

**Resources for
“Everything You’ve Wanted to Know about Sexuality Issues
But Were Afraid to Ask”**

Planned Parenthood (510) 300-3800

They can answer your questions and give you advice about many topics, including (but not limited to)

- Pregnancy tests, pregnancy verification
- Birth Control
- Pap smears/cancer screening
- Male Services

East Bay Innovations (EBI) (510) 618-1580

Mission Statement

In order to further the empowerment of individuals with disabilities, the mission of East Bay Innovations is to provide personalized support to enable individuals with disabilities to **live** in their homes, to **work** jobs of their choosing and to **participate** in all aspects of the community.

Connect University (Presented by EBI) Call Bret Hatcher-Santiago (925) 878-9312

Connect University is a 12-week training for consumer about building & maintaining healthy relationships while protecting themselves and staying safe (See other side for more details)

Sexuality and Disability Support Group (See other side for more details)

2nd Wednesday of the Month

6:00 - 7:30 PM

FREE!

Sponsored by: Center for Independent Living

Ed Roberts Campus, Osher Room

3075 Adeline Street Berkeley, CA 94703

Please RSVP to Rafe Biggs at (415) 377-9098 or rebiggs@mac.com

CONNECT UNIVERSITY

(CONNECT U!)

A 12-WEEK SERIES

Facilitated by Carol Menz (MFT) and Bret Hatcher-Santiago (ILS Coordinator)

When: Thursday, February 21st

from 6:00 – 8:00pm

Where: Ed Roberts Campus

3075 Adeline Street

Berkeley, CA 94703 (1st floor conference room)

Above the Ashby BART station

RCEB caseworkers: please request a POS for consumers who are interested or who you think could benefit ASAP. Please secure approval for a POS for your consumers hopefully by the end of February to ensure that we can bill for their attendance.

This Week's Topic is: **People To See, Things To Do, Making Friends**

Free Snacks & Drinks

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Sexuality and Disability Support Group

Learn new skills and resources to expand your experience of sexual expression with your disability

Transform your sexuality, boost self-confidence, and develop intimate loving relationships

Feel the power of community with the support of your peers

Open to people with all physical disabilities and sexual expressions

Facilitator: Rafe Eric Biggs, Ph.D. is the founder of **Soma Evolution** committed to generating transformative change and **Sexability** helping people with disabilities explore sexuality. He earned his doctorate in Organizational Psychology from Alliant International University and is a Master Somatic Coach from the Strozzi Institute. In 2004 Rafe had a life altering experience. While traveling on spiritual retreat in India, he fell from a building and broke his neck. In an instant, he became a quadriplegic, paralyzed from the chest down. He has spent the last seven years learning how to take trauma and transform it into evolutionary growth. Rafe has been studying Tantra and other forms of sacred sexuality for over 12 years. He has been counseling individuals and teaching groups in sexuality and disability including San Francisco State University, Alliant International University and UC Berkeley. Rafe was featured on the TLC show Strange Sex – Surrogate Manhood. For more information contact Rafe at rebiggs@mac.com or www.sexability.org and www.somaevolution.org

