

**Empowering your  
authentic pleasure,  
identity, and sexuality.**



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*Our sex lives are intertwined with  
our whole lives.*

*A well-trained sex therapist works  
holistically, guiding their clients  
through the complexity of sex,  
sexuality, and gender-related issues  
in the context of their full existence.*

**Krista Nabar, PsyD**  
*Licensed Psychologist  
CSWC Founder*

## LOCATION

Serving clients both  
virtually and in person.

Find your nearest location at  
[CarolinaSWC.org](https://CarolinaSWC.org)

## CONTACT US

919.297.8322  
[carolinaswc.org](https://carolinaswc.org)  
[info@carolinaswc.org](mailto:info@carolinaswc.org)

 @CarolinaSexualWellness



# Carolina Sexual Wellness Center

*Therapy, Education, Training*

[CarolinaSWC.org](https://CarolinaSWC.org)

## WHO WE ARE

Carolina Sexual Wellness Center is an organization of specialists who provide you with compassionate and affordable sex therapy, public education, and professional training.

## WHAT WE BELIEVE

CSWC is affirming and culturally informed because we value and respect all people without exception.

We believe that discovering your sexual self can enrich your life experience. Our staff of specialists provide the nurturing and safe space you need to flourish.

As a 501(c)(3) non-profit organization, we strive to make sexual wellness and education accessible to all.



## WHAT'S SEX THERAPY?

**Our sex-positive therapists have more formal knowledge and comfort in discussing your sex, sexuality, and gender than a general therapist.**

CSWC therapists provide a unique space to openly discuss tender and private challenges you haven't felt comfortable to discuss with anyone.

## HOW WE HELP

**CSWC sex therapists guide you through addressing your identity and sexual challenges to improve your life satisfaction.**

**Need support but don't have access to health insurance? Visit [CarolinaSWC.org/STAAR](https://CarolinaSWC.org/STAAR) to discover how we can help you.**

## HOW WE'LL SUPPORT YOU

### THERAPY

CSWC offers compassionate, affirming, and informed services for a wide range of mental health and sex-related concerns.

We work with individuals of all ages and backgrounds and strive to make our services available to the whole community. We offer individual therapy, family therapy, relational/couple's therapy, and group therapy.

### EDUCATION

We understand the importance of giving children, teens, and adults the tools required to connect with others in healthy, mutual relationships.

CSWC offers educational programs and workshops for parents, children and adolescents, and the greater community.

### TRAINING

It's crucial that therapists have an adequate knowledge base and feel comfortable working with all their clients.

We offer supervision and training for professionals wanting to specialize or simply gain more understanding to accommodate their client's sexual issues in therapy.

