For Teachers, Nurses, Parents, Students, and More

Online Sexual Health Workshops

2017-18 Workshop Calendar
Alberta Society for the Promotion of Sexual Health
COMMON QUESTIONS

WHO IS ASPSH?
The Alberta Society for the Promotion of Sexual Health (ASPSH) provides education and training opportunities for sexual health professionals and other individuals.

Founded in 1993, ASPSH has online workshops, a post-graduate sexual health certificate program, sexual attitude reassessments (SARs), and is currently planning our 13th biennial Western Canadian conference on sexual health for May 2018.

WHY ONLINE LEARNING?
Learn at the convenience of your own home or work. Day or night. Urban or rural. You'll have access from anywhere across Canada or around the world.

Our platform, CourseSites, is an easy web-based learning tool that anyone can learn to use. Step by step instructions will be provided and support is available.

PAST WORKSHOPS?
To date 159+ online workshops have been offered by ASPSH. Their topics include:
- Introduction to Sexual and Gender Diversity: Promoting Inclusive Practice
- Feeling Safe and Sexy: A Trauma-informed Approach to being Sex Positive
- Say Yes to Pleasure: The Benefits of Pleasure Education
- Supporting Parents to talk to Children and Teens about Sexuality
- Disability Justice & Sex Education: Detangling the Way we Teach
- Prayer and Private Parts: Sexuality and Christianity
- And many more...

Save the date! ASPSH’S 13th biennial Western Canada sexual health conference is on May 4-5, 2018 in Edmonton, Alberta. Follow ASPSH on Facebook, Twitter, and Instagram for the latest updates.
WORKSHOP #160

SEX POSITIVE CULTURE

OCT 2 - OCT 22, 2017 (NEW)

Developed and Facilitated by Angel Sumka, Alberta Sex Positive Education and Community Centre, Edmonton

This workshop provides the frame work for learning the tools to develop sex positive values, to challenge our own biases, and to recognize the barriers to education, health and self acceptance that shame based sexuality culture creates.

Facilitator's Bio:

Angel Sumka is a cisgendered (which means she identifies with the gender that correlates with the sex she was assigned at birth), pansexual (attracted to people and their personalities, regardless of their gender), white female. She prefers the pronouns She/Her or They/Them.

She is the current president of Alberta Sex Positive Education and Community Centre (also known as ASPECC). She has a BA in Psychology with a minor in Criminology, and her studies were focused on culture, diversity, sexuality, human development and the laws and customs that preside over sex and gender. She also has a criminology diploma, social science certificate and a love coach certification.
**WORKSHOP 161**

**EXPLORING A CULTURALLY COMPETENT APPROACH TO FEMALE GENITAL CUTTING**

**OCT 16 - NOV 5, 2017**

(REPEAT)

**Developed and Facilitated by Simret Daniel, Sexuality Education Resource Centre, Winnipeg**

Addressing the prevention of Female Genital Cutting (FGC) through a collective, community based approach is the underlying framework of the Our Selves, Our Daughters project at the Sexuality Education Resource Centre (SERC) Manitoba. Female genital cutting (FGC) is a practice deeply rooted in the diverse cultures of many source countries of newcomers to Canada. Since 2009 SERC has collaborated with three newcomer communities to address FGC through community based consultation, research, and education to facilitate personal decision-making and community mobilization toward ending the practice, as well as encouraging access to services.

When FGC affected women access services, their vulnerability is increased if service providers lack the knowledge and skills to deal effectively with their concerns. For this reason, service providers must become knowledgeable about FGC. This series of 4 modules is designed to enhance your knowledge as well as your understanding of how to address this issue with women who have experienced FGC.

This course will provide information on the types, prevalence and reasons for FGC, possible short and long term health consequences, language issues, and Canadian law. It will also address the complexity of female circumcision as both a long held cultural tradition and a human rights issue. Because the topic may provoke strong reactions, we will examine cultural competence as a framework from which practitioners and educators can address their own values regarding this issue. We see cultural competence as a crucial part of effective service provision. Prevention and whole community change regarding FGC will also be addressed.

