VIRTUAL COURSE
SCHEDULE / REGISTRATION
NOV/DEC 2026

BEHAVIORAL HEALTH SERIES

Behavior Principles
- English
- 6 Weekly Sessions
- **Wed, Nov 4-Dec 16, 2026**
- **6-8pm,** No class 11/25/26

Register

Principios del Comportamiento
- Español
- 6 Sesiones Semanales
- **Mier, Nov 4-Dec 16, 2026**
- **10am-12pm,** No class 11/25/26

Registro

Pause Before You Respond
- English
- 3 Weekly Sessions
- **Mon, Nov 9-23, 2026**
- **6-8pm**

Register

Pausa Antes de Responder
- Español
- 3 Sesiones Semanales
- **Lunes, Nov 9-23, 2026**
- **4-6pm**

Registro

Teaching New Skills
- English
- 3 Weekly Sessions
- **Tues, Nov 3-17, 2026**
- **4-6pm**

Register

Enseñar Nuevas Habilidades
- Español
- 3 Sesiones Semanales
- **Mar, Dic 1-15, 2026**
- **4-6pm**

Registro

Challenging Behaviors
- English
- 3 Weekly Sessions
- **Mon, Nov 30-Dec 14, 2026**
- **6-8pm**

Register

Comportamientos Desafiantes
- Español
- 3 Sesiones Semanales
- **Lunes, Nov 30-Dic 14, 2026**
- **4-6pm**

Registro

Positive Interactions
- **Coming Jan/Feb 2027**

Social Stories for Success
- **Coming Jan/Feb 2027**

Interacciones Positivas
- **Ofrecido Enero/Feb 2027**

Historias Sociales Para Éxito
- **Ofrecido Enero/Feb 2027**

SEXUAL /

Having "The Talk"
- English
- 7 Weekly Sessions
- **Tues, Nov 3-Dec 15, 2026**
- **10am-12pm**

Register

Teniendo "La Platica"
- Español
- 7 Weekly Sessions
- **Mar, Nov 3-Dec 15, 2026**
- **6-8pm**

Registro

Adult Sexual Health Education
- English
- 7 Weekly Sessions
- **Wed, Nov 4-Dec 16, 2026**
- **4-6pm**

Register

Adult Online Safety & Dating
- English
- 7 Weekly Sessions
- **Coming Jan/Feb 2027**

Puberty Awareness, 10-13
- English
- 7 Weekly Sessions
- **Coming Jan/Feb 2027**

- FREE for Regional Center Clients: Lanterman, East LA, Westside, San Gabriel Pomona, South Central, San Diego, Central Valley, Harbor & East Bay Regional Centers
- Inform RC of registration for approval | Informe RC de registración
- New schedule every 2 months | Nuevo horario cada 2 meses
- Take courses in any order | Tome cursos en cualquier orden
- Course meets once per week | Curso se reúne una vez por semana
- Interpretation may be available | Interpretación disponible

Founder / Clinical Director
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Regional Center # PD4449 | FREE for RC Clients | SDP | Private Pay

BEHAVRIUM HEALTH SERVICES

BEHAVIORAL HEALTH SERIES

SERIES OVERVIEW

The **Behavioral Health Series** is founded on the principles of Applied Behavior Analysis. Caregivers will learn techniques to address challenging behaviors and routines by implementing positive behavioral strategies. This course is for caregivers of young children, adolescents, and adult individuals with varying diagnoses. All classes are **2hr weekly sessions** presented in a **3 or 6-week series** format via virtual participation.

