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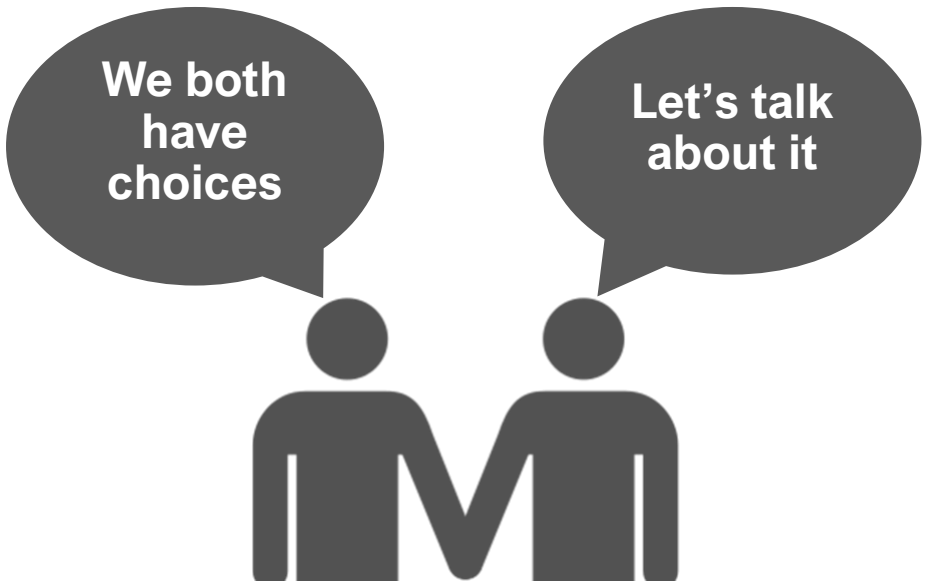
Website: www.dhiverse.org.uk



Registered Charity No. 1058307



The ABC Programme Booklet



The ABC Programme helps people with learning disabilities or autism to find out about relationships and sexual health.

We can work with you on your own, with your partner or in a small group.

If you would like our support you can contact our friendly team by phone, email or our ABC Facebook

Email: elizabeth@dhiverse.org.uk

Mobile number: 07985 447846

Office number: 01223 508805

Facebook: <https://www.facebook.com/DhiverseABCProject/>

We won't tell you what to do but we will help you with the things below so that you can decide what you want to do.



Give you information in a way you can understand so you can make your own choices.



Help you to feel more confident in your relationships.



Answer any questions you have about relationships and sex.



Help you to understand how to keep safe in the community and online.

