

Branching Out is a multi-faceted service which offers a variety of enhanced therapeutic services, such as group and individual therapy, to meet the needs of youth and their families.

# SEXUAL EDUCATION PROGRAM

I'm not a kid anymore!



For more information  
or to make a referral,  
contact:

Branching Out  
29 Crescent Hill Drive North  
Brampton, Ontario  
L6S 1C6  
905-799-7589

[info@branchingout1.com](mailto:info@branchingout1.com)

Each session costs  
\$560 per participant.

This 7-session program provides the pre-teen child/teenager an opportunity to learn about:

- body changes and hygiene
- relationship boundaries
- sexual safety rules
- available support systems

The first and last session will include the primary caregiver to ensure family beliefs are maintained and to discuss the progress made by the end of the program.

Many teenagers, including those with a victimization history, struggle with sexual safety rules and appropriate boundaries. The therapist will engage the pre-teen/teenager in various techniques such as sewing, *bibliotherapy*, as well as unique tools such as puzzles to address all of the above content.

[www.branchingout1.com](http://www.branchingout1.com)

