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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 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 17th October 2019

**Time:**

Morning workshop: 10am – 12pm

Evening workshop: 6pm – 8pm

**Venue:**

Ballina Comfort Inn All Seasons,  
301 River St, Ballina NSW

**Cost:**

Free.

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**For more information:**

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[Click here to register online](#)

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