Colleen works in the mental health field. As a Registered Nurse with CNA certification in psychiatry and mental health, she has worked in a variety of settings in mental health, from adolescent inpatient to remote nursing in the Canadian Arctic. Her primary focus over her career has been with adolescents and crisis services, but she has also had the privilege of working as an instructor of nursing students at both Mount Royal University and the University of Calgary. She recently completed her Masters in Global Mental Health in Scotland, and is exploring work in the international NGO sector. In recent years, Colleen has also been pursuing her first passion – sexual health education. She is a graduate of the University of Alberta's Post-Graduate Sexual Health certificate and is very excited to share this workshop with you!

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**POST SSRI SEXUAL DYSFUNCTION:  
LONG-LASTING or PERMANENT SEXUAL  
DYSFUNCTION AFTER STOPPING  
ANTI DEPRESSANT TREATMENT #225**

**Facilitators: YASSIE PIRANI and EMILY GREY**

**February 6-26, 2022**



**WORKSHOP DESCRIPTION:** Post-SSRI Sexual Dysfunction or Post SSRI/SNRI Sexual Dysfunction is an iatrogenic (meaning caused by a medication or medical treatment) disorder known commonly as PSSD. This disorder arises during or after the use of SSRI (selective serotonin re-uptake inhibitor) and SNRI (Serotonin-norepinephrine re-uptake inhibitor) antidepressants. Though characterized by a reduction or removal of sexual functioning, symptoms can also include emotional blunting, cognitive dysfunction, genital numbness and sleep disruption. The causes of PSSD are poorly understood and there are no known reliable treatments. The disorder can arise from brief exposure to SSRIs or SNRIs and can persist for months, years or indefinitely. PSSD can have overwhelmingly negative impacts on quality of life & can contribute to depression & suicidal ideation. How can health professionals ensure patients are adequately warned about the possibility of developing PSSD so they can exercise their full informed consent? If a patient thinks they may have PSSD, how can they approach their doctor with their concerns? How can we support people living with the trauma of losing their sexuality to antidepressants? This workshop will explore these questions and much more.

**FACILITATORS' BIOS:** **Yassie Pirani** is a professional therapist forming a clinical practice specifically to support people suffering from PSSD. Her work with this community uniquely positions her to educate fellow therapists and healthcare professionals on which methods may help sufferers develop effective coping strategies. She is passionate about empowering people with PSSD to come to terms with what has happened to their body and to learn to channel their loss into positive action.

**Emily Grey** is a medical activist using her ongoing personal experience of PSSD to raise awareness of the disorder among healthcare professionals and the public. She is the founder of the Canadian Post-SSRI Sexual Dysfunction Society ([www.pssdcanada.ca](http://www.pssdcanada.ca)) and PSSD International ([www.pssd.info](http://www.pssd.info)). She is working with researchers at Queens University and University of Ottawa to acquire more information about this under-studied iatrogenic condition. Her personal story can be read here:

<https://www.pssdcanada.ca/our-stories/emilys-story-1>

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**TURNING on the SEX EDUCATOR:  
HOW TV & TikTok ADDRESSES SEX  
ED GAPS for MARGINALIZED YOUTH  
#226**

**Facilitator: RENE ROSS**

**February 14 - March 6, 2022**

**WORKSHOP DESCRIPTION:** The relationship between sexual violence prevention and good, comprehensive sexual health education is undeniable. This workshop will explore the ways in which entertainment, from television to the trending Tik Toks of today, respond to often neglected areas of sexual health education.

This workshop will explore:

- The value of sex ed as 'entertainment' and the hits and misses of entertainment television and social media as a healthy sex educator.
- The value of television shows like Sex Education, Degrassi Junior High, and the afterschool special, and the crossover from television to social media.
- The ways in which entertainment is filling the sexual health education gap for marginalized youth, specifically rural youth.
- The steps that television shows have taken to ensure quality sexual health education through the years & ways in which social media guidelines are limiting access today.
- Tips and tricks for making your sexual health education efforts accessible and entertaining through social media, and potential for service delivery and outreach.

**FACILITATOR'S BIO:** Rene Ross is a certified sexual health educator and the Executive Director at the Sexual Health Centre for Cumberland County in northern Nova Scotia. For more than 15 years, Rene has worked to advance the fundamental human rights of marginalized populations including sex workers, street involved youth, youth who exchange sex for survival and sexually exploited youth. Rene delivers a range of sexual health programs and services to her community, including the delivery of an inclusive sexual health education classroom program to thousands of youth each year. Rene's social media videos to educate and break stigma on sexual health topics have received more than 2 million views over the past year. Rene holds a degree in Political Science from Acadia University, a post graduate certificate in sexual health from The University of Alberta.

