

Give an Hour can provide workshops, consulting services, continuing education courses, as well as a trauma-informed peer support courses.

PSYCHOEDUCATIONAL WORKSHOPS

Give an Hour offers a variety of psychoeducational workshops, which are brief interactive, fun and easy trainings opportunities to learn about challenges and specific solutions or coping techniques for that challenge. All of our training are customizable to meet the unique needs of individuals, communities and organizations.

- ▶ **Prioritizing Wellness – Knowing the Signs of Emotional Suffering (60 minutes)**
- ▶ **Prioritizing Wellness – Making Self-Care a Priority and Accessing Treatment (60 minutes)**
- ▶ **Prioritizing Wellness – Building Connection and Empathy (60 minutes)**
- ▶ **Guarding Your Peace: Setting Boundaries as a Self-Care Practice (60 minutes)**
- ▶ **Understanding and Preventing Vicarious Trauma (60 minutes)**
- ▶ **Accessing Treatment and Telling Your Story (60 minutes)**

Easy, Fun &
Interactive
Completely
Customizable



- 60 minutes training - \$1,200 for up to 40 people
- 2 hour training - \$2,500 for up to 40 people
- Package of four Training \$5,000 – up to 40 people
– offer 25% discount of \$3,725 non-profits

**Remote
Accessibility**



CONSULTING SERVICE

Organizational Assessment: An inventory of an organization's strengths, weaknesses, opportunities, and threats through surveys and focus groups (5-12 people)

Landscape Analysis: The process of identifying gaps in services and the unmet needs of the community through surveys, focus groups, one-on-one interviews and case studies.



**Cost: \$7,500 – up to 100 people –
discount 25% to non-profits**

**Cost: Start at \$20,000 – price dependent on
the number of people surveyed. discount
25% to non-profits**

CONTINUING EDUCATION

- ▶ **Motivational Interviewing: Change is HARD (3 CEU)**
- ▶ **Trauma, the Brain and Adversity (3 CEU)**
- ▶ **Building a Trauma-Informed Team and Organization (3 CEU)**
- ▶ **Trauma-Informed Care: Moving from 'What's Wrong with You?' to 'What Happened to You?' (3 CEU)**



Cost: \$65 per person for up to 20 people
Cost: \$50 per person for 21+ people
Packages available on a case-by-case basis



Gain Confidence
in working with
Vulnerable
Populations

TRAUMA INFORMED PEER SUPPORT (TIPS)

Give an Hour's peer support program, "TIPS," stands for Trauma Informed Peer Support, and is an evidence-informed and customizable peer support training program designed specifically for those affected by trauma. The TIPS training series includes 4 to 6 web-based training and practice sessions (2 hours each), in which participants learn:

- *The effects of trauma and the elements of a trauma informed approach*
- *Prioritizing self-care*
- *The four "tasks" (connection, information gathering, goal setting, celebrating success)*
- *Special Considerations: Suicidality and Substance Use Disorder*
- *Ethics and Boundaries*



\$ 800 per person when registering 21 – 40 people
\$1,000 per person when registering 11 – 20 people
\$1,200 per person when registering 4 – 10 people

*All training and workshop cost are based on them being conducted virtually. In-person training and workshop additional **Per diem of \$75 per day** and the cost of transportation and housing.*

**An additional service fee of 2.5% will be added on to all services*