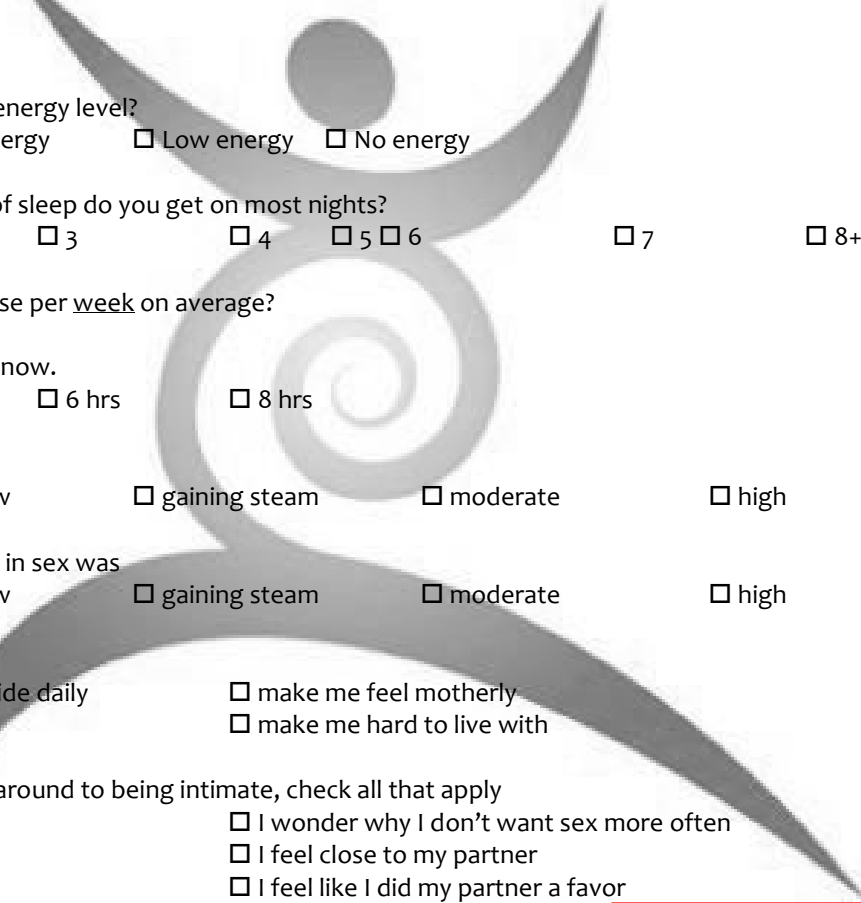


Women's Sexual Empowerment Group: A Six-Week Group for Mothers



Since I've had kids...

How would you describe your energy level?

- High energy Medium energy Low energy No energy

How many consecutive hours of sleep do you get on most nights?

- less than 2 2 3 4 5 6 7 8+

How many hours do you exercise per week on average?

- I don't exercise.
 I used to exercise, but don't now.
 2 hrs 4 hrs 6 hrs 8 hrs

My level of interest in sex is

- no interest low gaining steam moderate high

Before having kids, my interest in sex was

- no interest low gaining steam moderate high

My hormones

- take me on a roller coaster ride daily make me feel motherly
 are not in my thoughts make me hard to live with

When my partner and I do get around to being intimate, check all that apply

- it rocks my world I wonder why I don't want sex more often
 it is a drag I feel close to my partner
 I feel resentful I feel like I did my partner a favor
 I feel like I can mark this off the to-do list for a week or so

I have discomfort when I am sexual with my partner:

- no discomfort some discomfort a lot of discomfort

By the time my partner and I have time for intimacy, I

- am touched-out welcome to the idea had rather sleep

I am worried about my child(ren) hearing me be sexual

- yes no

I find it easy and comfortable to talk to my partner about sex

- yes no

I'd much rather spend time loving on my baby than loving on my partner

- yes no

As a new mother, I can see my sexual self as I did before I had children

- yes no

Facilitated by
Kelley J. Wolfe, Ph. D.
Board Certified Clinical Sexologist

I have been a health educator since 1989. As an instructor at UNC Asheville from 1995 to 2010, I taught *Women's Health, Health and Sexuality, Complementary and Alternative Medicine, and Health Promotion and Wellness*. I hold a BS in Clinical Nutrition (1989), a Masters degree in Public Health Education (1993) both from UNC Greensboro, and a Ph. D. in Human Sexuality (2009). I am a professional Speaker, Educator, and Practitioner.

It is normal and expected that after having a baby, there is going to be a slump in a woman's interest in sex. Mom is exhausted. Her hormones are variable. If she is home with her newborn, she may crave adult interaction. If she is not at home with her newborn, she may experience guilt, sadness, and a desire to be with her baby.

Our sex life suffers during this time. In fact, the sexual issues we face now are perhaps greater than at any other time in our lives. So how can you get your groove on now that you've had a baby?

1. We need to know what we need.
2. We need to know how to talk to our partner about:
 - the changes we are experiencing as a result of birth
 - the postpartum period
 - and how to be sexual while there are children in the house.
3. We need support.

Working in a group setting, with other women in your same situation, you will learn facts, not myths, about sexuality. You will acquire the tools you need to get back on track and experience sexual satisfaction. The result is sexual empowerment. Learning and sharing with other women can help accomplish this goal.

Small group discussion among our small group of sisters will be our work mode. I am a talented and experienced facilitator and I am aware that all participants need to feel safe. Our group will discuss the need for confidentiality and commit to making each other feel safe.

You will learn through lecture, discussion, exercises, and sharing. You will do homework assignments designed to supplement what we do in our group. As a result of this class, participants will embrace their true sexual selves more, have increased sexual confidence and comfort, and will feel empowered sexually.

What is required of you?

Women must commit to attending the sessions and participating in discussion. No one will EVER be forced to share or respond. But, the group process will only work with participation from all the group members. The group will exercise extreme confidentiality with what is shared in the group.

The Logistics

When: Thursday Evenings 6:00 – 7:30

Dates: May 26 - June 30

Where: 24 Arlington St

(across from Starbucks on Charlotte St)

Cost: \$90 for 6 week series

To Register:

call 828.301.4460 or email me at mountainsexology@bellsouth.net