



Starting a Romantic Relationship: Dating Basics for Adults (18+) on the Autism Spectrum

A Four Session Virtual Workshop Series



Session #1-Starting a Romantic Relationship

Saturday, September 21, 2024- 10:00 AM to 11:30 AM PST

Participants in this workshop will be able to:

- Identify necessary steps for beginning a romantic relationship.
- Finding someone (qualities they value in a partner, qualities they bring to a relationship, social media)
- Letting a person know you are interested (flirting how-to's) Assessing for reciprocity of feelings

Session #2 - Starting a Romantic Relationship (continued)

Saturday, September 28 2024-10:00 AM -11:30 P.M. PST

Participants in this workshop will be able to:

- Plan a date
- Compare and contrast appropriate behavior on a date assessing compatibility

Session #3- Making Decisions about Sexual Expression

Saturday, October 5, 2024- 10:00 AM to 11:30 A.M.PST

Participants will be able to:

- Describe what it means to be sexual with a partner
- Identify rights and responsibilities of sexual expression (privacy, consent/permission, protection, pleasure)

Session #4: Deciding if Your Relationship is Healthy or Unhealthy

Saturday, October 12, 2024- 10:00 AM to 11:30 AM. PST

Participants will be able to:

- Identify qualities of a healthy relationship
- Identify qualities of an unhealthy relationships
- using relationship scenarios, make decisions using examples of healthy and unhealthy

This workshop series is designed for adults on the autism spectrum who are interested in entering the world of romantic relationships or want to learn more. Each class will incorporate interactive, concrete activities to support learning as well as resources and ideas for parents/caregivers to reinforce learning at home and in the community.

Our Expert Speaker/Facilitator:

Terri Couwenhoven, MS, CSE is a well-known certified sex educator and author, specializing in the design and implementation of sexuality programs and resources for individuals on the autism spectrum and other developmental disabilities, their parents, and the professionals who support them. Her gentle, matter-of-fact approach combined with extensive knowledge and experience make her a popular speaker with self-advocates, parents, and professionals around the country.



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Flat Fee of \$400.00 for the workshop series.

The workshop series is vended by Lanterman Regional Center. It may be available to clients of other Regional Centers as well. Inquire with your Regional Center Service Coordinator.

Vendor # PD3625 - Subcode 10PG

To Register Email FAA at info@autismsocal.org
or Call/Text (818) 662-8847