



April 2024: Sexual Wellness



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">1</p> <p>NISA Closed Easter Monday</p>	<p style="text-align: right;">2</p> <p>10:30am LGBTQ+ Definitions and Terms 1:00pm Writers' Circle 2:00pm Autism and Dating</p> <p>World Autism Awareness Day</p>	<p style="text-align: right;">3</p> <p>10:30am Food is Mood 1:00pm Love Languages 2:00pm What Does Sexual Wellness Mean</p>	<p style="text-align: right;">4</p> <p>10:30am Membership Meeting ID: 950 311 1979 Password: 6472</p> <p>12:00pm NISA Closed</p>	<p style="text-align: right;">5</p> <p>10:30am Setting Proper Boundaries in Your Relationship 1:00pm Open Mic</p>
<p style="text-align: right;">8</p> <p>10:30am Sharing Circle 12:30pm Exploring Our Skills & Goals 1:30pm Older Adult Sharing Circle 2:30pm Solar Eclipse</p>	<p style="text-align: right;">9</p> <p>10:30am Love Through the Ages 1:00pm Writers' Circle 2:00pm Walking and Talking</p>	<p style="text-align: right;">10</p> <p>10:30am Food is Mood 1:00pm BINGO 2:00pm How to Love Your Body</p>	<p style="text-align: right;">11</p> <p>10:30am Food is Mood 1:00pm Dance Workout 2:00pm How to Have Safe Sex</p>	<p style="text-align: right;">12</p> <p>10:30am Healthier, Happier Sex Life 1:00pm Cribbage Tournament 2:00pm 2SLGBTQ+ Older Adult Support Circle</p>
<p style="text-align: right;">15</p> <p>10:30am Sharing Circle 12:30pm Exploring Our Skills & Goals 1:30pm Older Adult Sharing Circle</p>	<p style="text-align: right;">16</p> <p>10:30am Group Activity 1:00pm Writers' Circle 2:00pm HOT SPICE Consent National Stress Awareness Day</p>	<p style="text-align: right;">17</p> <p>10:30am Food is Mood 1:00pm 2SLGBTQ+ Sharing Circle 2:00pm Love from Your Perspective Drawing Group</p>	<p style="text-align: right;">18</p> <p>10:30am Food is Mood 1:00pm Spiritual Wellness Sharing Circle 2:00pm Micro-Plastics</p>	<p style="text-align: right;">19</p> <p>10:30am Relationship Safety 1:00pm Open Mic</p>
<p style="text-align: right;">22</p> <p>10:30am Sharing Circle 12:30pm Exploring Our Skills & Goals 1:30pm Older Adult Sharing Circle</p> <p>Earth Day</p>	<p style="text-align: right;">23</p> <p>10:30am Enthusiastic Consent 1:00pm Writers' Circle 2:00pm Gender vs Gender Expression</p> <p>6:00pm Peer Support for the Supporter Sign up with Hugh at hjeanveau@nisa.on.ca 6:00pm Game Changers Sign up with Tanner at tjarmstrong@nisa.on.ca</p>	<p style="text-align: right;">24</p> <p>10:30am Food is Mood 1:00pm Animal Relationships 2:00pm Sexuality VS Gender</p> <p>6:00pm Pride Support Sign up With Jenna or Dana jbarnes@nisa.on.ca or dlove@nisa.on.ca</p>	<p style="text-align: right;">25</p> <p>10:30am Food is Mood 1:00pm Dance Workout 2:00pm Sexuality Spectrum</p>	<p style="text-align: right;">26</p> <p>10:30am Sexual Health 1:00pm Spring Dance</p>
<p style="text-align: right;">29</p> <p>10:30am Sharing Circle 12:30pm Exploring Our Skills & Goals 1:30pm Older Adult Sharing Circle</p>	<p style="text-align: right;">30</p> <p>10:30am Wild Sex Trivia 1:00pm Writers' Circle 2:00pm Sexual Esteem</p>	<p>Spring Dance is on April 26 at 1:00pm</p>		

