



## FALL 2018 GROUP

**Times:**

10:00 AM - 11:30 AM

**Dates:**

September 17, 24, October 1, 15, 22, 29,  
November 5, 19, 26, 2018

**Location:**

Communitas, #103-2776 Bourquin  
Crescent West Abbotsford.

*Free parking nearby, nearby bus stops.*

## WINTER/SPRING 2019 GROUP

**Times:**

10:00 AM - 11:30 AM

**Dates:**

February 1, 8, 15, 22, March 1, 8, 15,  
April 5 & 12, 2019

**Location:**

John Howard Society, 3360 Fraser St.,  
Vancouver

*Free parking nearby & nearby bus stops.*

## *Developmental Disabilities Mental Health Services*

**of the**

## **Fraser Health Authority**

We are a specialized multidisciplinary mental health team providing respectful and individualized assessment, treatment and education for adolescents and adults with developmental disabilities and complex mental health needs. Our goal is to optimize well being and quality of life.

## **The Group Instructors**

Our group will be facilitated by:

Anne Halas,

Instructor & Education Facilitator

*along with*

A mental health professional from our team at Developmental Disabilities Mental Health Services.

*Our appreciation is given to  
Communitas and the John Howard  
Society for generously sharing their  
facilities for these groups.*

2018/2019 GROUPS



## **Healthy Relationships & Sexual Health**

**GROUP**  
**for Persons with Intellectual  
Disabilities**



*Developmental Disabilities  
Mental Health Services*

# Learn about Friendship, Dating and Sex!

These adult education group sessions will provide the opportunity for participants to talk about dating, friendships and how to be safe in these relationships. We will discuss what sex is, and whether or not this is something that the participant wants.

We will be talking together, as well as using video clips and booklets to address different learning styles. Graphic but appropriate photos and video clips of the human body will be used so as to minimize any misconceptions regarding the topics.

The atmosphere will be fun and conversational.

Caregivers who wish to have more information about the content are very welcome to contact the group's instructor.

The groups will have a maximum of 8 participants with two instructors, who are professionals from *Developmental Disabilities Mental Health Services*.



## In our Group We Will Talk About:

- Friends versus romantic partners
- Being single - or not: What do you want?
- Where to meet friends or dates
- What are your beliefs?
- Gender and orientation
- Masturbation
- The media and exploitation
- Your body and those of the opposite gender
- Public versus private
- Sexual intercourse
- Abstinence as an option
- Safety in relationships
- Refusal and consent
- Who to have sex with (or not!)
- How to use a condom
- Other contraceptives
- Sexually Transmitted Infections
- Getting pregnant: responsibilities
- Pornography and sexting

## Who can qualify for this program?

Client participants will:

- Be an adult, 19 years of age or older
- Have a mild intellectual disability
- Have a desire to learn about friendship & sexual health issues
- Be able to attend all nine dates, unless ill
- Be treated if he/she has any psychiatric diagnoses
- Be capable of participating in a group

*Note: This group is not a dating group, and clients will be asked not to further any relationships with other participants for the duration of the course. When the course is over, participants may exchange contact information on their own if they both agree.*

If participant is a client of DDMHS, please contact the primary therapist for registration.

If participant is not a client of DDMHS, please receive registration forms by calling DDMHS at 604-777-8475.