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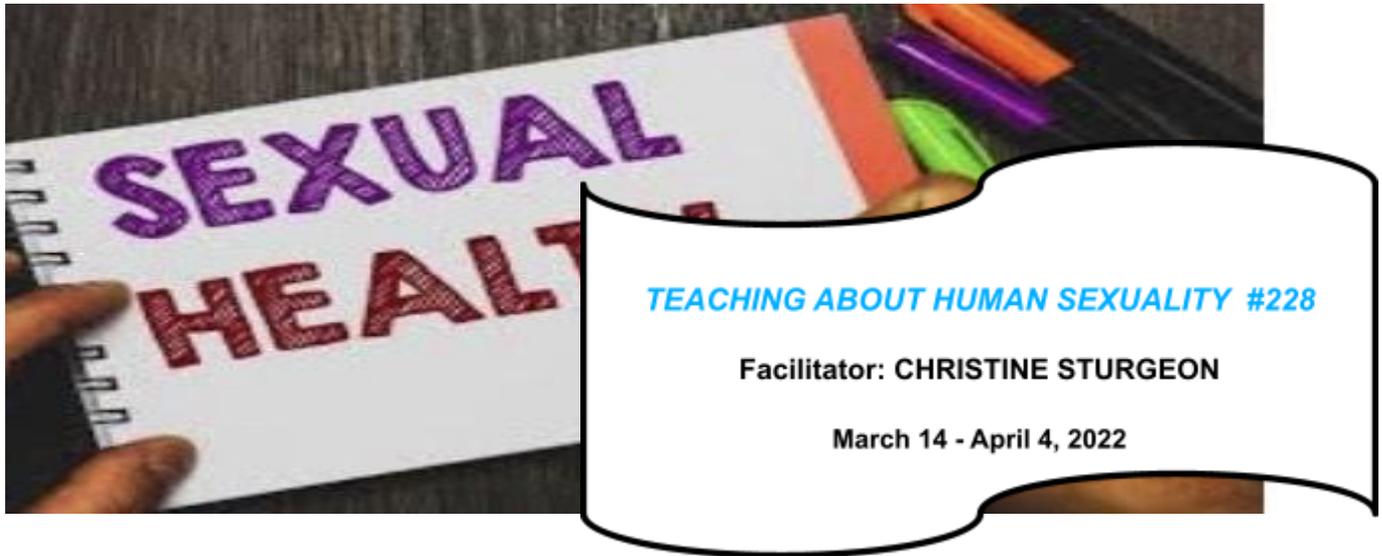
**(de)colonial sexualities****(DE)COLONIAL SEXUALITIES #227****Facilitator: KIRSTEN LINDQUIST****February 28 - March 20, 2022**

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 restorying and reclaiming Indigenous sexualities and genders.

**FACILITATOR'S 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.

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

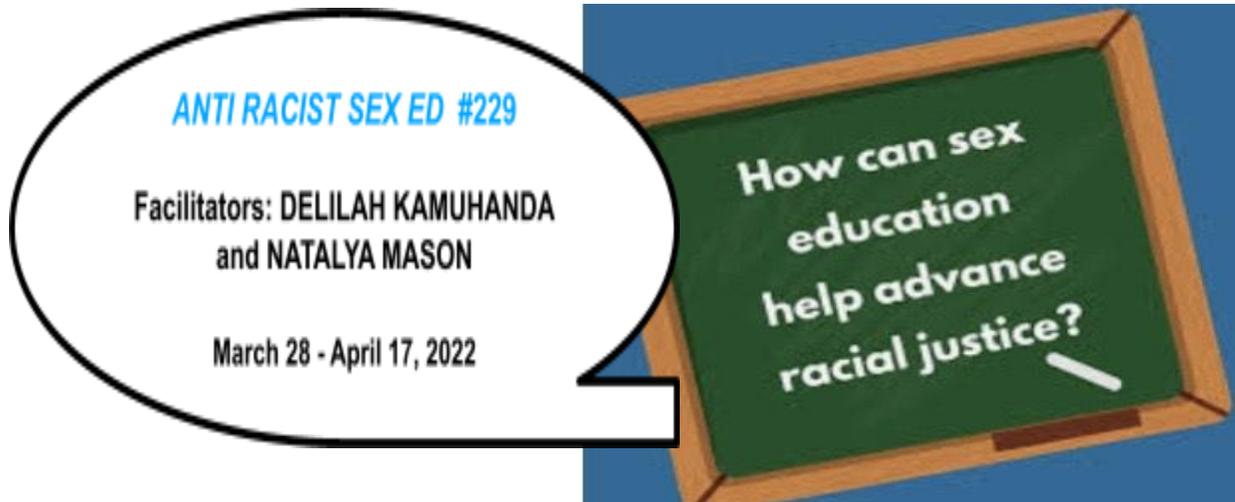
- Consider concerns and increase comfort
- Identify personal and community values
- Learn about addressing concerns
- Become familiar with models, curricula, objectives, rationales and frameworks
- Gain awareness of successful teaching tools and strategies
- Explore a variety of reputable resources