The Our Selves, Our Daughters project was awarded a Helen and Fred Bentley Award for Excellence and Achievement by the Canadian Federation for Sexual Health in 2010. Three years ago SERC held a Symposium in Winnipeg that drew presenters from the UK and from across Canada to examine Canadian perspectives on female circumcision/genital cutting.

**Facilitator’s Bio:**

Simret Daniel is the Our Selves Our Daughters’ (OSOD) project facilitator. She brings extensive experience in the African continent addressing Female Genital Cutting, and now within the immigrant context in Canada. Simret also coordinates the Knowledge Into Action (KIA) project at SERC which focuses on working with newcomer communities around the issues of HIV and STBBI awareness and coordinating a support group for women who are living with HIV. She is a nurse by training and a community developer at heart.
Developed and Facilitated by Angel Sumka, Alberta Sex Positive Education and Community Centre, Edmonton

Fear of being judged, embarrassment, frustration with having to educate service providers during appointments and fear of reprisal are some of the key barriers to care that persons living alternative lifestyles face when seeking services. This workshop seeks to provide awareness of BDSM, Kink, Leather and Non-Conforming Lifestyles to various professionals in order to reduce barriers to care.

Facilitator's Bio:

Angel Sumka is a cisgendered (which means she identifies with the gender that correlates with the sex she was assigned at birth), pansexual (attracted to people and their personalities, regardless of their gender), white female. She prefer the pronouns She Her or They Them.

She is the current president of Alberta Sex Positive Education and Community Centre (also known as ASPECC). She has a BA in Psychology with a minor in Criminology, and her studies were focused on culture, diversity, sexuality, human development and the laws and customs that preside over sex and gender. She also has a criminology diploma, social science certificate and a love coach certification.
STI & CONTRACEPTION UPDATE

WORKSHOP #163
NOV 6 - 26, 2017
(REPEAT)

Core Topic. Facilitated by Tammy Troute-Wood, Alberta Health Services, Calgary

This workshop will enhance participants’ knowledge and skills related to Sexually Transmitted Infections (STIs) and contraceptive methods. The workshop will outline current information on STI transmission, signs and symptoms, and testing and treatment options. As well, the workshop will focus on up to date issues related to STI rates, specific high risk groups, and new STIs in Canada. The workshop will also include contraceptive options counselling strategies and an overview of current and new contraceptive methods. Finally, the workshop will focus on ways to address contraceptive methods non-compliance/failure rates, benefits and risks of selected contraceptive methods, and resources to share with clients.

Facilitator’s Bio:

Tammy Troute-Wood has worked in Sexual and Reproductive Health for 15 years. She has worked as a clinic RN at Alberta Health Services, Sexual and Reproductive Health Clinics (Family Planning Clinics) and has been working in the role of Sexual and Reproductive Health Specialist since 2008.
Developed and Facilitated by Heather Cobb, Alberta Health Services, Calgary

This workshop is for anyone who wants to know more about menopause signs, symptoms and management. Menopause and perimenopause are part of the natural lifecycle of development but there are many myths and stereotypes that surround the topic. Does everyone have hot flashes? Is hormone therapy safe? Can you still get pregnant? Whether you are entering this life stage, or want to share information with clients who, are you will have the opportunity to discuss current evidence about symptoms and strategies for dealing with menopause towards optimal health and wellness.

Facilitator’s Bio:

Heather Cobb is a Sexual Health Promotion Specialist with the Sexual and Reproductive Health Program, Alberta Health Services in Calgary. As 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.
WORKSHOP #165

EFFECTIVE COMMUNITY COLLABORATIONS IN SEXUAL HEALTH AND RIGHTS:

A WORKSHOP FOR SERVICE PROVIDERS, COMMUNITY STAKEHOLDERS, GOVERNMENT AND NON-GOVERNMENT ACTORS WORKING TO ADVANCE SEXUAL HEALTH AND RIGHTS

JAN 16 - FEB 5, 2018
(REPEAT)

NOTE: SPECIAL RATE FOR ALL ACTION CANADA ASSOCIATE MEMBERS = $35

Developed and Facilitated by Brittany Neron, Sarah Kennell and Makeda Zook, Action Canada, Ottawa

This is a workshop on community development and collaborations in the field of sexual health and rights. Presented by Action Canada for Sexual Health and Rights, a progressive, pro-choice charitable organization committed to advancing and upholding sexual and reproductive health and rights in Canada and globally. This workshop discusses community collaborations with and across three distinct but overlapping audiences: health care service providers, community stakeholders and non-governmental actors, and the government sectors.

