

Blurred Lines

HELPING YOUTH WITH SEXUALIZED BEHAVIOR

You are NOT alone! Come and meet others who struggle with the same concerns.

8 week class for education and support.

Specially designed for caregivers of youth who have caused sexual harm or who have sexually acted out.

Facilitated by Sheryl Overby
MS LIMHP



Woodhaven Counseling
12001 Q Street
Omaha, NE 68137
402-592-0328

Every Other Thursday

5:30-6:30 p.m.

\$15

Please call to Register
Woodhaven Counseling 402-592-0328

CLASS SCHEDULE

- 06/19/14 Session 1 What is Normal?**
Guidelines on the difference between what is natural / healthy behavior and what is sexual abuse.
- 07/03/14 NO CLASS ENJOY THE HOLIDAY**
- 07/24/14 Session 2 New Rules and Sexual Respect**
Prevent future problems by focusing on sexual respect and providing the right amount of supervision.
- 07/31/14 Session 3 The Big Question....Why?**
Over 50 internal and external factors may contribute to a youth's sexual behavior; a hard question, but a key to healing.
- 08/14/14 Session 4 Skills to Model and Teach**
Practical tools on how to regulate emotions, change thoughts and control urges—for yourself and your child.
- 08/28/14 Session 5 Family Dynamics**
How boundaries and hierarchy of power contribute to sexual abuse and sexual acting out in families.
- 09/11/14 Session 6 Personal Tool Kit**
Ideas on how to reduce denial, create your own support system and manage personal triggers.
- 09/25/14 Session 7 Living in a "Pornified Culture"**
Teaching sexual respect in a sexualized culture is a hard job—but somebody's got to do it.
- 10/09/14 Session 8 Hope for the Future**
Most youth do not reoffend, but there must be a "new normal" and treatment which includes *reparation*.

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