



**lumenus**  
Community Services

# Relationship & Sexual Health Education



Join our group to ask our facilitators questions and learn with peers more about sex education, dating, consent, healthy relationships, sexuality and the law, social media safety and other topics.

**Cost/Fee:** FREE

**Eligibility:** This program is designed for **adults (18+)** with developmental and intellectual disabilities.

**Length of Program:** 6 weeks (2 days a week).

**Location:** In person at one of the Lumenus program sites.

**Register:** Email Rakayla at [rbenjamin@lumenus.ca](mailto:rbenjamin@lumenus.ca) for inquiries or to request the registration package.

Our curriculum is focused on empowering participants to make healthy and informed choices while navigating relationships and sexuality.