

# let's talk about it

A few resources for better relationships and healthy sex

Please join us on **Saturday, February 27, 2010** for a **One Day Retreat for Women** here at Bible Fellowship Church

## Books

*A Chicken's Guide to Talking Turkey with Your Kids About Sex* by Dr. Kevin Lehman and Kathy Flores Bell

*Every Heart Restored: A Wife's Guide to Healing in the Wake of a Husband's Sexual Sin* by Stephen Arterburn

*How To Get A Date Worth Keeping* by Dr. Henry Cloud

*How We Love* by Milan and Kay Yerkovich

*Intended for Pleasure: Sex Technique and Sexual Fulfillment in Christian Marriage* by Ed Wheat M.D. and Gaye Wheat

*Sacred Marriage: What If God Designed Marriage To Make Us Holy More Than To Make Us Happy?* by Gary Thomas

*Secrets of Eve: Understanding the Myths of Female Sexuality* by Dr. Archibald Hart, Dr. Catherine Weber, Debra Taylor

*Sex 180: The Next Revolution* by Chip Ingram and Tim Walker

*The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse* by Wendy Maltz

*Sheet Music* by Dr. Kevin Lehman

*When Two Become One: Enhancing Sexual Intimacy in Marriage* by Christopher McCluskey

*The Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse* by Dr. Dan B. Allender

## Books for Children

*Ages 3-5 God's Design for Sex Series: The Story of Me* by Stan Jones

*Ages 5-8 God's Design for Sex Series: Before I Was Born* by Stan Jones

*Ages 8-11 God's Design for Sex Series: What's The Big Deal? Why God Cares About Sex* by Stan Jones

## Books for Teens

*Every Young Man's Battle: Strategies for Victory in the Real World of Sexual Temptation* by Stephen Arterburn

*Every Young Woman's Battle: Guarding Your Mind, Heart, and Body in a Sex-Saturated World* by Shannon Ethridge and Stephen Arterburn

## Books on Pornography

*Every Man's Battle: Winning the War on Sexual Purity One Victory at a Time* by Stephen Arterburn

*Every Woman's Battle: Discovering God's Plan for Sexual and Emotional Fulfillment* by Shannon Ethridge

*Conquering Pornography: Overcoming the Addiction* by Dennis Frederick

*Shattered Vows* by Debra Laaser

## Websites

*How We Love* – Sign up for a free newsletter from Milan and Kay Yerkovich with valuable tools to improve your relationships as well as archives of past letters. [www.howwelove.com](http://www.howwelove.com)

*Pure Intimacy* is dedicated to helping singles, couples, parents and leaders who are struggling with pornography or sexual brokenness. Published by Focus on the Family. Check out Protect My Family. [www.pureintimacy.org](http://www.pureintimacy.org)

*Covenant Eyes* is accountability software that monitors internet use and emails reports to people you select. The filter also blocks objectionable websites from your computer. [www.covenanteyes.com](http://www.covenanteyes.com)

*Virtuous Reality* is an online resource for women of all ages to help them expose and counteract culture-generated ideals of beauty, love and worth with that of Biblical Truth. [www.virtuousreality.com](http://www.virtuousreality.com)

*Focus on the Family* offers some excellent books, articles and audio CDs on this topic. [www.family.org](http://www.family.org)

*Undressed: The Naked Truth about Love, Sex, and Dating* – an in depth look at romantic relationships. Go to [www.tangle.com](http://www.tangle.com) (a Christian You-Tube style community)

*L.I.F.E. Ministries* publishes resources for men and women who struggle with sexual integrity. *A L.I.F.E. Guide for Men* or *A L.I.F.E. Guide for Women* are excellent workbooks that could be used in a small group. Go to [www.freedomeveryday.org](http://www.freedomeveryday.org)

*Recovery Nation* is a health-based recovery site to help those with sexual addictions. They have an excellent online workbook and support program. [www.recoverynation.com](http://www.recoverynation.com)

### **Groups for Men**

*Male Sexuality: For Men Only* — Weekly counseling support group for men with sexual temptations, pornography, or addiction issues. Call (805) 983-6787 x1 to setup an initial admission evaluation. Upon admission, group meeting date/time will be shared. Meets in Oxnard, \$40–\$50 per session.

