

About the Sponsors:

Hearthstone of Sheboygan

HearthStone is a self-help and advocacy non-profit (501c3) dedicated to helping people with disabilities, their families and caregivers. We are centered in Sheboygan County and the adjacent lakeshore communities

Sponsored By:

Hearthstone of Sheboygan

Sheboygan County Aging and Disability Resource Center
650 Forest Avenue
Sheboygan Falls, WI 53085
920-467-4100

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920-467-4100

Aurora Health Care Sheboygan County

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Speaker:
Terri Couwenhoven

For scholarship information contact
Jean McMurray at(920) 451-5539 or
jean.mcmurray@aurora.org



Puberty Workshops

For Early Adolescents with Cognitive Disabilities, their Parents or Guardians and Professionals



About the Presenter

Originally from Sheboygan, Terri Couwenhoven, M.S. is an ASSECT certified sexuality educator who specializes in developing programs and resources for people who have cognitive disabilities, their families and the professionals who support them. When she is not teaching or writing, she is Clinic Coordinator for the Down Syndrome Clinic at Children's Hospital of Wisconsin. She is the mother of two girls, her oldest daughter has Down syndrome.

Terri's puberty workshops help families learn together in a comfortable, safe, and fun environment. Concrete teaching methods (videos, slides, pictures, games and activities) are used to improve comprehension and help parents become more comfortable and confident helping their children understand body changes, self-care, and appropriate social behavior.

Terri will present a series of three workshops in the Sheboygan area, each appropriate to a different group: Parents and Professionals, Early Adolescent Girls and Early Adolescent Boys. The workshops for girls and boys are designed to be attended by the child and a parent or other significant adult. Fees include registration for both the child and adult.

Workshop for Parents and Professionals [No Cost]

**Tuesday Sept 30, 2014
6:00-8:00 PM**

This workshop is designed to help parents, guardians and professionals feel more comfortable and confident addressing sexuality issues that commonly surface during puberty. Terri will discuss the most frequently identified concerns of families including: timing of physical development, exploration, sexual inappropriateness, independence with hygiene and self care, and teaching in ways your child can understand.

Workshop for Girls*

Saturday Oct 11, 2014 9-11:30

This program is designed for a mother or other significant female adult and their daughters ages 10-14. After the workshop participants will be able to: (1) Describe the physical and emotional changes girls experience during puberty (2) Use feminine hygiene products correctly (3) Identify guidelines related to private body parts

Workshop for Boys*

Saturday Oct 11, 2014 1-3 PM

This workshop is designed for a parent and their son ages 11-14. After the workshop participants will be able to: (1) Describe the physical and emotional changes that happen to boys during puberty (2) Identify guidelines related to private body parts

Program Location

Aging and Disability Resource Center
650 Forest Ave - Sheboygan Falls, WI
(920)-467-4100

Registration Information

Mail to: Sue Ann Schuh
c/o Hearthstone of Sheboygan
P.O. Box 1444
Sheboygan, WI 53082
Phone: 920-458-1192
Email: saschuh@excel.net

Name (adult): _____

Name(child): _____

Age of Child: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Parent/Professional Workshop _____

Girls Workshop _____

Boys Workshop _____

Payment & Fee

*Fee:\$10.00/child session payable to:
Aurora Health Care

The cost of this workshop includes registration for a child and adult pair and all handout materials. Send payment and completed registration form to the above address