

Ambassadors' Resource Hub



Wellness Resource Guide



Check the Vibes: Is It Healthy?

Your Guide to Knowing What's Safe, Respectful, and Right for You.



Ambassadors to promote Sexual Health in Diverse Communities in Baltimore!

Breaking Barriers, Building Healthier Communities TOGETHER!

- ✔ Strengthen your Knowledge & Skills
- ✔ Gain Access to Health Navigators
- ✔ Gain Access to Wellness Resources

<https://rnd.associates>



- Nolita Project - Youth Development & Leadership
- Each1Save1 - Mentoring, Returning Citizens, Violence Prevention
- Queens Sisterhood Society - Women Empowerment
- Own Your Ase - Rites of Passage & Cultural Healing
- For My Kidz - Youth Development, Harm Reduction & Returning Citizens
- Brothers Helping Brothers / Apex Holistic Wellness - Returning Citizens & Men's Health
- More Than a Shop - Barbers & Beauticians Network
- Women's Wellness Lounge - Wellness, Safe Spaces & PrEP Education
- Michelle Petites - Empowering confident health choices.

Visit Baltimore City Health Department Website for additional Resources

Address: 1001 E Fayette St,
Baltimore, MD 21202
Phone: (410) 396-4398

A healthy sexual relationship is built on mutual respect, trust, and clear communication. Both partners:

- Give and receive enthusiastic, informed consent
- Feel safe expressing boundaries and desires
- Support each other's physical and emotional well-being
- Take shared responsibility for sexual health (like STI testing and contraception)

In contrast, an unhealthy relationship may involve:

- Pressure to have sex or do things you're uncomfortable with
- Lack of communication or one-sided decision-making
- Disregard for protection or your sexual health
- Feelings of fear, guilt, or power imbalance

