



# Relationships, Boundaries and Sexuality Class



**This 8-session class is for adults with developmental disabilities at no cost. Support staff or family members may attend with an adult consumer, but must participate in the class.**

Sponsored by: North Los Angeles County Regional Center  
Presenter: Kathryn Lincoln



**This 16 hour class covers:**



1. Good communication and listening skills
2. Healthy Relationships, boundaries and intimacy
3. Understanding your body
4. Sexual relationships
5. Preventing sexually transmitted diseases and infections
6. Birth control and Pregnancy
7. Preventing and reporting abuse

**When: 10 a.m. - 12 noon on 8 Tuesdays in a row-  
9/8, (no class on 9/15), 9/22, 9/29, 10/6, 10/13, (no class on 10/20),  
10/27, 11/3 & 11/10/09**

**Where: North Los Angeles County Regional Center-  
15400 Sherman Way, Van Nuys- Conference Room 100  
*Black glass building on Sherman Way, West of Sepulveda Blvd.***



**Coffee, tea and a snack will be served at our break.**

**To register, please call Kathryn Lincoln by 8/28/09-PH 818-756-6225,  
Fax- 818-756-6130 Or Email-[kathrynl@nlacrc.org](mailto:kathrynl@nlacrc.org)**

**Register early. Space is limited! You must attend at least 6 of the 8  
classes.**