*For Young Men* — Teens or young men who are struggling with purity issues/porn addictions. Meets Thursday at 7 p.m. at Bible Fellowship Church in the Prayer Chapel in front of the Auditorium. Led by Alan Lyons (805) 797-0273.

### **Groups for Women**

*For Pre-Teen Girls and Moms: 5 Conversations You Must Have with Your Daughter* by Vicki Courtney — a six-session Bible study with DVD to help moms initiate discussions with their daughter about sex and purity. Michele Biederman will facilitate a group for moms Monday or Friday. If interested in being a part of this group, call Michele at (805) 766-2745.

*For Women:* Sandy Moe, Marriage and Family Therapist, will lead a group for women on the cultural differences between men and women and their attitudes towards sex. Call (805) 479-9980 or e-mail [sandymoe@roadrunner.com](mailto:sandymoe@roadrunner.com)

*For Women:* Patti Westberg will lead a group for women who would like to have an open discussion based on this evening's topic about sex. Monday evenings. Call Patti at (805) 659-2209 or e-mail [pwestbrg@pacbell.net](mailto:pwestbrg@pacbell.net)

*For Women:* Linda Conti is willing to meet with you individually to talk about a healthy marriage and sexuality. Having had a history in an unhealthy marriage and inappropriate sexuality, Linda would be willing to mentor you to finding God's way in your marriage. Call Linda at (805) 658-6854 or e-mail [lconti@oakschristian.org](mailto:lconti@oakschristian.org)

*For Women whose husbands struggle with pornography:* Lynette Copp, Marriage and Family Therapist, will lead a confidential group for women who deal with the betrayal of pornography in their relationship. Call (562) 325-3257 or e-mail [lynettecopp@gmail.com](mailto:lynettecopp@gmail.com)

*S-ANON* — a group for women who are married or in a relationship with a sexually addicted man. Meets weekly Thursday nights at 7 p.m. at Bible Fellowship Church in Room 428. Contact our Care Ministries at (805) 656-7766 x251.

### **Celebrate Recovery**

Meets weekly on Thursday nights at 6:30 p.m. for those who are struggling with hurts, habits or hang-ups at Bible Fellowship Church in the Youth Center. There are groups for men and for women who are in recovery from sexual addictions. (805) 656-7766 x251.

### **Counselors**

Misty Bradley, MSW, LCSW — Christian Licensed Clinical Social Worker, co-founder of Coastline Christian Counseling in Ventura. Pre-marital counseling. Office: 4050 Market St., Ventura (805) 377-0094.

Geoffrey Buckley, Ph.D., M.S. MFT, M. Div — Christian counselor specializing in family and marriage counseling. Office: 393 Rudolph Dr. Newbury Park 91320 (805) 405-0641.

Brian Lee, MFT — Christian Marriage & Family Therapist. Office: 155 Granada St. Camarillo (805) 388-9455.

Susan Martinez Lee, M.S., LCSW — Christian Licensed Clinical Social Worker, helps clients improve connection, communication, and intimacy in relationships. Bi-lingual. Office: 4050 Market St. Ventura (805) 654-1422 x4.

Sandra Moe, MS, MFT — Christian Marriage & Family Therapist who works with couples, dating, engaged, or married. Office: 500 High Point Dr. Ventura (805) 479-9980.

Dr. Isabel Ward — Christian Psychologist, deals with abuse issues (sexual, physical, emotional, spiritual), depression, anxiety, parenting, and relationship issues with others. Bi-lingual. Office: 825 North Oxnard Blvd, Ste. 9 Oxnard (805) 983-6787 x1.