Facilitator's Bio:

Brittany Neron, as Health Information Officer, is responsible for overseeing the 24/7 Access Line, developing health promotion and education products and resources, identifying engagement opportunities in the domestic context, and liaising with local, national and grassroots organizations.

Sarah Kennell, as Public Affairs Officer, oversees Action Canada’s engagement with government bodies and officials and supports the work of the Canadian Association of Parliamentarians on Population and Development, for which Action Canada is the Secretariat.

Makeda Zook, as Special Projects Officer, is responsible for the development of sexual health resources and information products in the domestic context. Specifically, she is responsible for overseeing the completion of Beyond the Basics, Action Canada’s sexual health education resource for teachers and community educators.
Developed, Revised and Facilitated by Christine Sturgeon, AHS, Calgary

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
- Have the opportunity to network with other individuals teaching sexuality

Facilitator’s Bio:

Christine Sturgeon is the Educational Coordinator at AHS Sexual and Reproductive Health in Calgary. A former high school teacher, Christine also has experience as a non-profit program manager & family crisis specialist, parent educator and addictions support home worker. Growing up in rural Alberta with a commitment to human rights and social justice, Christine is dedicated to supporting clients, parents and professionals feel confident, comfortable and competent in their own sexuality and in supporting healthy sexuality in others.
ETHICAL COMMUNICATION

Developed and Facilitated by Angel Sumka, Alberta Sex Positive Education and Community Centre, Edmonton

This workshop explores communication styles and provides tools to develop assertive communication skills, then introduces decision making models that we commonly use, and finally puts these together to develop ethical frameworks for sexual discussions. The practical scenarios include communicating with our children/youth about sex, communicating to a long term partner or casual playmate about our sexual desires and needs, and in social/group settings.

Facilitator’s Bio:

Angel Sumka is a cisgendered (which means she identifies with the gender that correlates with the sex she was assigned at birth), pansexual (attracted to people and their personalities, regardless of their gender), white female. She prefers the pronouns She Her or They Them.

She is the current president of Alberta Sex Positive Education and Community Centre (also known as ASPECC). She has a BA in Psychology with a minor in Criminology, and her studies were focused on culture, diversity, sexuality, human development and the laws and customs that preside over sex and gender. She also has a criminology diploma, social science certificate and a love coach certification.
RECOGNIZING AND RESPONDING TO SEXUAL VIOLENCE IN CANADA

Developed and Facilitated by Annette Klevgard and Shannah Barros, Sexual Assault Centre of Edmonton

At some point in their lives at least 1 in 3 Canadian women and 1 in 6 Canadian men will experience sexual assault. Despite the prevalence of sexual violence in our country, many Canadians are not provided with comprehensive information on the subject. In this workshop the Sexual Assault Centre of Edmonton presents accurate, research-based, non-victim-blaming information on sexual violence and prevalent attitudes and beliefs that create conditions where sexual violence is allowed to happen. Participants will gain a thorough understanding of Canada’s consent laws, how to respond to disclosures of sexual assault, and effective community responses to sexual violence.

Facilitator’s Bio:

Shannah Barros
Since 2014 Shannah Barros has been working at the Sexual Assault Centre of Edmonton, starting in volunteer management before transitioning to public education. She is an avid volunteer and holds a degree in Women’s and Gender Studies and English and a certificate in Community Service Learning from the University of Alberta. Before coming to SACE, Shannah spent three years providing support and education in a volunteer capacity at the U of A Sexual Assault Centre. Her time spent in the community and in the classroom has fueled Shannah’s passion the for anti-sexual violence work she now pursues professionally.

