Let's Talk About Sex
Got burning questions about STI’s or contraceptives? Join us for this interactive workshop all about the birds and the bees. Learn about the different STIs and how to keep yourself safe!

Nurturing the Nonvisible Self: How to Promote Spiritual Wellness
This workshop focuses on strategies to care for our non-physical being. We will explore aspects of non-religious spiritual practice, including interacting with nature, developing rituals and clarifying intentions, that can help us sustain overall health, balance and wellbeing.

Sex, Consent and You
What is affirmative consent? Is it rape if someone says “no” after sex has begun? Can a person who is under the influence of alcohol or other drugs give legal consent for sex? Does “no” ever mean “yes”? Join us for this interactive exploration of consent and what it takes to avoid sexual misconduct and violence.

See Something, Say Something, Do Something!
Have you ever been in a situation when you got a gut feeling that something wasn't right? But you weren't sure what to do? Come join the conversation on how to be an active bystander! Learn the various ways to step in and speak out in difficult situations. Knowing how to diffuse a situation while still staying safe is a necessary tool everyone should know!