

Individual Sessions for People with Intellectual Disabilities

People with intellectual disabilities can benefit from individualized sexuality education. Information about how to make safe choices will leave them less vulnerable to unplanned pregnancies, sexually transmitted infections, rape and other abuses. Providing people with positive, healthy sexuality messages encourages appropriate behavior and increases self-esteem.

- Sessions are tailored to meet the needs of each client
 - Possible topics include (but are not limited to): boundaries, puberty, hygiene, public versus private behavior, anatomy, birth control, preventing sexually transmitted infections, and dating and relationships
 - Only \$50 per hour-long session
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Amber Eisenmann has worked for Planned Parenthood of Maryland for over eleven years. She earned a bachelor's degree in peace studies at Earlham College and a master's degree in counseling at Johns Hopkins University. She has facilitated over a thousand dynamic programs to children and adults in a wide range of school and community settings. Amber is dedicated to ensuring that people with intellectual disabilities have access to accurate and appropriate sexuality education. She has partnered with The Arc of Baltimore, The Arc of Howard County, and Baltimore County Public Schools Office of Special Education and is a member of the Baltimore County Commission on Disabilities Education Working Group.

Contact Amber with questions or to set up an appointment:

Amber.Eisenmann@ppmaryland.org

410-576-2169