BEHAVIORAL HEALTH CURRICULUM

CAREGIVERS

Course 1: Behavior Principles

- Week 1 | Explore Behavior ABCs
- Week 2 | Define Behavior Functions
- Week 3 | Identify Replacement Behaviors
- Week 4 | Understand Reinforcement & Punishment
- Week 5 | Apply Proactive & Reactive Strategies
- Week 6 | Develop Behavior Support Plan

Course 2: Pause Before You Respond

- Week 1 | Pausing Before Responding
- Week 2 | Understanding Challenging Behavior Causes
- Week 3 | Reducing Challenging Behavior Responses

Course 3: Bribery vs. Reinforcement

- Week 1 | Bribery vs. Reinforcement
- Week 2 | Identify Reinforcers
- Week 3 | Apply Positive Reinforcement

Course 4: Challenging Behaviors

- Week 1 | Attention & Access-Maintained Behaviors
- Week 2 | Sensory & Escape-Maintained Behaviors
- Week 3 | Importance of Every Interaction

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BEHAVIORAL HEALTH SERIES

- **BEHAVIORAL HEALTH CURRICULUM**

CAREGIVERS

Course 5: Positive Interactions

- Week 1 | Reflecting on Interactions
- Week 2 | Setting a Goal With Your Child
- Week 3 | Consistency among Caregivers

Course 6: Social Stories for Success

- Week 1 | What are Social Stories?
- Week 2 | Create Your Own Story
- Week 3 | Using Social Stories Effectively

Course 7: Teaching New Skills

- Week 1 | Increasing Independence
- Week 2 | Using Helpful Visuals
- Week 3 | Creating Practice Opportunities

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BEHAVRIUM HEALTH SERVICES

SEXUAL HEALTH SERIES

SERIES OVERVIEW

The **Sexual Health Series** follows California's Healthy Youth Act (CHYA) guidelines, providing thorough, age-appropriate, and inclusive sexuality education for caregivers and individuals with any diagnosis. Each course is designed for specific audiences and includes a mandatory orientation session where caregivers consent for their minor children to participate. All classes are **2hr weekly sessions** presented in a **7-week series** format via virtual participation.

SEXUAL HEALTH CURRICULUM

Course 1: Having "The Talk"

CAREGIVERS

- Week 1 | Orientation
- Week 2 | Defining Sexuality Education
- Week 3 | Proactivity & Trustworthy Adults
- Week 4 | Male Body Awareness
- Week 5 | Female Body Awareness
- Week 6 | Pregnancy, STIs & Protection
- Week 7 | Additional Resources & Classes

Course 2: Puberty Awareness

(AGES 10-13) CHILDREN

- Week 1 | Orientation
- Week 2 | Introduction to Puberty
- Week 3 | Anatomy & Identity
- Week 4 | Reproduction & Transformation
- Week 5 | Boundaries & Safety
- Week 6 | HIV & Student Wrap-up
- Week 7 | Caregiver Q&A

Course 3: Teen Awareness

(AGES 14-17) ADOLESCENTS

- Week 1 | Orientation
- Week 2 | Puberty, Values & Consent
- Week 3 | Anatomy & Conception
- Week 4 | Birth Control & Pregnancy
- Week 5 | STIs & Safety
- Week 6 | Identity & Body Image
- Week 7 | Relationships, Consent & Decision-Making

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BEHAVRIUM HEALTH SERVICES

SEXUAL HEALTH SERIES

SEXUAL HEALTH CURRICULUM

Course 4: Adult Sexual Health Education

(AGES 18+) **ADULTS**

- Week 1 | Orientation
- Week 2 | Sexuality Education
- Week 3 | Biological Sex & Gender Identity
- Week 4 | Human Body & Sexuality
- Week 5 | Sexual Behaviors, Pregnancy & STIs
- Week 6 | Safer Sex
- Week 7 | Consent, Values & Decision-Making

Course 5: Adult Consensual Relationships

(AGES 18+) **ADULTS**

- Week 1 | Orientation
- Week 2 | Importance of Consent
- Week 3 | Relationship Types
- Week 4 | Friendship Significance
- Week 5 | Romantic Relationships
- Week 6 | Partner Communication
- Week 7 | Abuse Prevention

Course 6: Adult Online Safety & Dating Skills

(AGES 18+) **ADULTS**

- Week 1 | Orientation
- Week 2 | Staying Safe Online
- Week 3 | Spotting Scams
- Week 4 | Is "Online Dating" for you?
- Week 5 | Creating Your Profile
- Week 6 | From Online To Meeting In Person
- Week 7 | Handling Pressure & Rejection

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