

About the Sponsors

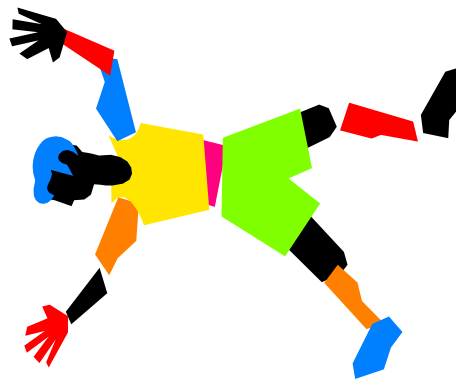
ARC Milwaukee is dedicated to improving the quality of life for people with developmental and related disabilities, their families, and the community through information, education, advocacy and life planning services. Services are available to families throughout the lifespan and address issues such as sexuality, self-protection, education, guardianship, housing, family support, and aging. For more information contact ARC Milwaukee at (414) 774-6255 or visit their web site at www.arcmilwaukee.org.

Autism Society of Southeastern WI

supports people with autism spectrum disorders, their families, professionals and others by sharing information, supporting research, providing networking opportunities and increasing awareness about autism through education and training. For more information call (414) 427-9345 or visit their web site at www.asew.org.

Down Syndrome Association of WI

provides support to families and individuals with Down syndrome through education, information, and the exchange of ideas and experiences. This is done through special events that bring families together, community education for members and health professionals, family matching services, and new parent packets. For more information go to www.dsaw.org or call (414) 327-3729.



PUBERTY WORKSHOPS

2010

For Pre-Adolescents
with Cognitive Disabilities



Sponsored by:

ARC Milwaukee
Autism Society of SE WI
Down Syndrome Assoc. of WI

TC Services

209 N. Spring Street

Port Washington WI 53074

About the Presenter

Terri Couwenhoven MS is an AASECT certified sex educator who specializes in designing and implementing sexuality programs and materials for people with intellectual disabilities, their families and the professionals who support them. She is author of *Teaching Children with Down syndrome about their Bodies, Boundaries, and Sexuality: A Guide for Parents and Professionals*. Her puberty workshops help families learn together in a comfortable, safe, and fun environment. Concrete teaching methods (videos, slides, pictures, games, activities) will be used to improve comprehension and help parents become more comfortable and confident helping their children understand body changes, self care, and appropriate social behavior.

Workshop for Boys

This two-hour workshop is designed for parents and their sons ages 11-14. After attending the program participants will be able to:

- ★ Describe the physical and emotional changes that happen to boys during puberty
- ★ Identify societal rules related to private body parts

DATE:

Saturday, September 4th 9:30-11:30 AM



Workshop for Girls

This two-part program is designed for mothers and/or other significant female adults and their daughters ages 10-14. After attending the workshop participants will be able to:

- ★ Describe the physical and emotional changes girls experience during puberty
- ★ Use feminine hygiene products correctly
- ★ Identify societal rules related to private body parts

DATES:

Saturday, September 4th 1:00- 3:00 PM

Saturday, September 11th 1:00- 3:00 PM



Program Location:

**Children's Hospital Corporate Center
Education Classroom Room 220
999 N. 92nd Street
Milwaukee, WI**

Directions:

Take I-94 to Hwy 45 North. Exit Watertown Plank Road (exit 40). Travel East (right) on Watertown Plank Road until first stoplight (92nd Street). Turn right on 92nd Street and continue to stoplight at Connell Ave. Turn right on Connell and enter the "staff parking" gate on your left. Press the red button and announce the name of the class in the intercom. Park in the structure and enter building on second level to the skywalk. Go past restaurant area and follow signs to Ed. Services classroom.

Registration Information

Mail to: TC Services
209 N. Spring Street
Port Washington, WI 53074

Phone: (262) 284-5043

Email: tcouwen@execpc.com

Name (adult): _____

Name (child): _____

Age of child: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Male Program: _____ Female Program: _____

Payment & Fee

Male workshop- \$ 30.00

Female workshop- \$45.00 (2 parts)

The cost of this workshop includes light refreshments and all handout materials. Send payment and completed registration form to the above address. Class size is limited to 12 parent/child couples per class. Registrations will be accepted on a first come, first serve basis.