

**Trainings & Workshops Offered by Toronto Public Health:  
Sexual Health And Related Topics**

**The following workshops are all provided free of charge but require registration.  
Please contact the individuals listed for more information.**

**Sexual Health Harm Reduction 101 Training**

This two-day workshop is designed for people who work with people who use substances. The main focus of the workshop is to raise awareness about :

- Safer substance use and risk reduction to prevent the transmission of HIV, Hepatitis C and other infections
- Strategies to reduce the stigma and barriers experienced by people using substances that prevent them from accessing equitable services
- The policies and politics that affect the lives of people who use substances and their communities

Contact: Toronto Health Connection at 416-338-7600, [publichealth@toronto.ca](mailto:publichealth@toronto.ca)

**Harm Reduction in Prison Training**

This one-day workshop includes: an overview of the Federal and Provincial prison system, HIV, HCV prevention education, addiction, women in transgendered prisoners, agency accessibility for prisoners/ex-prisoners, client advocacy and more. This workshop is facilitated by PASAN (Prisoners with HIV/AIDS Support Action Network).

Contact: Tracey Methven, 416-338-1798, [tmethven@toronto.ca](mailto:tmethven@toronto.ca)

**Sexual Health Training for People Working With Youth**

This one day interactive training is for people working with youth in youth shelters, group homes, drop-in centres and youth-focused agencies. Participants will receive tools and resources for leading discussions on relationships, HIV/AIDS, STIs, birth control methods and pregnancy options in a way that is relevant to their clients' lives. Community partners working in the field will lead experiential exercises and provide strategies to facilitate discussion and help create a sex positive environment.

Contact: Toronto Health Connection at 416-338-7600, [publichealth@toronto.ca](mailto:publichealth@toronto.ca)

**HIV/AIDS 101 for Community Workers Training**

Through a health equity and social determinants of health framework, this 2 day training reviews HIV transmission, testing, trends, stigma, resiliency and living with HIV. Participants will have opportunities to network, hear from guest speakers and participate in interactive activities.

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**Raising Sexually Healthy Children (RSHC)**

1. **Peer-led RSHC Program** – A series of 1-3 peer-led sessions in English, French, Tamil, Portuguese, Chinese, Vietnamese, Bengali, Korean, Spanish, Twi, Somali, Tigrinya and French. The goal is to give parents and caregivers the knowledge and support they need to foster healthy attitudes about sexuality in their children.  
Contact: Anda Li, 416-338-7503, [ali1@toronto.ca](mailto:ali1@toronto.ca)
2. **RSHC Peer Parent Leadership Training** – A 20 hour train-the-trainer for parents who want to become peer parent leaders.  
Contact : Anda Li, 416-338-7503, [ali1@toronto.ca](mailto:ali1@toronto.ca)
3. **RSHC for parents of Children 0-14** – The goal of this two-hour workshop is to give parents and caregivers the tools, knowledge and support they need in order to foster healthy attitudes about sexuality in their children.  
Contact: Toronto Health Connection 416-338-7600.
4. **RSHC for Child Care Staff** – This one-day free interactive training for day care and community agency staff, facilitated by Toronto Public Health Sexual Health Educators, is designed for child care and community agency staff. Participants will learn about children's sexual growth and development, to become more comfortable dealing with children's sexual behaviours and to respond to parents' concerns and questions. Participants will also have the opportunity to explore their own values, practise answering questions and reflect on their agency's policies.  
Contact: Toronto Health Connection at 416-338-7600, [publichealth@toronto.ca](mailto:publichealth@toronto.ca)

**HIV, Pregnancy and Parenting Training**

This one-day interactive Training is designed to familiarize participants with the topic of HIV in relation to: preconception health, pregnancy, labour and delivery, breastfeeding and parenting or family issues.

It will cover attitudes & values, stigma, the disproportionate effect of HIV, ethics, transmission, statistics, testing, assisted reproductive technologies, adoption, substance use, legal & immigration issues, community resources and much more.

Contact: John Kirya, 416-338-6294, [jkirya@toronto.ca](mailto:jkirya@toronto.ca)