



**Cameray**  
Child & Family Services

# SEXUAL HEALTH, DEVELOPMENT, AND CONCERNS IN CHILDREN: BUILDING YOUR TOOLBOX

Friday, November 17, 2023 - 9am – 4pm

Featuring Jessy Wollen, Brenda Rudko and  
Kaela Blahey



This fast-paced one-day workshop features experts in the field of sexual health and supporting children with sexual behaviour problems. It is appropriate for child and family therapists, psychologists, school counsellors, mental health clinicians, social workers, members of school-based teams, youth and family workers and community service providers. It is designed to provide specific tools to professionals who work with children and youth.



## MORNING:

Supporting Body Knowledge and Health for Young People

*Jessy Wollen, BEd, SHIFT Education*

## AFTERNOON:

From Shame to Solutions: Helping Kids with Sexual Behaviour Problems

*Brenda Rudko, MA/ABS and Kaela Blahey, MA, RCC*

### EARLY BIRD RATE:

**\$185**

(Until September 30, 2023)

### REGULAR RATE:

**\$200**

(After September 30, 2023)

### STUDENT RATE:

**\$165**

(5 seats available)

### LOCATION:

Italian Cultural Centre  
3075 Slocan Street,  
Vancouver, BC

**LUNCH INCLUDED  
FREE PARKING**

### FOR MORE INFO:

Contact Roxane Veltkamp,  
Executive Administrator  
604-436-9449 ext. 276  
admin@cameray.ca

This workshop is a fundraiser  
for Cameray Child and Family  
Services



## **WORKSHOP DESCRIPTIONS**

### **Supporting Body Knowledge and Health for Young People (Jessy Wollen, SHIFT Education)**

By the end of this workshop, participants will have an overview of the *best practices* approach to engaging with youth regarding Sexual Health education.

Objectives for this workshop include:

- Review the purpose of sexual health education for 'typical' development and behaviours, covering K-12 ages and stages.
- Review learning tools including books, online resources and current, research-based, best-practice tips to support connection with youth.
- Utilize experiential scenarios to clarify and articulate shared values and boundaries on- and off-line.
- Provide an overview of how best to teach and practice consent in community.
- Review how best to teach children and youth to independently self-advocate/problem-solve. (e.g., knowing when to consult with an adult, depending on the severity of the problem).
- Explore how to teach strategies for saying "yes" and for saying "no", practicing refusal skills, talking to safe adults and clarifying output messages from agencies to children and youth.

### **From Shame to Solutions: Helping Kids with Sexual Behaviour Problems (Brenda Rudko and Kaela Blahey)**

In this presentation, participants will develop a shared foundation for understanding and responding to sexual behavior problems in children under the age of 12.

Objectives for this workshop include:

- Learning about what sexual behaviour problems are and what factors distinguish typical sexual behaviours from those warranting clinical intervention.
- How and where to access support when clinical intervention is required.
- Addressing some of the myths and facts associated with this population – including the often-misunderstood relationship between child sexual abuse (CSA) and sexual behaviour problems (SBP).
- Learning about the current research regarding the etiology of sexual behaviour problems.
- Learning about the myriad of complex motivations underlying sexual behaviour problems.
- Understanding the influence of co-existing factors such neurodiversity, developmental delays, mental health problems, and life stressors.
- Clinical practices and collaborative interventions to support positive outcomes.
- Learning how to involve, support, and empower caregivers and community members to effectively respond to sexual behaviour problems while instilling hope and reducing shame and/or fear.
- Learning how to interrupt and prevent ongoing sexual behaviour problems through safety and collaborative planning.
- Introduction to a Narrative Therapy approach and the Talking about Personal Space (TAPS) Program.
- Encourage participants to reflect on how our own biases impact how we see this population of children.



