

# SPANISH RIVER COUNSELING CENTER

## Educational Resources

### **Human Sexuality**

<i>Age(s)</i>	<i>Book Title</i>	<i>Book Author</i>
<b>Ages 3-5</b>	How Did God Make Me?	Jacobson
	The Amazing Beginning of You	Jacobson
	Why Boys and Girls are Different	Greene
<b>Ages 6-8</b>	Where do Babies Come From?	Hummel
<b>Ages 8-11</b>	How you are Changing	Graver
<b>Ages 11-14</b>	Sex and the New You	Bimler
<b>Ages 14+</b>	Love, Sex and God	Ameiss & Grover
<b>Parents</b>	How to Talk Confidently with Your Child About Sex	Buth

*(All of the above books are part of a series for the Christian family)*

Talking to your Kids about Sex: Laaser  
How to Have a Lifetime of Age-  
Appropriate Conversations with  
Your Children about Healthy Sexuality

<b>Couples/Families</b>	Seven Desires of the Heart	Laaser
	Authentic Human Sexuality: An Integrated Christian Approach	Balswick
	Sex Facts for the Family	Penner
	Great Sexpectations	Barnes
	Intimate Issues (Woman to Woman)	Dillow-Pentus

## **Recovery Resources**

Seven Desires of the Heart	Laaser
Healing the Wounds of Sexual Addiction	Laaser
Shattered Vows	Laaser, Debra
Faithful and True Workbook	Laaser
The Pornography Trap	Earle & Laaser
The L.I.F.E. Guide for Men	<a href="http://www.freedomeveryday.org">www.freedomeveryday.org</a>
The L.I.F.E. Guide for Wives	<a href="http://www.freedomeveryday.org">www.freedomeveryday.org</a>
Torn Asunder_(Book and Workbook)	Carder
Breaking Free: Understanding Sexual Addiction & the Healing Power of Jesus	Willingham
Porn Nation_(Student Edition)	Leahy
Desires in Conflict: Answering the Question For Sexual Identity	Dallas
No Stones (Female Sexual/Relational Addiction)	Ferree
The Game Plan	Dallas

## **Sexual Abuse**

The Wounded Heart_(Book and Workbook)	Allender
Shelter from the Storm	Littlefield/Mallory

## **Helpful Websites for Recovery**

[www.FaithfulandTrueMinistries.com](http://www.FaithfulandTrueMinistries.com)  
[www.FreedomEveryday.org](http://www.FreedomEveryday.org)  
[www.EreedomBeginsHere.org](http://www.EreedomBeginsHere.org)  
[www.PureLifeAlliance.org](http://www.PureLifeAlliance.org)

## **Counseling: Individual, Couples, Family**

Spanish River Counseling Center	561-241-9014
Focus on the Family	800-AFAMILY
Amer. Assoc. Christian Counseling	<a href="http://www.aacc.net/sexual-addiction">www.aacc.net/sexual-addiction</a>

### **Software to use as Site Blockers and/or Accountability**

[www.covenanteyes.com/freedombeginshere](http://www.covenanteyes.com/freedombeginshere)

Bsecure Family Protection

Safe Eyes Internet Parental Control

Safe Eyes Mobile iphones and ipod Touch Internet Filtering

You Diligence MySpace and Facebook Monitoring

Clear Play DVD Player - DVD Filtering

TiVo Kid Zone - Safe T.V. Viewing

### **Recovery/Support Groups/Intensives/Treatment Centers**

[Spanish River Counseling Center](http://www.spanishrivercounselingcenter.com)

561-241-9014

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

952-746-3882

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

949-581-0548

[www.smalleyonline.com](http://www.smalleyonline.com) Smalley Relationship Center

800-848-6329

### **Women and Couples**

[Spanish River Counseling Center](http://www.spanishrivercounselingcenter.com)

561-241-9014

[www.bethesda workshops.org](http://www.bethesda workshops.org)

866-464-HEAL