Annette Klevgard
Annette has been part of the public education team at the Sexual Assault Centre of Edmonton (SACE) since 2014. During her time with SACE Annette has facilitated presentations and workshops on a variety of topics to youth, community members, at-risk individuals and professionals. Annette sits on the Sexual Health Educator’s Collective of Edmonton—a collective dedicated to providing accurate, research-based, sex-positive education to youth and those who work with youth. With a background in secondary education Annette strives to make content interesting and accessible to workshop participants.
Developed, Revised and Facilitated by Margaret Newbury-Jones, Kelowna, B.C.

Join Margaret for a look at sexuality, sexual health education and folks with intellectual developmental disorder. How do they develop differently (or do they?)? What information do they need? How do you work with these folks directly, their families and their caregivers? What role do values of others play in their access to sexual health education and relationship opportunities? This is a workshop for beginners who want to add some more tools to their toolbox. Those with lots of tools in there already are more than welcome!

Facilitator's Bio:

Margaret Newbury Jones ran SHADE Consulting Ltd specializing in sexual health education for people with intellectual developmental disorder and supporting their families and caregivers in Vancouver, BC for ten years before relocating to the US in 2012 and back to B.C. in 2016. Before that she worked in the public school system as a special education teacher for 15 years. Currently, she is a student working towards a Doctoral degree in Psychology and a chauffeur to her teenage kids.
ADVOCACY

WORKSHOP #170
MAR 24 - APR 22, 2018
(4 MODULES)

Developed and Facilitated by Tammy Troute-Wood, AHS, Calgary; Celia Posyniak, Kensington Clinic, Calgary; Marni Panas, AHS, Edmonton; Heather Cobb, AHS, Calgary

The Wikipedia Definition of Advocacy is an activity by an individual or group which aims to influence decisions within political, economic, and social systems and institutions. Advocacy can include many activities that a person or organization undertakes including media campaigns, public speaking, commissioning and publishing research. Lobbying is a form of advocacy where a direct approach is made to legislators on an issue which plays a significant role in modern politics. An advocate is someone who provides advocacy support to people who need it.

ASPSH is excited to offer this 4 module online workshop with four respected advocates of sexual health/reproductive rights/LGBTQ rights/disability rights.

Tammy Troute Wood will present the theoretical evidence supporting the need for advocacy within the health sector. Celia Posyniak will address the ongoing need for advocacy to ensure all women have equal access to sexual and reproductive health information and services. Marni Panas will address the necessity to continue to advocate for safe and inclusive health environments for LGBTQ individuals and their families. Heather Cobb will identify some of the stigma surrounding sexuality and disability and how to ensure everyone has access to information, comprehensive sexual health education and effective sexual health services.
Facilitator's Bio:

Tammy Troute Wood, RN, MN, is a Sexual and Reproductive Health Specialist with the Sexual and Reproductive Health Program, Alberta Health Services. Tammy works with the education and health promotion team to promote healthy sexuality across the lifespan where she specializes in resource development and building capacity of health care providers. Tammy also works as a clinic nurse in the sexual and reproductive health clinics.

Celia Posyniak has been the Executive Director of Kensington Clinic in Calgary, Alberta for the past 27 years. Kensington Clinic is a free-standing abortion clinic. She has served on the boards of Planned Parenthood Alberta and the National Abortion Federation in Canada and the U.S and is a recognized spokesperson and authority on reproductive health rights.

Marni Panas is a Senior Advisor Diversity and Inclusion, Alberta Health Services with a focus on creating safe, welcoming and inclusive environments for staff, physicians, patients, families, and volunteers. She has been invited to share her experiences and expertise in Patient & Family Centred Care, bereavement, and inclusive health for LGBTQ patients and their families locally, nationally and internationally. She has contributed to legislation and policy development for human rights for gender minority people at the provincial and federal level. Marni is also a transgender woman who has been very transparent throughout her journey in hopes of fostering acceptance through education and respectful dialogue.

