

Training and Workshops



About Us

Give an Hour prioritizes mental health and wellness and believes that every person should have access to mental health care with as little burden as possible.



Mental health and emotional wellness are a global health priority. Taking care of yourself, your team and your community is more important now than ever before.

Give an Hour offers communities and organizations personalized training and workshops to meet short-term needs and long-term goals when it comes to supporting mental health and emotional wellness.

Our programs deliver the tools to empower individuals, teams and communities to develop the skills that allow them to better care for themselves and those they love.

- A personalized approach to training and capacity-building
- Delivered in a live, interactive setting (virtually or in-person)
- Tailored to the specific needs of your group.
- Informed by evidence and current best practices and designed using adult learning theory

Whether you are seeking a one-time workshop, a series of trainings or ongoing assistance with organizational or community change, Give an Hour is here to help. Workshops and coaching encompass topics that include mental health, emotional wellness and prevention. Give an Hour is available to support your community or organization with training and capacity building in mental health, emotional wellness and prevention topics. Below are samples of the workshops we offer.

Course Selections

Prioritizing Wellness

In Give an Hour's flagship workshop, participants will learn to recognize the signs of emotional suffering in themselves and others; learn and apply the healthy habits of emotional well-being; understand universal language of mental health; and begin to build communities of emotional support.

Accessing and Navigating Mental Health Support

Once a person recognizes the need for mental health support, finding that support can be challenging. In this workshop, participants will learn the ins and outs of the mental health care system, the different types of support available, how to access services and how to select the right mental health professional for their needs.

Trauma-Informed Care: Moving from 'What's Wrong with You?' to 'What Happened to You?'

Traumatic experiences shape how a person responds to stressful or challenging situations. Understanding the "why" behind this trauma response is the first step in applying a trauma-informed approach. In this workshop, participants will learn the basics of how people are affected by trauma and how to apply the Substance Abuse and Mental Health Services Administration's Trauma-Informed Care model.

Trauma, the Brain and Adversity

Facing adversity at a young age can have lifelong effects on how people respond to challenges. In this workshop, participants will learn about the Adverse Childhood Experiences research study and how our strengths and protective factors can buffer against the negative impacts of adverse experiences.

Building a Trauma-Informed Team and Organization

Learning about trauma and its effects as an individual service provider is the first step in becoming trauma informed. Is your organization ready to adopt a trauma-informed approach in all that it offers? This workshop allows participants to discuss and assess how their organization applies trauma-informed care and then plan how to incorporate these practices into their organization.

Helping the Helpers: Understanding and Preventing Vicarious Trauma/Compassion Fatigue

Helping others is heavy and exhausting work and has the potential to lead to burnout. In this workshop, participants will learn about vicarious trauma and its effects on helpers. They will be able to assess their exposure to vicarious trauma, address the effects and, most importantly, learn how to prevent it.

Beyond the Bubble Bath

Participants in this workshop will explore mainstream and lesser-known self-care routines and the evidenced-based practices to help make them stick. They will identify current self-care habits; list additional habits they want to incorporate; and identify and remove barriers keeping them from their best, self-care life.

Building a Strong and Healthy Family

Every family has strengths and every family faces challenges. In this workshop, participants will learn to practically apply the evidence-informed Strengthening Families Framework, which includes the five Protective Factors that build strong and healthy families and communities.

Motivational Interviewing: Change is HARD

Motivational Interviewing is often recommended as an evidence-based approach to behavior change and was developed by William R. Miller and Stephen Rolnick. It is a collaborative, goal-oriented style of communication with particular attention to the language of change. Motivational interviewing is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person's own reasons for change within an atmosphere of acceptance and compassion. In this introductory workshop, participants will learn the core elements of Motivational Interviewing, as well as Prochaska and DiClemente's Stages of Change model.

Boundaries: The Art of NO

Personal and professional boundaries are an absolute necessity to achieve and maintain personal and professional wellness. This workshop allows participants to explore the black, white and gray areas of boundaries. They will learn: how to navigate the gray; the art of balance; and to say no.

