



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

**PROSper
Group Protocol**

Date: March 4, 2013

Title: Sex, Body and Relationships

Component: Community Rehab. & Support (CRS)

Service: Wellness Self-Management (WSM)

Population: Any member of PROSper population

Frequency: 1 time per week

Duration: 50 Minutes

Description: Group members will discuss the role of sex in their lives, and will explore past sexual behaviors and determine the consequences of those behaviors. The group format will allow peers to explore how they would like to create positive sexual behavior in their lives as a part of healthy relationships.

Mode of Work:

- A. **Purpose:** To provide a forum for discussion about sexuality and how it impacts our relationships. To use the group for support in creating healthy sexuality as a part of our lives.

- B. **Group Framework:** Group interaction and discussion.

Expected Outcome: Group members will gain a better understanding of their own sexual behavior and how it has impacted their lives. They will develop a mutual respect for and support each other as well as becoming more comfortable discussing issues related to sexuality.