Heather Cobb is a Sexual Health Promotion Specialist with the Sexual and Reproductive Health Program, Alberta Health Services in Calgary. As 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.
INTRODUCTION TO SEXUAL AND GENDER DIVERSITY: PROMOTING INCLUSIVE PRACTICE

WORKSHOP #171
APR 9 - 29, 2018
(REPEAT)

Developed and Facilitated by Tammy Troute-Wood, Heather Cobb, Sexual and Reproductive Health, Alberta Health Services, Calgary and and Marni Panas, AHS, Edmonton

This workshop is designed for anyone who would like to learn more about sexual and gender diversity and will explore how to support and advocate for people who identify as sexually or gender diverse.

Participants for this workshop will:

- Consider personal and professional values related to sexual and gender diversity
- Increase awareness of people who identify as sexually and gender diverse and some related health and social issues
- Develop knowledge and build comfort to provide safer spaces and inclusive care to all patients and clients

This workshop will include practical strategies including tips for evaluating inclusive spaces and services, access to current best practice resources and the use of storytelling to show how our practice impacts the individuals and families we work with.
Facilitator’s Bio:

Tammy Troute-Wood (RN MN) is a Sexual and Reproductive Health Specialist with the Sexual and Reproductive Health Program, Alberta Health Services. Tammy works with the education and health promotion team to promote healthy sexuality across the lifespan where she specializes in resource development and building capacity of health care providers. Tammy also works as a clinic nurse in the sexual and reproductive health clinics.

Heather Cobb is a Sexual Health Promotion Specialist with the Sexual and Reproductive Health Program, Alberta Health Services in Calgary. As 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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TALKING AND TEACHING ABOUT SEXUALITY: PARENTS, CHILDREN AND TEENS

NEW ONLINE WORKSHOP FOR PARENTS!

Developed and Facilitated by Heather Cobb, Alberta Health Services, Calgary

Children and teens learn about sexuality all around them – friends, school, TV and social media. The most important sexuality educator in a child’s life can be their parent. This workshop will support parents to talk about sexuality and healthy relationships by providing accurate information, helping with access to services and sharing family beliefs and values. Parents will learn about developmental stages their children and teens go through and how to respond to questions. Current Canadian resources will be presented so that parents can learn about tools and strategies to help children learn what they need to know, when they need to know it.

Facilitator’s Bio:

Heather Cobb is a Sexual Health Promotion Specialist with the Sexual and Reproductive Health Program, Alberta Health Services in Calgary. As 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.
Fees

Member:
$50 CDN per workshop.

Non-member:
$75 CDN per workshop.

25% discount for members who enroll for 3 or more workshops at a time.

Membership

Student rate: $20 CDN

Individual rate: $40 CDN

Organizational rate: $100 CDN
- Up to 10 staff members per organization.
  Each additional staff is $5 more.
- Organizational staff pay $50 per workshop.
  Must indicate org. name upon registration.

All memberships are valid for one year from your date of purchase.

To become a member: www.aspsh.ca

Register

Visit our website:
www.aspsh.ca/shop

Please register at least 3 days before the start date of your workshop.

Pay

Our preferred method of payment is PayPal.

Simply add your desired workshop(s) to the online cart after visiting our website.

If you are having difficulties or need to pay via e-transfer or mailed cheque, please contact us at melanie.aspsh@gmail.com
Alberta Society for the Promotion of Sexual Health (ASPSH) is a non-profit organization that has been offering sexual health education and training opportunities for sexual health professionals, parents, students and others interested in sexual health since 1993.

To date 159+ online workshops have been offered with over 1700 participants and our network of participants have expanded to include individuals from across Canada and around the world.

The board and staff of ASPSH would like to thank our online workshop partners. We sincerely appreciate your valuable contributions.
- Alberta Health Services Sexual and Reproductive Health Program, Calgary Zone,
- the workshop facilitators for sharing their expertise, experience, time and knowledge,
- the workshop participants, without your continued support and interest we could not sustain this work.

If you have any questions, please contact melanie.aspsh@gmail.com

You can support the continuation of our programs by:
1) Donating to ASPSH by going to our website, www.aspsh.ca, and clicking the donate button.
2) Signing up for our workshops and trainings. Paying your membership fees.
3) Sharing this document and our social media content widely among your networks.
PENCIL US IN
OUR NEXT CONFERENCE IS...

Edmonton, Alberta
MAY 4-5, 2018