



**LIMHW**  
LONG ISLAND MENTAL HEALTH & WELLNESS

## Understanding Yourself: Body Awareness, Sexuality, & Healthy Relationships

✨ *Empowering neurodiverse individuals with knowledge, safety skills, and confidence* ✨

**In a supportive, interactive setting, participants will learn about:**

- 📖 Sexual Education & Body Awareness
- 🛡️ Boundaries, Consent & Safety
- 💕 Romantic Relationships & Communication
- 🌱 Decision-Making & Self-Advocacy



### Session Details:

📅 17 Thursdays January 15th - March 12th

🕒 | 6:00-7:00 pm

### Information:

- 😊 All are welcome; groups are organized by age and developmental needs. 🌈
- 💰 Cost is \$800 for the full winter session (8 groups at \$100 per session)
- ✅ Reimbursement is available through out-of-network insurance benefits or OPWDD self-direction.
- 🎓 Full and partial scholarships available!

✨ *Building confidence, safety, and understanding—one skill at a time* ✨

**Long Island Mental Health & Wellness**

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🌐 [www.limentalhealthandwellness.com](http://www.limentalhealthandwellness.com)

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