



Relationships, Boundaries and Sexuality Class



This 8-session class is for adults with intellectual/developmental disabilities at no cost. Students may bring a support person.

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 Thursdays in a row-
9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28 and 11/4/10**

**Where: North Los Angeles County Regional Center-
15400 Sherman Way, Van Nuys- Conference Room 210
*Black glass building on Sherman Way, West of Sepulveda Blvd.***



A snack will be served at our break.

*To register, please call Kathryn Lincoln by 9/9/10-
818-756-6225, Fax- 818-756-6130*

Or Email kathrynl@nlacrc.org

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