

MENOPAUS

pleasure & desire

Perimenopausal and menopausal folx!

You are invited to a 2-part workshop crafted especially for those in midlife who want to learn more about this transition, and keep or regain connection to pleasure and sexual desire.

Sundays, 12:30pm - 4:30pm
November 9th and December 7th,
SE Portland

FACILITATORS

Christina, Certified Nurse-Midwife (she / her)

Christina is a menopause practitioner and Certified Nurse-Midwife. She is the founder of the midlife-focused healthcare practice Menopause Northwest.

Samantha, Licensed Clinical Social Worker (she / her)

Samantha is a licensed clinical social worker and therapist in private practice, with a focus on relationships, sex/sexuality, and communication.



Join us as we **explore common menopausal changes** and realities of sexual responses.

Enjoy support and understanding in community as you focus on your intentions around pleasure and/or desire. Turn your curiosity toward how **your unique sexuality** operates, including your interests and your questions, with guided exercises, group discussions, and after-session suggestions. We'll **address facts, myths & messages around peri/menopause** that can interfere with accessing pleasure when our bodies and relationships change, and share tools, practices, research, and resources that support decreasing stigma and **enhancing sexual wellbeing**.

Who should join?

Those interested in exploring **sexuality and pleasure in relation to their own menopause transition**. This workshop is for anyone who can experience menopause; we enthusiastically crafted it to welcome all gender identities and sexual orientations, single and partnered folx, bodies of all sizes and abilities.

Early Bird Registration by October 5, 2025 - \$375

after October 5, 2025 - \$425

This workshop works best with no more than 10 participants,
so group size is limited

Please note: sharing intimate information is not required, and the workshop will not include any hands-on exercises, sexual stimulation, nor nudity.

For more information, questions, or to register:

email: hello@ardorththerapy.com

or call: (541) 854 - 5059

