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# Puberty, Sexuality and Relationships:

## A workshop for parents and carers of people with intellectual disability and autism spectrum disorders

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**Find out how to support your family member's personal development and sexuality in a positive way!**



Come join the team at Family Planning NSW and special guest Liz Dore (Relationships & Private Stuff) for an interactive workshop that will cover issues across the lifespan including:

- Disability and sexuality
- Preparing for puberty
- Decision making and safety
- Taking care of health and hygiene
- Supporting friendship and relationship development
- Supporting positive and safe sexual expression
- Tips for talking about sex and answering tricky questions

Parents, foster parents, relatives and other unpaid carers of people with intellectual disability and autism spectrum disorders of all ages are welcome.

Unfortunately we are unable to accept registrations from professionals for this event.

This forum is not suitable for children. We regret we are unable to provide respite/childcare.

**Date:**

Thursday 26th March 2020

**Time:**

10:00am – 1:30pm  
(light lunch provided)

**Venue:**

Lithgow Information &  
Neighbourhood Centre,  
1 Padley St, Lithgow NSW 2790

**Cost:**

This workshop is fully funded by



**Health**  
Nepean Blue Mountains  
Local Health District

**For more information:**

**Kaidee Dick**

Family Planning NSW

**P:** 02 8752 4387

**E:** [kaideed@fpnsw.org.au](mailto:kaideed@fpnsw.org.au)

[Click here to register online](#)

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# Meet the team

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## **Erin Donnelly** (Health Promotion Officer – Disability)



Erin has a background in psychology and public health along with three years of experience in delivering state wide health promotion programs and workshop facilitation. In her role at Family Planning NSW, Erin leads a number of health promotion projects to address the reproductive and sexual health and rights of people with intellectual disability.

## **Kaidee Dick** (Health Promotion Officer – Disability)



Kaidee has a background in public health and has worked in the disability space for 4 years. She has successfully delivered a range of health promotion programs and community capacity building initiatives to improve the health and wellbeing of community groups. As a health promotion officer, Kaidee has worked alongside parents and carers, people with intellectual disability and disability organisations to advocate for the reproductive sexual health rights of people with disability.

## **Liz Dore** (Counsellor – Relationships & Private Stuff)



Liz Dore has been working with people with disability to help them achieve their educational, employment and personal goals for 25 years. This includes 15 years experience in relationships counselling and sexuality education. She has qualifications in Special Education, Relationships Counselling, and Sexuality and Training.

## **Want to learn more?**

Family Planning NSW have a range of innovative 'easy to read' resources to support our education activities, along with an extensive range of books and resources available to loan from our Disability Resource Collection.

To learn more and keep up-to date with our latest events contact the Disability team:

Phone: (02) 8752 4300

Email: [healthpromotion@fpnsw.org.au](mailto:healthpromotion@fpnsw.org.au)

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