

CHOICE

Community Healthcare Counseling, Education, and Advocacy

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Philadelphia, PA 19107

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www.choice-phila.org

ADULT EDUCATION WORKSHOPS

BIRTH CONTROL *Let's talk about birth control options, how they work, their effectiveness at preventing pregnancy and how to choose which one is best for YOU.*

CHILDREN'S HEALTH LINE *We'll talk about what kinds of health insurance programs are available for children and pregnant women and how CHOICE can help. (*15 minute workshop*)*

COMMUNICATION SKILLS *How can I communicate effectively? Let's talk about communication in general, how to bring up sexual issues, and how to negotiate with partners.*

INTIMACY *What is intimacy? We'll talk about intimacy, what it means in your life, how you show physical and emotional intimacy with people, and how sex and love relate to intimacy.*

MEN'S HEALTH *What do men need to know about their sexual health? In this workshop we discuss sexual health issues for men, what services are available to men, and how you can prevent pregnancy and STIs.*

PREGNANCY OPTIONS *What do you do if you are faced with an unexpected pregnancy? We'll talk about how to decide which option is best for you and where you can go for nonjudgmental counseling and services.*

HEALTHY RELATIONSHIPS *Relationships are important parts of life. We'll talk about what is healthy and unhealthy in a relationship, communication, and how relationships impact our health.*

SAFER SEX *What is safer sex? Let's talk about how to protect your self from STIs and HIV, why safer sex is important, how to make it sexy, and practice talking to partners about it.*

SEXUAL HARASSMENT *We will discuss how to define sexual harassment, where it can occur, how to prevent it, and what to do if it is happening around you.*

STIs & HIV/AIDS *Who is at risk for HIV and other Sexually Transmitted Infections? We'll talk about current trends in STI infections, transmission, how to protect yourself and getting tested.*

THE TALK *How do I talk to my children and teens about sex and sexuality? Let's talk about how and when to bring it up, how to give your child age appropriate information, and why it is important for parents and guardians to have this conversation with their children.*

WOMEN'S HEALTH *What do women need to know about their sexual health? We will review the menstrual cycle and conception, talk about when women need health exams, and practice how to talk to your health care provider about sensitive topics*

- ❖ Most workshops last approximately one hour. Please contact **Tiffany Thompson at 215-985-3355, ext. 128** for more information and to schedule presentations.
- ❖ Professional trainings for social service staff, youth workers and medical providers are also available.
- ❖ A sliding scale honorarium is requested to cover transportation and training costs.
- ❖ Workshops and Trainings can be provided in English or Spanish. Please specify the preferred language when calling to schedule.