**FACILITATOR'S BIO:** **Christine Sturgeon** (B.Ed., Certified Child Development Coordinator, Certified Addiction Studies) is an AHS-Sexual and Reproductive Health Have the opportunity to network with other individuals teaching sexuality. 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.

**Register for the 14th Biennial Western Canadian Conference on Sexual Health at [www.aspsh.ca](http://www.aspsh.ca)**

***Intersectionality of Sexuality: Seeing the Whole Person,***  
**April 28-30, 2022 at University of Calgary, Downtown Campus**

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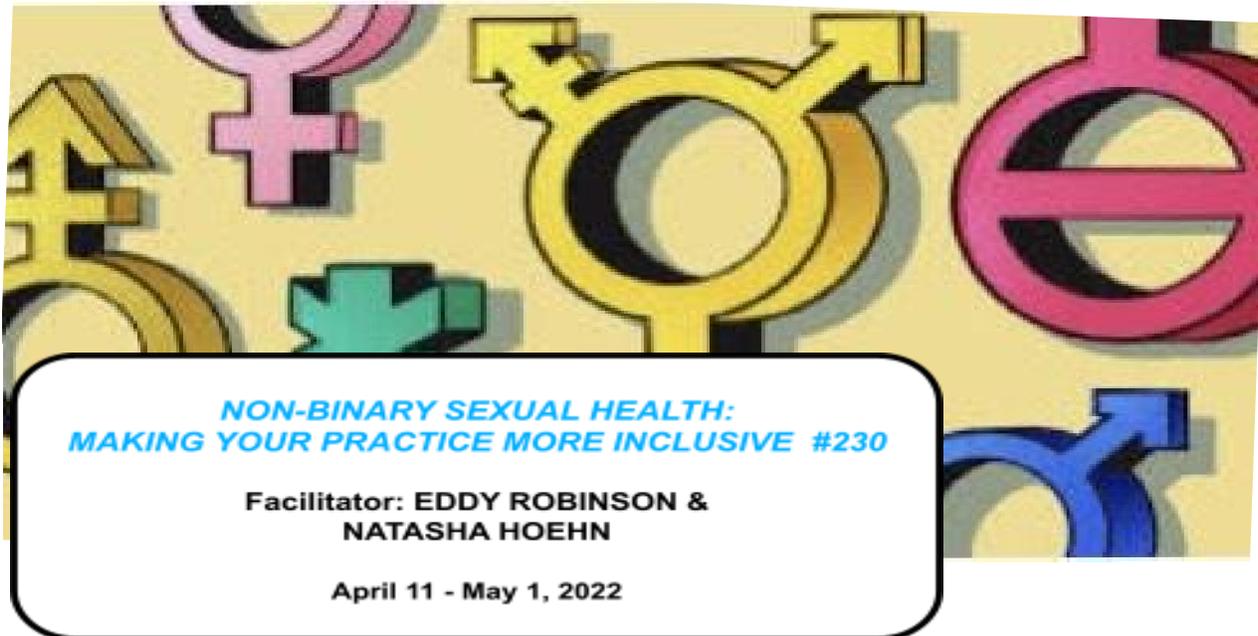


**WORKSHOP DESCRIPTION:** Good sex ed has the power to be revolutionary. Comprehensive sexuality education teaches young people about power and privilege. They learn about equity in relationships. And they learn to stand up for what they believe in. Anti-racist sex-ed is one important piece of the puzzle towards social justice. However, it is also important to consider how we got here. There is a long history of harmful, oppressive, and violent practices in reproductive health that helped us to get where we are today. It is important that we understand this context if we are going to pursue anti-racist education.

