



# PATHWAYS TO TRANSITION



**A workshop series for  
parents & professionals  
supporting youth with  
special needs as they  
transition to adulthood**

**presents**

## DEVELOPMENTAL DISABILITIES AND SEXUALITY

Join us for a presentation and discussions around sexuality for teenagers with developmental disabilities transitioning to adulthood. We will address how sexuality is a normal aspect of growth and development and how to start these conversations in order to create positive messages for teens and young adults. Gain tips and strategies for talking comfortably with your child about sexuality. Other topics include birth control options, promotion of healthy relationships, sexual health and consent.

**Wednesday ,  
February 28  
5:30 to 7:30 p.m.**

**Woodfords  
Training & Resource Center  
15 Saunders Way, Ste. 700  
Westbrook, ME**

## ABOUT THE PRESENTERS

**Megan Meehan, LSW-C**, has 7 years of professional experience with individuals with developmental disabilities. In her current role, she's an adult case manager at Woodfords Family Services and is a trained Healthy Relationships & Sexuality instructor.

**Jessica Platanitis, LCSW** is a Clinical Social worker, therapist and health and wellness coach. She has been with Woodfords Family Services for 11 years, with background in Adult Residential services, HCT and Outpatient services. She has co-facilitated healthy relationships and sexuality groups for two years.

**Andrea Pringle, RN** has been serving adults and children with Intellectual disabilities since 1996. She first worked in direct care and later transitioned into the role of nurse trainer/consultant for direct care staff. She is now pleased to have the role of nurse care manager for the behavioral health home program at Woodfords Family Services.

**Sponsored by Woodfords  
Family Services Behavioral Health  
Homes for Children's program.  
Workshop is FREE but advance  
registration is requested.  
to register, or FMI contact  
Training Coordinator  
Maria Romano at  
(207) 878-9663, x 4131, or  
mromano@woodfords.org**