## **SPEAKER BIOGRAPHIES**

### **Jessy Wollen, BEd of SHIFT Education (she/her)**

Jessy, founder of SHIFT Education, is a Teacher and Certified Sexual Health Educator with 13 years of experience exclusively in the area of Sexual Health education. In addition to working with school districts throughout Metro Vancouver, SHIFT Education partners with Vancouver Coastal Health, FOUNDRY, Hollyburn Family Services, as well as many other youth-centred organizations. Jessy is currently facilitating her student-centered, experiential curriculum and training for educators in districts throughout the lower-mainland; workshops include:

- *The Askable Adult* | Workshop for Parents, Grandparents & other Caregivers to prepare for “The Talks”
- *The Circuit* | Professional Development Training for P.E. teachers + a Grab & Go Sex Ed ‘Circuit’ Lesson for Grades 8-10
- *Healthy Relationships Training* Professional Development Training for Educators & Caregivers of Diverse Learners + a 10-unit Healthy Relationships Curriculum

Jessy is the proud parent of three young people who keep her on her toes and in constant dialogue about ‘all things sexual health’!

Follow **Jessica Wollen** and **SHIFT Education** at [www.Shift-Education.com](http://www.Shift-Education.com), on Instagram @shifteducation, and on Facebook at Shift Education. Shift Education is based in *shíshálh*, (Sechelt) on the Sunshine Coast, British Columbia.

### **Brenda Rudko, MA/ABS (she/her)**

Over the years Brenda has worked in a variety of environments; both nonprofit and governmental, with a focus on children, youth and their families. Since 1992 she has had a special focus on the problematic sexual behaviours of children and adolescents and has established programs and provided counselling, community consultation and training at Act 2 Child and Family Services (TriCities), Adolescent and Child Sexual Health (Fraser Health) and Boundaries (Vancouver Coastal Health). In addition, she has been an adjunct faculty at City University instructing in Child and Adolescent Counselling, Human Sexuality and Mental Health.

Although retired, Brenda continues to happily and gratefully provide clinical consulting and training to build capacity and compassion within those who counsel and support children and youth with sexual behaviour problems. She is passionate about this work and believes that everyone has the ability and a role to play in solution-making.

### **Kaela Blahey, MA, RCC (she/her)**

Kaela is a Registered Clinical Counsellor (RCC) who has experience providing clinical counselling for a broad range of mental health challenges facing children, youth, and parents. Kaela is passionate about advocating for the well-being of children and has devoted her career to a specialization in clinical counselling with children, youth, and adults who have experienced sexualized violence, emotional and physical abuse, neglect, and children with sexual behaviour problems. Kaela has extensive play therapy experience and training, has taught master’s level classes, and has experience working within, and an understanding of, the criminal justice system. Kaela has received advanced-level training in both EMDR and Somatic Experiencing. To learn more about Kaela or to connect with her, visit <https://www.illumecounselling.com/>.



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## REGISTRATION FORM

**Friday, November 17, 2023 - 9am – 4pm**

Registration begins at 8:15am

Hosted at the Italian Cultural Centre, 3075 Slocan Street, Vancouver, BC

### Four Ways to Register:

- (1) **ONLINE**                    [CLICK HERE](#)
- (2) **By Mail:**                Cameray Child & Family Services  
2038 Rosser Avenue, Burnaby, BC, V5C 0M7, Attention: Roxane Veltkamp
- (3) **By Email:**              admin@cameray.ca
- (4) **By Phone:**             604-436-9449 Ext. 276

### Two Ways to Pay:

- (1) **By Credit Card:** Complete card information online, below or over the phone
- (2) **By Cheque:**             Payable to Cameray Child and Family Services

**WORKSHOP RATES:**    \$185 Early Bird (until September 30<sup>th</sup>, 2023)  
   \$200 (after September 30<sup>th</sup>, 2023)  
   \$165 Student Rate (5 seats available)

**REGISTRATION  
DEADLINE:**  
November 9<sup>th</sup>  
2023

### Contact Information:

Name: \_\_\_\_\_  
Company/Organization: \_\_\_\_\_ Position: \_\_\_\_\_  
Email: (for presenter handouts) \_\_\_\_\_  
Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_  
Dietary Concerns: \_\_\_\_\_

### Billing Information:

Name attached to the credit card: \_\_\_\_\_  
Address attached to the credit card: \_\_\_\_\_  
Card Number: \_\_\_\_\_  
Expiration Date (Month and Year): \_\_\_\_\_ CVD: \_\_\_\_\_

\*Cancellations: Training fees are refundable, subject to a \$25 administration fee, provided we receive notification at least 7 calendar days before the training date.