

CHOICE

Community Healthcare Counseling, Education, and Advocacy

1233 Locust Street • Suite 301

Philadelphia, PA 19107

Phone (215) 985-3355 • Fax (215) 985-2838

www.choice-phila.org

PROFESSIONAL TRAININGS

Reproductive Health

Introduction to Reproductive and Sexual Health for Men and Women. Participants will learn about reproductive anatomy; reproductive health exams and diagnostic procedures; the menstrual cycle and menopause; breast, testicular, and prostate health.

Birth Control Options

Introduction to fertility, conception, and family planning. Participants will learn about currently available methods of contraception, the mechanisms by which they work, and communication skills for discussing birth control options.

HIV 101

HIV 101 covers HIV infection, transmission, testing, basic treatment, AIDS, and resources. Participants will also learn about safer sex practices, harm reduction, and communication skills for talking about HIV/AIDS.

STIs 101

Overview of common Sexually Transmitted Infections, including current trends in STI infections, transmission, symptoms, testing, treatment, and complications. Participants will also learn about safer sex practices, harm reduction, and communication skills for talking about STIs.

Pregnancy Options Counseling

Introduction to pregnancy options, including legal, social, and medical issues. Participants will also gain skills in client-centered pregnancy options counseling.

Abortion 101

Overview of issues around abortion in Pennsylvania. Participants learn about the history of abortion in the United States, medical and surgical abortion, legal information affecting adults and youth, and financial issues for women seeking abortion services.

Sex and Society

Interactive discussion of societal issues related to sex and sexuality, including current events in science and politics, the media, gender, relationships, and other issues affecting and affected by society.

Basic Counseling Skills

Introduction to client-centered counseling. Participants will learn counseling and communication skills, as well as crisis intervention skills. Role playing and constructive feedback will be used to facilitate skill development.

Working Effectively With Youth

Introduction to youth development and issues related to youth work, with a focus on youth sexuality. Participants will gain understanding of youth culture(s), ageism, sexuality and child development. They will increase cultural competency and improve communication skills for working with youth.

Working Effectively With Sexual Minority Youth

Introduction to youth development and issues related to youth work, with a focus on LGBTQ youth. Participants will gain understanding of youth culture(s), ageism, sexuality and child development, and skills working with sexual minority youth. They will increase cultural competency and improve communication skills for working with youth.

Working Effectively with Teen Parents

Introduction to youth development and issues related to youth work, with a focus on parenting youth. Participants will gain understanding of youth culture(s), ageism, sexuality and child development, and issues facing teen parents. They will increase cultural competency and improve communication skills for working with teen parents.

Coming Soon:

Harm Reduction Theory and Practice
The Importance of Prenatal Care

- ❖ Most professional trainings last approximately two hours. Please contact **Kate Murray** at **215-985-3355, ext. 109** for more information and to schedule a training.
- ❖ Professional trainings are designed for social service staff and volunteers, youth workers and medical providers.
- ❖ Trainings may be adapted to meet the individual needs of each organization, however, please be aware that uniquely-designed trainings may require advance notice and a fee.
- ❖ A sliding scale honorarium is requested to cover transportation and training costs.
- ❖ Most trainings can be provided in English or Spanish. Please specify the preferred language when calling to schedule.