

# Sexuality and Healthy Relationships for Self-Advocates

## Taught by Self-Advocate Sexuality Educators and National Experts, A Four Part Series

Join NACDD, Elevatus Training, and the Michigan DD Council for this series. The sessions are:

**Session 1:** Becoming a Strong Sexual Self-Advocate: Beliefs, Knowledge, and Skills You Need

February 15, 2-5pm, EST

Register here: <https://nacddconferencetai.eventsmart.com/events/sessionone/>

**Session 2:** What Do You Want in a Relationship? How Do You Let Someone Know You Are Interested?

How Do You Know If They Are Interested?

April 5th, 2-5pm, EST

Save the date, registration is not yet available.

**Session 3:** Asking Someone Out, Going out on a Date, and All the Things to Think About.

June 14th, 2-5pm, EST

Save the date, registration is not yet available.

**Session 4:** Understanding your Body and Having Pleasurable and Safe Sexual Relationships.

October 4th, 2-5pm, EST

Save the date, registration is not yet available.

Presenters:



**Max Barrows**  
Outreach Director,  
Green Mountain Self-Advocates



**Katherine McLaughlin M.Ed.,**  
AASECT Certified Sexuality  
Educator and Elevatus Training  
Founder, CEO, and Lead Trainer



**Tia Nelis**  
Coordinator,  
Self-Advocate Engagement



**Mary Shehan-Boogaard**  
Community Inclusion Coordinator,  
Michigan Developmental Disabilities  
Council



**Frank Vaca**  
Self-Advocate, Sexuality  
Educator and Peer Mentor

