

Workshops for Women

We know that Black women and women of color have questions about their sexuality and sexual wellness that often go unanswered or are met with dangerous myths or inaccuracies. We've developed five signature workshops to help you and the women in your life feel empowered to understand your bodies, cultivate healthy relationships, and unapologetically celebrate your whole selves!

KIM
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Curls and Condoms: What's Your Sexual Wellness Regimen?

As two sexual wellness naturalistas who learned about the beauty of our curls from the internet and found celebration and community in the natural hair movement, we thought, "what would the sexual wellness version of the natural hair movement look like"? Curls and Condoms: What's your Sexual Wellness Regimen is a two-hour interactive workshop that creates space for Black women and women of color to bridge and expand the conversations around our hair to include honest, open and educational dialogue about sexual wellness.

Black Women Deserve...

Black women deserve a lot; we deserve joy, relief, safety, healthy relationships, financial abundance and of course, great sex! Black Women Deserve is a two-hour workshop that focuses on healthy intimate relationships and pleasure. In this workshop, we will explore and unpack our sexual boundaries, sexual communication style (aka asking your partner for what you want), desire, arousal, orgasms, masturbation, and toys. When it comes to our bodies and pleasure, nothing is off-limits. Let's talk about it!

Incredible Bodies: Reproductive Health 101

Often time, we go to our doctor's office to learn about how our incredible bodies work and make decisions about them. At the same time, we often come to our doctor's office unprepared to have a real conversation about our sexual wellness or unsure of what questions to ask. In this 2-hour interactive workshop, we will cover reproductive anatomy, menstruation, common reproductive disorders (i.e. fibroids, endometriosis, PCOS), contraceptive methods, self-care techniques and more. We'll delve into personal reproductive choices and the cultural, social, religious, economic and political factors that shape them. You'll leave with tangible resources and actionable steps on how to approach your next OB/GYN visit.

Better than Basic: Sexual Health 101

This 2-hour introductory workshop is designed to fill in the gaps from your high school sex education class including an overview of pregnancy and reproductive options, STIs, contraception and PrEP, testing, consent and help you release any stigma and shame around your sexuality and body. This is a perfect addition to your self-care regimen to make more confident and informed decisions about your sexual health.



Love Yourself First

Black women and women of color are often bombarded with negative and controlling messages about our bodies, worth and sexuality. Messages from our families, communities, cultures, and institutions can influence our concepts of beauty, health, and sexuality. This 2-hour trauma-informed workshop engages women in a dialogue about the messages of shame and stigma they received

about their bodies and sexualities and how that impacts their identity as a sexual being. Through the power of affirmation, storytelling, and dialogue we can unlearn these messages and begin our healing journey to reclaim our bodies as a home for resistance, joy, pleasure, and liberation.

We are primarily based in New York City and Philadelphia, PA. Not located in these areas? No problem! We'd love to meet you where you are.

Please note that a travel and/or lodging fee will apply.