<p>Food is Mood Learning to cook in a group on a budget.</p> <p>Sharing Circle Discussing topics that are on our minds in a safe and nonjudgemental environment.</p>	<p>Open Mic Come and sing, dance or even read poetry.</p> <p>Pride Support The LGBTQ+ evening group that talks about different stuff going on in the city and provide peer support to those that need it.</p>	<p>Healthier, Happier Sex Life Being turned on is about more than physical touch, especially if you have past traumas.</p> <p>HOT SPICE Consent Enthusiastic consent & safety discussion.</p>	<p>Walking and Talking We go out and enjoy the fresh April air.</p> <p>Gender vs Gender Expression Ask Cole any questions as he explains the world of identity.</p>	<p>Enthusiastic Consent Talking about the positive things about consent.</p> <p>Sexuality VS Gender Talking about the differences between a person's sexuality and their gender.</p>
<p>Exploring Our Skills and Goals Learning a specific life skill or making a life goal.</p> <p>Older Adult Sharing Circle Discussing topics geared towards Older Adults in a safe and nonjudgemental environment.</p>	<p>Spring Dance Come to NISA to show off your moves on the dance floor.</p> <p>Cribbage Tournament Come and challenge NISA members to cribbage and see who wins to get their name on winner's board.</p>	<p>Animal Relationships Exploring How Relationships appear throughout the animal kingdom.</p> <p>Wild Sex Trivia Animal kingdom reproductive & relationship trivia game.</p>	<p>Group Activity Members stand in a circle and step forward if a question applies to them.</p> <p>How to Love Your Body Ways to deal with insecurities and learning to love your body as it is.</p>	<p>Sexuality Spectrum Talking about how sexuality is a spectrum and how to identify that.</p> <p>Love Languages Every person has a love language. What is yours? Find out in this group.</p>
<p>Writer's Circle A place to hone your writing skills with prompts and writing exercises.</p> <p>2SLGBTQ+ Sharing Circle A place where LGBTQ+ community can come and discuss topics in a safe and nonjudgemental environment.</p>	<p>Solar Eclipse Come watch the solar eclipse outside of NISA if it is clear outside. Special glasses will be given out.</p> <p>BINGO Come and play BINGO in the common area at NISA. You could win a prize.</p>	<p>Love Through the Ages Theories on why humans love from different eras & perspectives.</p> <p>Sexual Health Being sexual healthy means being able to enjoy a healthier body, a satisfying sexual life, positive relationships, and peace of mind.</p>	<p>What Does Sexual Wellness Mean Find out what sexual wellness actually entail.</p> <p>Setting Proper Boundaries in Your Relationship Learning different ways to set boundaries in your relationships in your life.</p>	<p>Sexual Esteem Talking about how much esteem you have when it comes to being sexual.</p> <p>LGBTQ+ Definitions and Terms Talking about the definitions in the LGBTQ+ community and what they mean.</p>
<p>Peer Support for the Supporter A place where people who take care of others can come to provide peer support to each other.</p> <p>Game Changers A group that plays different kinds of games, like board games, card games and other kinds of games.</p>	<p>Dance Workout A time to emulate some dance moves found on YouTube. Step by step instructions.</p> <p>Spiritual Wellness Sharing Circle A place where members can talk about their spirituality and recovery in a safe and non-judgemental environment.</p>	<p>Relationship Safety Some signs that you are in a good or bad relationship.</p> <p>Autism and Dating What makes dating on the spectrum different from usual dating and how it can be managed.</p>	<p>How to Have Safe Sex The physical and emotional aspects to ensuring you are having safe sex.</p> <p>Micro-Plastics How much micro-plastics do we consume?</p>	<p>Love From Your Perspective Drawing Group A drawing activity about love.</p> <p>2SLGBTQ+ Older Adult Support Circle A group for older adults to discuss your experiences and struggles as well as solutions to improve Queer Mental Health.</p>