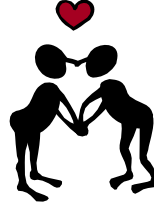


# Relationships, Boundaries and Sexuality Class



**For adults with intellectual disabilities at no cost.  
Support staff or family members may register, but priority is  
given to adult consumers.**

Sponsored by: North Los Angeles County Regional Center  
Presenter: Kathryn Lincoln



**This 16 hour class will cover:**

1. Good communication and listening skills
2. Healthy Relationships, boundaries and intimacy
3. Understanding your body
4. Sexual relationships
5. Preventing unwanted pregnancy, sexually transmitted diseases and infections
6. Preventing and reporting abuse

**When: 5:30 - 7:30 PM on 8 Tuesdays in a row-**  
3/2, 3/9, 3/16, 3/23, no class on 3/30, 4/6, 4/13, 4/20 and 4/27/10  
***You must attend at least 6 of the 8 classes.***

**Where: North Los Angeles County Regional Center-**  
**15400 Sherman Way, Van Nuys- conference room**  
*Black glass building on Sherman Way, west of Sepulveda Bl.*



**Lemonade and a snack will be served at break.**



*To register, please call Kathryn Lincoln by 2/26/10  
PH 818-756-6225, Fax- 818-756-6130 or Email-*  
***[kathrynl@nlacrc.org](mailto:kathrynl@nlacrc.org)***

***Register early. Space is limited- this class fills up.***