



## **Webinar Resources**

- Sex & MS: A guide for women (MS Trust UK):  
<https://support.mstrust.org.uk/file/WOMENS-SEX-WEB.pdf>
- Sex, Intimacy, and Relationships (MS Society UK):  
[https://mss-cdn.azureedge.net/-/media/82e22396d5bf49eea22e29ed27131eaf.pdf?sc\\_revision=3c65e1423f754b039e103fb8c56e5568](https://mss-cdn.azureedge.net/-/media/82e22396d5bf49eea22e29ed27131eaf.pdf?sc_revision=3c65e1423f754b039e103fb8c56e5568)
- #Shiftms Video:  
<https://www.youtube.com/watch?v=0oV-o2h1IEE>
- Jeremy's Video:  
<https://facingdisability.com/spinal-cord-injury-videos/social-life-and-sex/what-about-sex-and-dating/jeremy>
- Sex with a catheter:  
<https://www.youtube.com/watch?v=SKnv1z90eew&feature=youtu.be>
- American Association of Sex Educators, Counselors and Therapists (AASECT):  
[aasect.org](http://aasect.org)
- o.school:  
<https://o.school>
- Quiz: Gottman Quality of Sex, Romance, and Passion  
<https://www.gottman.com/blog/quiz-what-is-the-state-of-your-sex-life/>
- Where do I start with improving communication about sex?  
Free app: <https://www.gottman.com/couples/apps/>