



Empowerment, Advocacy & Sexuality Education (Ease) and **Temple Rodef Shalom (TRS)** are offering a **Mini Session for adults ages 18 – 40**, with Intellectual & Developmental Disabilities including but not limited to Autism, Intellectual/Developmental Disabilities, ADHD, Down syndrome, Cerebral Palsy, Williams Syndrome, etc.

The Ease Mini Session includes two in-person meetings and four Zoom classes from **January 14 - February 18, 2024**, and incorporate a **Jewish perspective** into the content.

Topics include understanding relationships and friendships, public and private touch, conversations & places, consent, boundaries, online safety including understanding the legal and illegal components of pornography, and self-advocacy skills.

**Parent/Guardian Zoom information meeting and Q&A:
Sunday, November 12 from 10:30 AM - 11:30 AM**

For questions and to register, email EaseEducates@gmail.com or call **703.598.2010**

*This program is offered at no cost thanks to a generous grant from
The Jewish Federation of Greater Washington.*

Winter 2024 Ease Mini Session

When: Sunday mornings, 9:30 AM - 11:30 AM for six weeks.

- **Jan. 14:** Meet & Greet Bagel Breakfast for Students/Parents/Guardians at Temple Rodef Shalom, 2100 Westmoreland Street, Falls Church, VA
- **Jan. 21, Jan. 28, Feb. 4, Feb. 11:** Zoom Classes
- **Feb. 18:** Last Class, Bagel Breakfast + Parent Shmooze at Temple Rodef Shalom

Register: email EaseEducates@gmail.com

Instructors: Arlene Lechner, M.Ed & Melissa Hochberg, M.Ed,
Human Sexuality Educators & Mental Health First Aid Certified

www.EaseEducates.org