

Puberty, Hygiene, & Health: For Boys

**For Boys
ages 10-14
years of
age**



**Online
Class**

Session Topics

Week 1: Puberty & Changes in Your Body

Focusing on understanding your body and how and why it's changing.

Week 2: Hygiene and Grooming

Importance of cleanliness, hygiene strategies, and shaving.

Week 3: Hygiene and Grooming

Overviewing physical, mental, and emotional health. Respect and boundaries.

**Cost of the 3-week course is \$100 per participant.
Scholarships available upon request for families in need
of financial assistance.**

**If you have questions, please call:
(949) 267-0207 or email us wellness1@hs.uci.edu**

The transition into the teen years can be difficult and exciting for boys with autism spectrum disorders and their families. Let our experienced team teach and guide you through the process. These educational classes focus on what the child and parent should expect as boys become adolescents.

Online Class Dates:

Fridays, September 15th

September 22nd

September 29th, 2023

Time: 4:00-5:30pm

Payment is due on or before:

September 12th

To register, click the link below

Register

Registration is required

48-hour cancellation notice will be provided by
The Center if classes are rescheduled.



THE CENTER FOR AUTISM
& NEURODEVELOPMENTAL DISORDERS

UCI Health