

Healthy Sex in Lifetime Love

with Leah Perrault

An online three-part series using Zoom

Dates and Times: Thursday evenings, October 1, 15 & 29
7:00 – 9:00 p.m. Mountain Daylight Time

Cost: \$90.00 for 3 sessions
A minimum of 15 participants are needed to offer this program.
Registration deadline: **September 28**

Recordings of each session will be available to anyone who cannot attend all three sessions. Cost is per person or couple - if more than two people are participating in this Zoom event, we invite you to make a donation to the retreat centre.

Registration Details: There are two options to consider when registering for this series:

- Visit our website: http://www.queenshouse.org/?page_id=4399
Participants can now register and pay online!
- Call Queen's House and register over the phone: 306-242-1916. As our staffing is minimal, please leave a message and we will be in touch ASAP.

Detail: For many of us, formal learning about sexuality begins and ends at puberty, but healthy sexuality in lifetime love comes from continuous conversation and growing together. Join a conversation among adults about how spirituality can deepen healthy sexuality at every stage of living.

Session 1: Belief & Sex

Our beliefs have a profound impact on our experience of sex, but we have not always been intentional about shaping our beliefs. We will explore how Scripture and Christian faith can support healthy sexuality over a lifetime and get intentional about the thoughts and beliefs that shape sex in relationships.

Session 2: Heart & Healing

Sex is gift, a language we speak with the body that flows out of the deepest part our hearts. We will dive into giving and receiving, review the practical communication skills that support healthy sex, and explore areas where healing can strengthen relationships and sex.

Session 3: Challenge & Change

Loving over a lifetime includes sexual challenges and change. From (in)fertility to aging, illness to addiction, we will walk through common sex challenges and changes. Leah will respond to questions provided by participants (anonymously, or not!)

Presenter: **Leah Perrault** is the Director of Mission at St. Paul's Hospital in Saskatoon. When she's not busy with her day job, she speaks and writes. She is the author of three books, including two on sexuality and body theology. Leah has a master's of arts in pastoral theology from the University of St. Michael's College at the Toronto School of Theology and a bachelor's of arts in English comes from Campion College at the University of Regina. Leah and her husband, Marc, have been blessed with four amazing little people – Robyn, Eliot, Charlize, and Atticus. Their home is full of noise, books, toys, and big ideas.

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