April 8, 2019

To Whom It May Concern:

Love Matters uses an inter-sectional lens, informed by people with intellectual disabilities and content experts This workshop provides training to leadership and front line workers to create best practice models, provides community resources for the promotion of healthy relationships, understanding sexual identity, addressing issues of consent and personal/sexual boundaries, and general sexual health which will be shared with individuals and families individuals and families. Stream one will train frontline responders, and ideally, influence best practice models and policy development for organizations.

By the end of the course participants will receive a certificate of completion of learning about:

- Understanding of the history of eugenic sterilization and current issues facing people with developmental disabilities around sexual health
- Sex positivity - understanding our values and how to be approachable
- Sexual health topics including: consent, healthy relationships, safer sex and birth control, gender identity and sexual orientation, masturbation, and STI's
- Abuse, exploitation, and taking disclosures
- How to talk about sex, practicing talking and listening skills
- Self-care
- Local sexual health resources

This three day course runs one day per week over three weeks allowing for people to absorb information and put new skills into practice.

Training can be offered by pooling staff with other disability service organizations or with a minimum 12 staff the course can be exclusive to your organization. The $500 (pre-subsidy) course fee includes: room rental, coffee breaks and lunch for the three days.

The format of the 21 hour course, can be adjusted to best suit your staffing schedule.

Sincerely,

Erin Bilawchuk
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