This workshop is directed toward teachers and health educators to increase their knowledge, skills, and capacity to deliver anti-racist comprehensive sexuality education in their classrooms. This webinar will address the following questions: What does anti-racism look like in a sexual health education context? How can anti-racism help ensure that sexual health education is accessible and inclusive to all students?

**FACILITATORS' BIOS:** **Delilah Kamuhanda** (she/her), BAS, is a Ugandan-American from the Washington DC area. She is a newcomer and settler to Treaty 6 Territory. As the Sexual Health Coordinator at Saskatoon Sexual Health and OUTSaskatoon, Delilah's approach to sexual health education is sex-positive, inclusive, trauma-informed and anti-oppressive. In addition, she strives to bring fun and openness to often complex or uncomfortable topics, like sex, health and relationships.

**Natalya Mason** (she/her), BA, BSW, PgCSH, RSW is a sexual health educator and social worker who was born and raised in Saskatoon, SK. She is a second-generation Canadian, and a settler on Treaty Six Territory. She has degrees in psychology and social work. Natalya recently completed a graduate degree in Women's, Gender, and Sexualities Studies. She is a queer feminist living in contradiction, committed to continuous learning and unlearning.



**WORKSHOP DESCRIPTION:** **Non-Binary Sexual Health: Making your practice more inclusive** is an advanced workshop aimed at supporting practitioners in making their practice more accessible to Non-Binary people. This interactive workshop will help build participants comfort and skills in supporting non-binary clients with sexual health. We will also lead you through a discussion on best practice for language, how to make your practice gender neutral, trauma informed care for gender dysphoria, and promoting inclusive sexual health conversations.

**FACILITATOR'S BIOS:** **Eddy Robinson** works at Skipping Stone Foundation as the Community Programs and Outreach team lead. There, they manage the intake team, oversees community programs and facilitate education. They have spoken on topics like Creating inclusive workplaces, Supporting gender creative children, Non-binary identities and Gender affirming gear. Eddy has also worked with Centre for Sexuality, the SAMRU Pride Centre and Calgary Pride on similar topics of LGBTQ inclusion.

**Natasha Hoehn** (she/her) is a Training Facilitator with the Centre for Sexuality. She holds a Master of Arts degree in Anthropology and has specialized in social science research related to mental health and sexually transmitted and blood borne infections in both global and local settings. Natasha is passionate about participatory and peer-based approaches to health promotion and has experience working with diverse populations including older 2S/LGBTQ+ adults, people living with HIV, and newcomers. Natasha is also pursuing a certificate in Adult Learning from the University of Calgary.

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**WALK THE TALK: ACCESSIBILITY,  
INCLUSION & SEXUAL HEALTH - #231****FACILITATOR: NED GALLAGHER****MAY 2 - 22, 2022**

**WORKSHOP DESCRIPTION:** This workshop series is intended to share learnings from Island Sexual Health educators around creating accessible and inclusive sexual health education spaces. It will include an overview of ways to create accessible and inclusive spaces and examine teaching practices; a discussion about language and lesson planning; and how to cultivate continuous growth and accountability for errors. By the end of this workshop, participants should have a clearer understanding of accessibility and inclusivity; practical and conceptual frameworks for teaching sexual health education in an inclusive way; and know how to carry these learnings forward in a reflexive and responsive way.

**FACILITATOR'S BIO:** **Ned Gallagher** is an educator at Island Sexual Health who works as the main facilitator for the Man Made program, which is a program created to challenge topics associated with violence and discrimination on the basis of gender, sexual orientation, cultural background, or ability. Man Made's intention is to encourage program participants to cultivate skills of self-expression, empathy, validation, inclusive practices, and emotional support. Ned comes to this program from a professional and community background in mental health and social support and has a dedicated commitment to inclusivity and anti-oppressive practice.



**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'S BIO:**

Sexual and Reproductive Health Program, AHS, Calgary Zone



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

*Online Workshop Fees:*

Members: \$50  
Non-Members: \$75  
Student Non-Members: \$40  
Student Members: \$25

*Annual Memberships:*

Student/Senior: \$20  
Individual: \$40  
Organization: \$100 (up to 10 staff)  
Each additional staff is \$5

*Register and Pay at:*

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