

# Frank D. Lanterman Regional Center Training Announcement



## Sexual Health and Safety for Teens & Adults with Developmental Disabilities (SHASTA) Workshop

Six-week series of workshops developed by **Planned Parenthood** for with teens and young adults with mild to moderate developmental disabilities.

Promotes informative and positive communication between teens, young adults, and their parent/guardian on issues related to sexuality and reproductive health.

Sessions will stress the importance of recognizing and respecting sexuality in all human beings building knowledge about puberty and reproduction private vs. public behavior, sexual health and safety exploitation and abuse.

For more information regarding registration, please contact your service coordinator.

**For more information regarding workshop content, class availability or to schedule a class, please contact:**

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