



Nice to Meet Me

A group-based education program for people with Asperger's Syndrome
Based on Isebel Hénault's The Sociosexual Education Program

People with Asperger's Syndrome (AS) have the same sexual needs and concerns, and are as diverse in their sexuality as the general population. However, adolescents and adults with AS are different in terms of their ability to 'read' and understand the subtle and complex thoughts and emotions of people they engage with. Individuals with AS also struggle to effectively communicate their own inner thoughts and feelings.

Nice to meet is designed for people living with AS to improve the quality of their life and their intimate relationships.

The program focuses on:

- ❖ Identifying your emotions and the emotions of others
- ❖ Recognising values with respect to love, friendship and sexuality
- ❖ Applying the concept of consent
- ❖ Discussing appropriate behaviours for private and public places
- ❖ Determining various aspects of sexual relations
- ❖ Improving communication skills

To register please complete an enrolment form

Sessions: 5 x 2 hour group sessions on a weekly basis plus 2 individual counselling sessions by appointment.

Commences Tuesday 26 Feb through to Tuesday 26 March 2019. Time: 10:30 am – 12:30 pm.

Where: SHFPACT, Level 1, 28 University Avenue, Canberra

NDIS Categories Applicable: Improved Daily Living Skills

Cost: NDIS \$1121.59; NON-NDIS \$1234 (GST included); Limited scholarships available